



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 13 July 2019

The past week:

Another week has flicked by and soon we will be to the end of this winter's cross-country events.

The Club was represented by five at the North Island cross-country championships on Saturday when they were contested at Taupo's Spa Park. Results are below.

Locally on Sunday morning a very small number took the opportunity to have a run/walk around Mt Ngongotaha's nature walk. Thanks to those that turned up and participated or volunteered.

This weekend:

Saturday 13 July - There is no club run/walk scheduled for the weekend other than the customary pack runs and walks on Sunday morning. If you wish on the Saturday morning there is the Puarenga Park run/walk: 8.00am: behind Migs Gym, 200 Te Ngae Road. Please wear your club uniform



The following weekend:

Saturday 20 July – The athletics Waikato BOP cross-country championships champs are at Tauhara Park, on the northern end of Hamilton. Head to AWBOP website for event and details; www.athleticswaikatobayofplenty.org.nz
Also see below for the time table and other information pertaining to the event. Locally there is no club event this day.

Looking further ahead:

Saturday 27 July – This is the afternoon the River Trail Trot on the banks of the Waikato River. More details nearer the event. Put it on your calendar as it's a great afternoon out of Rotorua.

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

North Island cross-country championships – Spa Park,
Taupo – 6 July 2019

| | | | |
|------------------------------|---------------------|------|----------|
| Under 14 Girls | 3000 metres | | |
| Bella Wyatt | | 14th | 12.53.1 |
| Trelise Howard | | 34th | 15.19.18 |
| Under 16 Girls | 3000 metres | | |
| Gisele Howard | | 14th | 12.26.7 |
| Under 18 Women | 4000 metres | | |
| Hannah Gapes | | 6th | 16.00.9 |
| Under 12 Boys | 2000 metres | | |
| Jonah Funnell | | 16th | 8.42.2 |
| Masters men – 75 plus | 6 000 metres | | |
| Peter Vyver | | 1st | 44.54.1 |

Gold Coast Half Marathon – 7 July 2019

Apologies to any other club member that took part at Gold Coast. Below are the only results that have been forwarded to the writer.

| | | | |
|--------------|----|------|-------|
| Michael Voss | SM | 15th | 65.37 |
|--------------|----|------|-------|

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

Time table

| | | | |
|-------------------------|---------------|---------|--|
| Race 1 | 1.45pm | | |
| Under 12 boys/girls | 2 km | \$10.00 | |
| Under 14 boys /girls | 3 km | \$10.00 | |
| Race 2 | 2.15pm | | |
| 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 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)