



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore – Rotorua

## GUFF SHEET 1 June 2019

### ***The past week:***

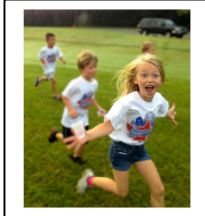
Only the customary mid-week and Sunday morning runs and walks were the club happenings this past week.

No doubt those that went out to Okere Falls and took part in the orienteering enjoyed themselves.

Out of the City were the annual Tauranga cross-country races. A very small number from the club attended. Their results are below.

### ***This weekend:***

**Saturday 1 June** - Queen's Birthday - no club event. Club members feel free to organize a pack run/walk from the clubrooms or take part in the Puarenga Park Run – behind Migs Gym, 200 Te Ngae Road. 8.00am start



### ***The following weekend:***

**Saturday 8 June** - Lake Okaro fun run. Details of meeting time and car-pooling will be advised nearer the event.

### ***Looking further ahead:***

**Saturday 15 June** – The Foster/Smyth/Lamason cross-country trophy races. The venue and other details will be advised in due course.

### ***2019 winter season programme:***

This can be viewed by going to the Club's website - [www.lakecity.co.nz](http://www.lakecity.co.nz) and clicking on Cross-country on the left hand side bar of the home page.

## SUNDAYS

### **Distance athletes**

**Those that run** – Distance running groups leave from the clubrooms. Some groups leave 7.00 am or later and sometimes from different venues.

**Those that walk** – Meet at the Neil Hunt Park clubrooms just prior to 8.00am. Some groups leave earlier. Contacts are: Rob Colledge 07 348 7768:

Marieke Wass 07 347 9885 ah or 027 462 8572:  
Sarah Wiwarena – Ph: 027 347 8115

## TUESDAYS

### **Walkers**

**Am** - Meet 8.00am at the Neil Hunt Park clubrooms

**Pm** – Refer to the contacts listed in "Sunday".

### **Distance athletes**

Running groups leave from the Neil Hunt Park clubrooms from 5.00pm with the last groups leaving around 5.30pm.

## THURSDAYS

### **Walkers**

**Am** – Meet 8.00am at Planet Bike, Waipa Mill by Pass Road

**Pm** – Refer to the contacts listed in "Sunday".

### **Distance athletes**

**Those that run** – Running groups leave from the Neil Hunt Park clubrooms from 5.00pm with the last groups leaving around 5.30pm.

### ***Be safe – be seen:***

Now the winter months are with us it's important that when running/walking out on the streets in the early morning or the evening that you can be seen. Also take care when crossing streets.

## ***Athletics New Zealand road relays 2019 - Feilding, Saturday 5th October***

Club members that would like to compete as part of a Lake City team at this event need to be aware of the club's selection policy:

1. Be a financial competitive member of the Lake City Athletic Club since 1st June of the current season. Any athlete transferring from another Club/Centre to the Lake City Athletic Club is to ensure the transfer is carried out by 1st August.

2. "Expression of Interest" by athletes to participate in the event as a team member to be made by 1st July in writing: i.e. (a). Name onto list at the Neil Hunt Park Clubrooms, or (b). Email to the Club's convenor of selectors – Kim Stevenson at [kss77@xnet.co.nz](mailto:kss77@xnet.co.nz) with a copy to [info@lakecity.co.nz](mailto:info@lakecity.co.nz). Kim can also be contacted on Facebook Messenger or Text Message on 02108222590. Communication with Kim is very important. It will give you the best chance of making a Relay team, and will allow Kim to select the best possible teams.

3. Selection for a Road Relay team will be based purely on "Current Fitness" and participation in the following events (denoted with ★ in the programme):

(a). Athletics Waikato BoP Road Race Championships, Sunday 25th August at St Peter's School, Cambridge.

(b). Lake City Athletic Club Road Race Championships, Saturday 21st September at Waingaehe Park, Hannahs Bay.

Alternatively, any club members who are competing overseas at a high level and have an "Expression of Interest" by the due date and have submitted results to the Convenor of selectors will be considered. They are to be a current competitive financial member of the Lake City Athletic Club as at 1st June.

Team(s) selection will be compiled by the Lake City Athletic Club selector and will be final. In the event of injury/withdrawal to a team member the Club selectors will re-evaluate the composition of the team(s).

### ***Athletics Waikato BOP officials training days:***

Details of two training days have been confirmed

1. Throws events - Sunday 16 June, 10am start, Cambridge Athletic Club clubrooms, Cambridge. Those wishing to attend must contact Heather O'Hagan by Sunday 9 June by text 0274 713220 or email [ohagan@visique.co.nz](mailto:ohagan@visique.co.nz)
2. Jumps events - Sunday 30 June, 10am start, Cambridge Athletic Club clubrooms, Cambridge. Those wishing to attend must contact Heather O'Hagan by Sunday 23 June by text 0274 713220 or email [ohagan@visique.co.nz](mailto:ohagan@visique.co.nz)

## **RESULTS**

### **Tauranga Cross-country – Waipuna Park – 25 May 2019**

<b>Boys 12 - 2060 metres</b>			
Corin Jack	Te Ranga	1st	8.02
Jonah Funnell		9th	8.56
<b>Girls 14 – 2950 metres</b>			
Renee Carey	Tauranga	1st	11.19
Bella Wyatt		6th	12.27
<b>Masters men 65 plus 6060 metres</b>			
Gavin Smith	Tauranga	1st	27.30
Peter Vyver		3rd	46.00

### **Club uniforms**

If you wish to purchase an item from the Club's wardrobe (Singlet, tee shirt, hoodie, track suit etc) please contact one of the following to arrange a time to make the purchase

**Payment to be made at time of purchase – please bring along the correct change**

#### **Costs:**

**Adults running singlets:** \$35.00

**Adults short sleeve walker's tees:** \$35.00

#### **Junior (children) singlets**

Size 2 to 12 \$30.00

Size 14 \$35.00

#### **Supporting clothing**

Zip hoodie \$55.00

Youth pullover hoodie \$15.00

Track suit \$90.00

Beanie \$15.00

Contacts are: **Sarah Wiwarena** - 027 347 8115

**Annemarie Gallagher** - Ph 027 6229688 (adults)