



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore – Rotorua

## GUFF SHEET 21 September 2019

### ***The past week:***

Locally a quiet time this past week. Out of the City a number from the club took part in the Athletics New Zealand road championships at Pulman Park, Auckland or at the Cambridge half marathon and associated events.

The Auckland results are below. Well done to the club members that took part.

The Cambridge results can be located via the Cambridge Athletic and Harrier club website.

### ***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 officials 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

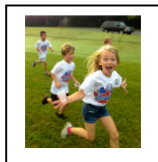
**Jumps** Sunday 24 November 9.30am start, venue to be confirmed

For more information contact Heather

O’Hagan: [ohagan@visique.co.nz](mailto:ohagan@visique.co.nz) or text to 0274-713220

### ***This weekend:***

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



Road championships

## **This 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

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#### **Race 2** **Run**

**2.00pm**

**Distance - 3000 metres**

Under 16 – boys and girls

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#### **Race 3** **Run**

**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.

### ***The following weekend:***

**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.

### ***Looking further ahead:***

The Athletics New Zealand Road relay champs at Feilding. Teams will be selected and entered in due course.

## **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.

### ***Track andField:***

This summer’s Adults (15 plus) club track and field pre Christmas is being held weekly on a Monday evening following on from the children’s activities. After Christmas it will be back to Wednesday evenings. The venue is the same as previous. Go to the club’s facebook page for more details.

## **RESULTS**

### **Athletics New Zealand Road Championships**

– Pulman Park, Auckland – 15 September 2019

<b>Masters men 50-54</b>	<b>10km</b>		
Peter Stevens	1st	Wgtn	35.26
Tony Broadhead	10th		38.33
Chris Corney	14th		39.09
Alan Crombie	21st		41.20
<b>Women 18</b>	<b>5km</b>		
Isabella Richardson	1st	Akld	18.05
Hannah Gapes	5th		18.52
<b>Men 20-34</b>	<b>10km</b>		
Aaron Pulford	1st	Waikato	30.15
Michael Voss	2nd		30.34
Iain Macdonald	16th		33.32

### **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)