



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 6 July 2019

### **The past week:**

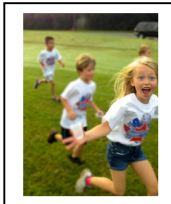
What a great morning weather wise for the club cross-country championships out on Boord Park, Devon Street West. The new course proved popular with those taking part but a small amount of fine tuning will make it just that much better.

The fields were small and it to be noted that two of the major trophies at stake will not have a name engraved on them for 2019. That is the senior men Lords Sports Cup has had a winner engraved on it every year since it was donated to the sport in 1947. And the women's Fenton Cup has also not missed having a winner engraved on it since it was donated in 1965.

Thanks to all that turned up and assisted with course marking recording, the collection of the required gear from the clubrooms and the return of it.

### **This weekend:**

**This 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. Late entry closes on **race day at 9.45am** for an extra \$5.00.



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.

**This Sunday 7 July** – Event 3 of the Sunday morning dashes is on the Mt Ngongotaha Nature Walk. Meet for the event briefing at 10.15am at Bonnington's Reserve, Paradise Valley Road: just up the road on your right from the Pukehangi / Clayton Roads junction. Call Matt on 021 0586 189 if you can assist with the event in some way.

### **The following weekend:**

**Saturday 13 July** - Club park run at Puarenga Park: 8.00am: behind Migs Gym 200 Te Ngae Road. Please wear your club uniform. If you can assist with marshalling etc, please contact Matt on 021 0586 189

### **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 details. [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) Also see below for the time table and other information pertaining to the event.

#### **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.

#### **RESULTS**

##### **Club Cross country championships – Boord Park – Rotorua - 30 June 2019**

4000 metres approx.	Run		
Hannah Gapes	WU18		17.16
Lance Shilton	MU16		18.57
Gisele Howard	WU16		19.00
Sian Twiddy	W40		19.40

Kerryn Barker	W45		20.36
Kathy Howard	W65		24.03
Luanna George	W55		24.14
<b>4000 metres</b>	<b>Walk</b>		
Denise Caudwell	W65		30.40
Ali Cutts	W60		30.41
Max Bragg	M75		33.43
Robynne Robbins	W60		34.30
Maxine Bremner	W70	Visitor	44.17
<b>2000 metres approx.</b>	<b>Run</b>		
Cody Shilton	BU12		9.21
Jonah Funnel	BU12		9.24
Trelise Howard	GU14		9.33
Arwen Barker	GU12		10.23
Alan Twiddy	BU12		10.23
Edward Twiddy	BU12		13.39
Leah Barker	GU12		14.16
Katharine Twiddy	GU12		19.41
<b>6000 metres approx.</b>	<b>Run</b>		
Matt Parsonage	M35		22.57
Jason Cameron	M45		23.47
Tony Broadhead	M50		24.37
Andy Twiddy	M40		24.42
Kerry Robinson	M50		24.57
Adrian Lysaght	M40		25.45
Alan Crombie	M50		26.57
Trevor Ogilvie	M70		30.26
Alan Ryan	M70		38.33
Peter Bloore	M70		41.14
Peter Vyver	M75		45.44

**Athletic Waikato BOP cross-country champs – 20 July 2019 – Tauhara Park, Callum Brae Drive, Hamilton**

***Time table***

<b>Race 1</b>	<b>1.45pm</b>		
Under 12 boys/girls	2 km	\$10.00	
Under 14 boys /girls	3 km	\$10.00	
<b>Race 2</b>	<b>2.15pm</b>		
Under 16 boys /girls	4 km	\$10.00	
Under 18 women	4 km	\$12.00	
Under 18 men	6km	\$12.00	
Under 20 women	6 km	\$15.00	
Masters women - 35 plus	6 km	\$15.00	
Masters men - 65 plus	6 km	\$15.00	
Under 20 men	8 km	\$15.00	
Masters men - 35-64	8 km	\$15.00	
Senior men - 20-34	10 km	\$15.00	
Senior women - 20-34	10 km	\$15.00	

**Ages:** Are at 31 December 2019 except master's grades which is age on the day. Results will be recorded in their respective categories.

**Course:** Is a mixture of flat, undulating and one steep decent/climb per lap. The course is suitable for spikes.

**Directions:** Approach the venue from Wairere Drive and turn North at the roundabout to join Hukunui Road. Callum Brae Drive is the second on the left off Hukunui Road. Follow Callum Brae Drive and turn right at first roundabout.

**Parking:** Is along Callum Brae Drive.

**Facilities:** Toilets and a small café are on site

**Prize giving:** Will be on site after completion of final event, no later than 3.30pm.

**Eligibility:** To take an AWBOP championship placing athletes including master's grades must be registered as a competitive AWBOP athlete. Social registered athletes and non-registered athletes may complete but are ineligible for an AWBOP championship placing.

**Closing dates:** Entries to be made on line by 17 July. All entries after 17 July will be an extra \$10.00 per person and must be made on the day – cash only. There will be no refund of entries.

**Entries:** Can be made online at: <https://2019wbpxcc.eventdesq.com>

**AWBOP team to ANZ cross-country championships, Harcourt Park, Upper Hutt, Wellington Sunday 4 August 2019:** The AWBOP team will be selected from those entered at close of entries for the championships. Athletes are to enter themselves via [www.athletics.org.nz](http://www.athletics.org.nz) before the early entry closing date - 26 July at 9.00am. Late entry is accepted till 9.00am Tuesday 30 July for an extra \$20.00 entry fee.

**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)

## NORTH ISLAND CROSSCOUNTRY RACES

Saturday 6 July 2019

Spa Thermal Park, Taupo

### PROGRAMME

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