



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 22 June 2019

The past week:

Saturday afternoon it was up onto the country side above the City for one of the Club's major races - the Foster, Smyth and Lamason Cross Country Trophy races. Although it was a bit windy those in attendance enjoyed the chance to race over true cross country, running / walking undulating farmland, which we don't often get to run or walk on these days. The view over Lake Rotorua and the City from the course was once again fantastic.

Thanks are extended to the property manager for allowing the Club the privilege of having the farm available to it. Thanks are also extended to those that marked the course, marshalled, recorded etc.

The membership status of the participants needs to be checked out before the trophy winners are arrived at. Results are below.

This 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 10.15am for event briefing
2. Event start time 10.30am.
3. Call Matt on 021 0586 189 if you can assist with course marking etc
4. Catch you at the park on Sunday morning just around 10.15am. Have a sleep in and then come with the youngsters (if you have them) for a romp around some of the course that was used for the cross-country champs a few years back.

The following weekend:

Sunday 30 June – the club cross-country championships - these are being on Boord Park with the first event starting at 10.30am. Scroll down to the mornings programme below. It is important to note the event location, the day and the start time.

Looking further ahead:

Saturday 6 July - the annual North Island cross-country races at Spa Park Taupo. The days programme is further down this publication. This is a popular event attracting participants from all over the North Island, and sometimes a few from the mainland, with some very competitive racing thrown in. Enter and join in the day's activities.

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:

The following training day has been confirmed for jump events on 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

NORTH ISLAND CROSSCOUNTRY RACES

Saturday 6 July 2019

Spa Thermal Park, Taupo

PROGRAMME

Grade	Distance	Start time	Entry fee
1. Girls 9 and under	1000m	10.00am	\$10.00
2. Boys 9 and under	1000m	10.05am	\$10.00
3. Girls 10 and 11	2000m	10.10am	\$10.00
4. Boys 10 and 11	2000m	10.15am	\$10.00
5. Girls 12 and 13	3000m	10.20am	\$15.00
6. Boys 12 and 13	3000m	10.25 am	\$15.00
7. Boys & Girls 14 and 15	3000m	10.35am	\$15.00
8. Master's men 35-49	6000m	11.30am	\$30.00
9. Masters women 35+	5000m	11.50am	\$30.00
10. Master's men 50-75+	6000m	12.10pm	\$30.00
11. Women 16 and 17	4000m	12.30pm	\$30.00
Women 18 and 19	4000m	12.30pm	\$30.00
12. Men 16 and 17	5000m	12.45pm	\$30.00
Men 18 and 19	5000m	12.45pm	\$30.00
13. Senior women (20-34)	5000m	1.00pm	\$30.00
14. Senior Men (20-34)	9000m	1.20pm	\$30.00

To enter go to www.taupoharriers.com and use the official entry form. Post with entry fee to NIXCC race, Taupo Harrier Club, P O Box 1112, Taupo 3351 or email to nicc@live.com Cheque payable to Taupo Harrier Club or pay to 03 0430 024 5892 00 with personal name and club name as the Reference The name of your club is Lake City – Rotorua

No entries will be processed until full fees are paid.

Late entry fee surcharge of \$5.00 per athlete applies. No late entry accepted after 9.45am on race day. No reference re a cut-off date for early entry can be seen on the information published.

Please ensure you are entering in the correct age group - ages are as at 31 December 2019, except for master graded athletes – age on race day.

RESULTS

Foster Smyth and Lamason cross-country
15 June 2019 – Paia Trust property – 90 Utuhina
Road, Rotorua (mass start)

3.00km approx. – 1lap	Finish	Hdcp	Net
Gisele Howard	15.55		
Anja Crombie	17.32		
Trelise Howard	18.45		
Arwen Barker	20.51		
Keira Murphy	29.24		
Eddie Twiddy	32.33		
6000km approx. - 2 laps			
Ann Lanham (walk)	66.24		
Diana van den Akker (walk)	66.25		
9.2km approx. – 3 laps			
Matt Parsonage	38.57	3.30	35.27
Carl Fischer	42.58	5.00	37.58
Tony Broadhead	43.46	6.00	37.46
Andy Twiddy	44.06	12.30	31.36
Megan Grant	44.30	8.00	36.30
Alan Crombie	44.40	10.30	34.10
Mark Handley (Tauranga)	46.00		
Gavin Smith (Tauranga)	49.01		
Tracey Bjarnesen	49.26	14.30	34.56
Sian Twiddy	52.21	19.00	33.31
Trevor Ogilvie	52.22	15.30	36.52
Kerryn Barker	54.00	19.30	34.30
Joy Thomas	54.26	18.00	36.26
Chris Bycroft	56.55	19.30	37.25
Kathryn Murphy	63.13	28.30	34.43
Luanna George	64.16	27.00	37.16
Denise Caudwell (walk)	78.11	43.00	35.11
Peter Vyver	81.00	42.30	38.30
Alan Ryan (walk)	84.45	45.30	39.15
Marieke Wass (walk)	89.31	60.30	29.01

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)



CROSS-COUNTRY CHAMPIONSHIPS

Don't be put off by the word "championship"
All abilities welcome – runners and walkers

Sunday 30 June 2019

**Location Boord Park and Westbrook
playing fields
Devon Street West, Rotorua**

Event briefing 10.15am

There is plenty of off road parking above the playing fields

No dogs allowed on the green areas

No running or walking on the actual playing fields

Children are their care givers responsibility

The programme is:

10.30am

Distance 4000 metres (2 laps)

Boys/Girls 15 (14, 15)

Women 17 (16, 17)

Men 17 (16, 17)

Women 19 (18, and 19)

Masters Women (35 plus)

Walkers (all grades)

11.10am

Distance 2000 metres (1 lap)

Boys/girls 11 (5, 6, 7, 8, 9 10 and 11)

Boys/girls 13 (12 and 13)

11.30am

Distance 8000 metres (4 laps)

Senior men (20-34)

Distance 6000 metres (3 laps)

Senior Women (20-34)

Men 19 (18, and 19)

Masters Men (35 to 64)

Masters Men (65 plus)

Notes

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2019 except for Master grades, which is age on the day.

2. Members are only eligible to win championship places in their own grades, **and must be a paid up financial member (prior to the event)** of the Lake City Athletic Club Inc.

3. Plate for afternoon tea at the venue please. As there is no hot water available if you wish bring your thermos, cup etc.

4. The wearing of your club uniform will be appreciated