



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 7 September 2019

The past week:

The Blue Lake beckoned 16 club members plus a number of volunteers on Saturday when the annual Minster Cup estimated time events were held. Thanks to those that took part and those that volunteered. Results are below.

Winter season course markers:

Over recent weeks members of the public have returned to the Club a number of cones and direction arrows that have been found on areas used for winter events. This indicates that all cones etc have not been uplifted when a course has been broken down. When breaking down a course please ensure all the club equipment has been uplifted – thank you.

Athletics Waikato BOP championship

events: - A message from the Centre's Administrator:

"It is the Centre's policy that designated club singlets must be worn at Centre championship events and it has been noted that this has not been strictly adhered to on occasion this winter".

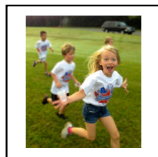
Club members if you are registered as a competitive member with Athletics NZ please note this message. The next Centre championship event is the half marathon at Cambridge on 15 September.

Athletics Waikato BOP championship medals:

The following club members still have medals relating to the AWBOP marathon championships at the Neil Hunt Park Club rooms: Siobhan Griffiths: Ally Gibbons: Adrian Lysaght: Chris Bycroft: Will O'Conner: Greg Malcolm: and Gillian Shapley: Please uplift them.

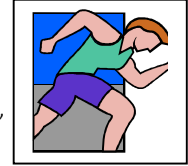
This weekend:

Saturday 7 September – The Okataina



tracks fun run/walk. Meet 1.30pm at the Neil Hunt Park clubrooms for carpooling to the venue.

Sunday 8 September – A Speed Clinic at the Rotorua International Stadium from 10.00am to 3.00pm for **middle and long/ultra-distance running**.



This is being conducted by Kerry Hill, Athletics NZ and IAAF accredited sprints coach. Cost \$20.00 per person. To register email Jason Cameron at jason.cameron@rotorualc.nz for further details. Bookings are essential and to be made by 5.00pm Wednesday 4 September 2019 to secure your place. Refer to www.lakecity.co.nz for more details.

The following weekend:

Saturday 14 September – No club event but feel free to organize a pack run from the clubrooms or head along to the 8.00am Park Run behind MIGS Gym, 200 Te Ngae Road. Please wear your club uniform. Runners and walkers are catered for. If you have not taken part in the event previously you must pre-register. Go to www.parkrun.co.nz to do so.

Sunday 15 September - Athletics NZ road championships, Bruce Pulman Park, Auckland. Visit Athletics NZ website for event and entry details.

Cambridge half marathon and associated events - The half marathon incorporates Athletics Waikato BOP half marathon championships on Sunday 15 September. Event details etc can be found by going to Cambridge Athletic and Harrier club's website.

Looking further ahead:

Saturday 21 September - The Club road championships at Waingaehe Park Hannahs Bay.

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

Minster Cup – 5 and 10km estimated time event - Blue Lake - 31 August 2019

<i>5km</i>	<i>time</i>	<i>Estimate d time</i>	<i>Diff</i>
Hannah Gapes	22.40	21.30	+ 1.10
Daniel Gapes (v)	26.44	27.27	- 0.43
Anja Crombie	27.37	27.30	- 0.07
Noreen Crombie	30.57	31.00	- 0.03
Phil Gulbransen	31.37	28.23	+ 3.14
Arwen Barker	31.40	28.00	+ 3.40
Amber Lysaght	34.48	26.40	+ 8.08
Luanna George (w)	39.30	44.00	- 4.30
Denise Caudwell (w)	41.06	41.42	+ 0.36
Peter Vyver	44.02	38.00	+ 6.02
<i>10km</i>			
Adrian Lysaght	47.30	44.00	+ 3.30
Alan Crombie	49.49	46.00	+ 3.49
Sian Twiddy	56.42	54.10	+ 2.32
Kerryn Barker	59.42	56.21	+ 3.21
Kathryn Murphy	65.11	55.00	+ 10.11
Rena Joy	68.19	70.00	- 1.41

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)