



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 29 June 2019

### **The past week:**

A wet Sunday morning greeted all that were going to go for a run or walk. The club organised event at Linton Park West had a dozen that braved the rain, with another half dozen that marked the course, recorded etc.

Thanks to all that turned up whether a participant or a club volunteer.

### **This weekend:**

**Sunday 30 June** – the club Cross-country championships – these are being held on Boord Park, Devon Street West with the first event starting at 10.30am – briefing is at 10.15am. Scroll down to the mornings programme below. It is important to note the event location, the day and the start time. Also to take a championship podium place you need to be a financial member of the club prior to the event. Volunteers are required to mark the course, record marshal etc. If you can assist please call Matt at 021 0586 189.



### **The following weekend:**

**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. If not heading to Taupo then there is the Park Run you can attend - 8.00am behind Migs Gym, 200 Te Ngae Road. Please wear club uniform at both events.

**Sunday 7 July** – Event 3 of the Sunday morning dashes. This is on the Mt Ngongotaha Nature Walk. More details to come.

### **Looking further ahead:**

**Saturday 20 July** – Athletics Waikato Bop cross-country champs, Tauhara Park, on the northern end of Hamilton. Head to AWBOP website for event and entry details

### **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](http://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](mailto: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.

## 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](http://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](mailto: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

Hughes Memorial Cross-country – Hawera – Queens Birthday Weekend.

Jonah Funnell	1st	2km	9.21
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Linton Park West – Sunday morning dash – 23 June 2019 – 1 lap 1.4 km

Rachael Wright (walk)	W20	1 lap	14.15
Luanna George	W55	2 laps	14.15
Keira Murphy	G8	2 laps	14.36
Kathryn Murphy	W45	2 laps	14.37
Robynne Robbins (walk)	W60+	2 laps	20.41
Matt Parsonage	M35	3 Laps	13.52
Hannah Gapes	G16	3 laps	15.08
Mark Chilloner	M20	3 laps	18.59
Megan Grant	W20	3 laps	18.59
Rina Joy	W50+	3 laps	20.44
Peter Vyver	M75	3 laps	27.03
Denise Caudwell (walk)	W65	3 laps	27.43



## CROSS-COUNTRY CHAMPIONSHIPS

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

**This Sunday 30 June 2019**

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

**Event briefing 10.15am**

*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

## ***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).

### **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)