



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 8 June 2019

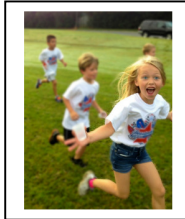
The past week:

Like last week it was quite club event wise this past long weekend. It is understood that some members took part in events around the country, but no results are to hand.

This weekend:

Saturday 8 June - Lake Okaro fun run which is the first of club's out of town events this winter.

Where is this lake you may be asking? Its south of Rotorua so head down State Highway 5 (the road to Taupo) to State Highway 38 (the road to Murupara) and once on SH 38 take the next road to your left (Okaro Road) and the lake is about 1km down Okaro Road. One lap of the Lake is just under 2km - Do a lap, two laps or even 3. All welcome – runners, walkers or even those that just stroll.



If you wish meet at the Neil Hunt Park clubrooms at 1.15pm and car pool out to the Lake. Event start time is 2.00pm so be there by 1.50pm for briefings etc.

The following weekend:

Saturday 15 June – The Foster/Smyth/Lamason cross-country trophy races will be held on the farmland at the top of Utuhina Road. More on this next week.

Looking further ahead:

Sunday 23 June - the second Sunday morning club event on the Linton Park West reserve adjacent to Kamahi Place which is off Rimuvale Street off Sunset Road.

1. Report 10.15 am for event briefing
2. Call Matt on 021 0586 189. If you can assist with course marking etc.

2019 winter season programme:

Printed copies of the programme are now available in the rack at the Neil Hunt Park clubrooms. Also this can be viewed by going to the Club's website –

www.lakecity.co.nz and clicking on Cross-country on the left hand side bar of the home page.

Club membership Renewal for the 2019 -2020 year:

Information for the Renewal of Club membership was emailed to all existing financial members some weeks ago. For those who have already renewed - thank you,

For those who have not renewed - The current membership period ended on the 31 March 2019.

You are invited to renew your membership "online" for the current financial year, covering the period through to the 31 March 2020.

To renew your membership please visit the Club's website www.lakecity.co.nz

On the 'home page' follow the information under the Heading "REGISTRATION" through to the registration Portal to complete your registration.

Junior/children members should also consider renewing their membership now.

John Marten - Club Secretary/Treasurer
info@lakecity.co.nz

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.

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 with a copy to 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
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

Athletics Waikato BOP marathon championships:

Congratulations to the undermentioned that placed in the above championships held with the recent Rotorua Marathon on 4 May.

Gold: Sian Twiddy (W40), Siobhan Griffiths (W45), Robyn Skelton (W55), Ally Gibbons (W65), Michael Voss (M20), Adrian Lysaght (M40), Chris Bycroft (M45), Colin Davis (M50), Max Bragg (M75) and Any Eastcott (M80).

Silver: Gillian Shapley (W40), Will O'Connor (M20), Matt Parsonage (M35), Greg Malcolm (M50), Paul Woolaston (M55), Alby Schuster (M65) and Peter Vyver (M75).

Bronze: Brett Marvelly (M60)

Please uplift your medal from the Neil Hunt Park clubrooms

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.

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)