



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

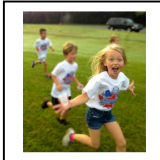
GUFF SHEET 20 July 2019

The past week:

Another quite week on the local scene.

This weekend:

Saturday 20 July – The Athletics Waikato BOP cross-country championships at Tauhara Park, on the northern end of Hamilton. Please note that online entry has now closed and the on the day entry is cash payment. Below is the time table and other information pertaining to the event.



Locally there is no club event. 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 27 July -- the 8th annual River Trail Trot. Meet at the Neil Hunt Park clubrooms at 12:45pm for organising carpools and getting driving/event instructions, leaving at 1:00pm. It will take about 35mins to drive the 43km to reach the Atiamuri end of the Waikato River Trails, just off State Highway 1, where the event will start. Upon arrival everyone will be divided up into teams.

Each person will accumulate points for their team by running or walking within a 30 minute time limit a set distance of their choice from the following options: 2.5, 3.0, 3.5, 4.0, 4.5, 5.0, 5.5, 6.0, 6.5 or 7.0km. Afterwards, on the way home we will stop at the Bull Ring for refreshments (bring some cash or money card) and prize giving. This event is suitable for anyone, including children, who can cover 2.5km or more within 30 minutes on gentle well-formed scenic trails. Contact Adrian Lysaght (027 615 3496) or adrian.lysaght@xtra.co.nz if you have any questions. This is a great fun event, so please support it! It just requires some thinking as well as running or walking. Intrigued – then go along and find out what the event is about.

Looking further ahead:

Sunday 4 August is the last event in this series of Sunday morning events. Where? At Jackson Park which is off Springfield Road. Meet 10.15am for the event briefing with event start time 10.30am. Please support this event.

Out of Rotorua is the annual Athletics New Zealand cross-country championships at Harcourt Park, Upper Hutt, Wellington. Those attending please note you are to enter yourself 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.

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.



Cross-country champs – **This Saturday 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: Inline entry has closed. 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)