



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 14 September 2019

The past week:

It was out to Lake Okataina this past Saturday for a run / walk around the tracks out there. Thanks Matt for organising this.

The crossing of Tarawera Road:

When crossing Tarawera Road to go into and from the Forest care needs to be taken, especially when its busy traffic time. A “crossing bay” has been placed on Tarawera Road up past the Long Mile entrance so for your own safety please use this.

Athletics Waikato BOP – official training days:

The following dates have been set aside for official training days. These days are very beneficial to all.

Track events at Porritt Stadium, Sunday 20 October
9.30am start

Throws Sunday 3 November 9.30am start, venue to be confirmed

Jumps Sunday 24 November 9.30am start, venue to be confirmed

For more information contact Heather

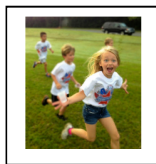
O’Hagan: ohagan@visique.co.nz or text to 0274-713220

This 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 where 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. Good luck to those from the Club taking part.

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.

The following weekend:

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



Road championships

Saturday 21 September 2019

Waingaehe Park, Hannahs Bay, Rotorua

Please note **not** all events **start** at the finish line on Cooper Avenue

Order of events

Race 1

Run and Walk

1.30pm (Sharp)

Distance 2000 metres

Boys and girls – Under 12

Boys and girls – Under 14

Distance - 5000 metres

Under 18 - women and men

Under 20 - women

Masters women – (35 plus)

Walk - All grades

Race 2

Run

2.00pm

Distance - 3000 metres

Under 16 – boys and girls

Race 3

Run

2.20pm

Distance 7300 metres

Men – under 20

65 plus – masters men

Distance 10,000 metres

Women – senior (20–34)

Men - senior (20-34)

Masters men - (35 to 64)

Notes

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2019 except for Master grades, which is age on the day.

2. Members are only eligible to win championship places in their own grades, **and must be a paid-up financial member prior to the event** of the Lake City Athletic Club Inc. Visitors welcome.

3. **There will be traffic on the course. We are in a residential area. All participants must take care. Run or walk within any cones on the course. Watch for vehicles backing out of driveways!**

4. Please arrange for a family member to count your laps.

5. Marshalls for the course are required. This is part of the traffic management plan we have to implement. Also wanted are recorders etc at the finish line and people to set up the course etc. If you are not running or walking get involved by being a volunteer. Please contact Matt (021 0586189 if you can assist.

Looking further ahead:

Saturday 28 September - No club organized event. Feel free to organize a pack run/walk from the Neil Hunt Park clubrooms, or take part in the 8.00am Park run behind Migs Gym 200 Te Ngae Road.

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.

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 this Sunday.

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: Greg Malcolm: and Gillian Shapley: Please uplift them.

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)