



Website: www.lakecity.co.nz

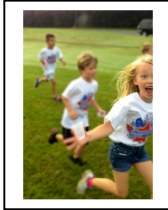
Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 15 June 2019

The past week:

It was out to Lake Okaro for around 20 club members on Saturday. Even though there has been recent rain the lap of the lake was dry underfoot. Some did 3 laps, others 2, while some settled for just a lap.



This weekend:

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

Note that the event briefing will be at 1.50pm. See opposite for the various start times.

There are a number of do's and don'ts with this event. Please read them. Sorry the list is rather long but all are necessary.

The event start location: The event start is approx. 1km from the top of Utuhina Road up a drive able farm track. Extreme care is to be taken when driving up past the reservoir and on the farm track. No speeding or hooning to be done. Obey the speed signs – 20km maximum. Once to the reservoir head up the farm track until the start/finish area is reached.

Parking: Please park in the designated parking area.

Rules: The following need to be taken into account when participating: **The course:** Follow the marked course which will be marked with cones and arrows. Where there are double cones or arrows run/walk between them: where there is a single cone/arrow you can run/walk 5 metres either side of them. Do not deviate off the marked course: **Gates and fences:** If a gate is closed get over the hinge end: Always leave gates as you find them – if open leave open: If closed and you have opened it close it behind you. Fences - always get over them by a post not a batten. A post is the bigger of the two. **Stock:** Do not upset any stock (cows, sheep, horses etc) that maybe in the vicinity of the course. Keep away from water sources - drains, troughs, ponds etc.

Care givers: your children are your responsibility. No climbing fences, running around buildings and playing in the stock yards etc.

Dogs: no dogs to come onto the farm property – thank you

Other: Sorry the terrain is not suitable for buggies

Respect: Please respect the privilege we have of being allowed on the property.

Afternoon tea: There will be no formal afternoon tea.

Now to the events: The approx. 10km event is a mass start sealed handicap event. The shorter event will be around 3km for those 14 and under and those that wish to run/walk a shorter distance.

Event start times: Is 2.00pm for the longer event. The shorter event will commence 2.10pm. The event briefing for all events will be at 1.50pm

The course: This will similar to last year and is a lap course of undulating, challenging countryside.

Financial: There are three trophies at stake this day (these are for the longer event) and to be a winner you are to be a fully paid up financial member of the club prior to the event.

Please contact Matt - 021 0586 189 - if you can assist with course marking, marshalling, recording etc.

Come and enjoy an afternoon out in the countryside with fabulous views of the City with some exercise thrown in.

The following weekend:

Sunday 23 June – head to the Linton Park West reserve adjacent to Kamahi Place which is off Rimuvala Street off Sunset Road for a romp around the reserve area

1. Report 10.15 am for event briefing
2. Event start time 10.30am.
3. Call Matt on 021 0586 189 if you can assist with course marking etc

Looking further ahead:

Sunday 30 June – the club cross-country championships - these are being on Boord Park with the first event starting at 10.30am. Further details nearer the event

New Zealand Secondary school cross-country champs:

Good luck to club members representing their school at the above event being held at Timaru this Saturday.

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).

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 a road.

Athletics Waikato BOP officials training days:

Details of two training days have been confirmed

1. 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 Andy 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

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

Crop top \$40.00

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)