



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 27 July 2019

The past week:

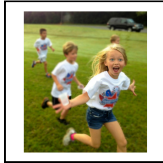
Another quite week on the local club scene.

Out of the City was the Athletics Waikato BOP cross-country championships at Tauhara Park, Hamilton, with 8 club members taking part. Their results are below.

This 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.



The following weekend:

Sunday 4 August is the last event in of Sunday morning series. 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. Early entry has closed. Late entry is accepted till 9.00am Tuesday 30 July for an extra \$20.00 entry fee.

Looking further ahead:

Saturday 10 August - It is now time for all the “roadster” club members to dust off their road shoes and head along to the first true road event on this winter’s calendar. The event is a 3, 5, or 10km. The details of the venue and time to be advised.

Lake City Athletic Club - notice AGM:



Annual General Meeting

Our Annual General Meeting will be held in the Clubrooms at 7:30pm on the 21 August 2019

Nomination forms can be downloaded from the Club's Website and they will also be at the Clubrooms

The Agenda will be advertised in the newspaper shortly and is now on the club's website and at the Clubrooms

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

Athletics Waikato BOP cross-country championships – 20 July 2019 – Tauhara Park, Hamilton

Girls under 12	2000 metres		
Lilly Anderson	Whakatane	1st	7.32
Amber Lysaght		2nd	9.38
Boys under 12	2000 metres		
David Sinclair	Cambridge	1st	7.20
Jonah Funnell		5th	8.38
Girls under 14	3000 metres		
Renee Carey	Tauranga	1st	11.34
Poppy Croucher		8th	14.24
Bella Wyatt		9th	15.06
Boys Under 14	3000 metres		
Adisen Mahy	Tauranga	1st	11.27
Conor Lysaght		5th	13.14
Women under 18	4000 metres		
Charli Miller	Hamilton Hawks	1st	13.46
Hannah Gapes		3rd	14.57
Masters men	8000 metres		
35-39			
Matt Parsonage		1st	27.26
40-44			
Brad Dixon	Tauranga	2nd	28.04
Adrian Lysaght		4th	30.37

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)