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GUFF SHEET

4 July 2020

The past weeks

The results of the second club “virtual” event, The Foster, Smyth, Lamason, are towards the end of this publication. Winners of the respective sealed handicap trophies are: Foster Sheild - *Lance Shilton*: Smyth Trophy - *Sian Twiddy*: Lamason Trophy - *Neil Butler*. Fastest times were recorded by Michael Voss, Megan Grant and for the walkers Neil Butler.

The first “formal” event of the club’s winter season was held on Sunday morning. This being the club cross country championships on the Boord Park / Westbrook green areas.

After the heavy downpours the day/night prior to the event it was amazing how dry the underfoot conditions were. There were only a couple slightly damp spots on the whole 2000 metre lap.

Thanks are extended to those who assisted with the many tasks to make the event happen. A special thanks to the person that arranged the weather for the morning. The enthusiastic supporters in attendance added to the events atmosphere.

Results are also below and from them you will see that its was the best turn out of participants at the champs for a number of years. Visit the club’s face book to view photos of the action.

Club activities

This weekend – Saturday another free day. Sunday – the customary pack runs/walks. Some from the clubrooms other from venues decided by your pack leader. It looks like the Saturday morning park runs at Puarenga Park are back on. 8.00am by Migs Gym, 200 Te Ngae Road.

Saturday 11 July – the annual River Trial Trot on the banks of the Waikato River down Atiamuri way. It’s a great chance to run/walk in an area we only visit once a year. This is a team’s event so the more that attend naturally more teams. Not running or walking then bring your mountain bike and go for a ramble up the Waikato River trail tracks. More on this novelty event next week. There’s even some social time at the conclusion of the exercise.

The updated winter season programme is now on the Club’s website www.lakecity.co.nz

Club membership

Subscriptions for the financial year commencing 1 April 2020 can now be paid and will cover the period 1 April 2020 to 31 March 2021.

Nearly 200 have renewed their membership or joined as a new member. When in a position to do so it would be appreciated those that have not done so, do so - thank you.



Registrations can only be accepted “online” through the Club Registration Website Portal. To access this Portal please visit the clubs website – www.lakecity.co.nz and click on the link – **Lake City Registration**.

If you are an **existing member** click on “login” (on menu bar), and select “Renew”. Check that your current details are correct and update if necessary and then complete with a Credit Card Payment. If you have forgotten your password, please select “Forgotten my password” from the Login page, and follow instructions to reset it.

If you are a **new member** Click “Registration” and fill out the form. Complete the registration with a Credit Card Payment.

Athletics Waikato BOP winter season dates

There has been a number of changes to the dates of this winter’s AWBOP based events. These are as follows:

1. This Saturday 4 July the Te Awamutu Golf course fun run and walk This event is at the Te Awamutu Golf course off Kihikihi Road. Entry is online only and close 4.00pm **Thursday 2 July**. There is no late entry. Further details and entry can be done by visiting Athletics Waikato BOP website.
2. Hamilton Hawks open cross-country event is 18 July at Minogue Park. To date no programme etc has been seen.
3. The Athletics Waikato BOP cross-country champs have moved to 1 August at Waipuna Park, Tauranga
4. The Athletics Waikato BOP road champs are scheduled for Sunday 25 August at St Peters, Cambridge
5. The Cambridge Half marathon etc scheduled for 13 September has been cancelled.

Should other changes come to hand they will be notified via the guff sheet. These changes mean that the club’s winter programme gets more amendments made to it.

Athletics New Zealand

It is to be noted that the Athletics New Zealand Road championships have been rescheduled to Saturday 7 November.

New Zealand Road relay championships – this event is scheduled for Saturday 3 October at Fielding.

Results

Foster Smyth Lamason - Virtual event – June 2020

Short course (3.00km)

Name	Time
Anja Crombie	13.21
Cody Shilton	14.52

Long course (9.5km)

Name	Run/walk	Time	Handicap	Net Time
Michael Voss	Run	35:19	0.00	35.19
Matt Parsonage	Run	36.31	4.30	32.01
Nick Crocker	Run	41.14	6.00	35.14
Adrian Lysaght	Run	41.40	9.00	32.40
Leigh Reynolds	Run	42.09	5.00	37.09
Alan Ferguson	Run	42.22	5.00	37.22
Carl Fischer	Run	42.56	8.00	34.56
Kerry Robinson	Run	43.55	8.00	35.55
Alan Crombie	Run	44.28	12.00	32.28
Andy Twiddy	Run	44.33	10.00	34.33
Brad Griffiths	Run	46.27	14.00	32.27

Russell Clarke	Run		46.38	14.30	32.08
Megan Grant	Run		46.55	10.00	36.55
Stephen Holloway	Run		48.31	11.30	37.01
Siobhan Griffiths	Run		48.51	15.00	33.51
Lance Shilton	Run		49.07	20.00	29.07
Fred Shilton	Run		49.11	12.00	37.11
Sian Twiddy	Run		52.32	20.00	32.32
Faith McGregor	Run		53.56	18.00	35.56
Noreen Crombie	Run		54.11	18.30	35.41
Kerryn Barker	Run		54.30	21.30	33.00
Campbell Horn	Run		56.13	15.30	40.43
Gillian Shapley	Run		56.19	23.30	32.49
Sarah Lei	Run		1.00.01	19.30	40.31
Joy Thomas	Run		1.02.58	21.00	41.58
Peter Bloore	Run		1.00.34	28.00	32.34
Kathy Howard	Run		1.03.53	29.00	34.53
Neil Butler	Walk		1.12.16	39.00	33.16
Kathryn Murphy	Run		1.12.49	28.30	44.19
Rina Joy	Run		1.12.49	33.30	39.19
Larissa Anderson	Run		1.15.23	32.00	43.23
Anna Burton	Run		1.15.23		
Wendy Hill	Run		1.16.00	33.30	42.30
Sarah Luke	Run		1.17.00		
Debbie Bly	Run		1.20.00		
Julie Wenham	Run		1.25.00	50.00	35.00
Annemarie Gallagher	Run		1.25.00	51.30	33.30
Craig Wilson	Run		1.26.00		
Marama Maxwell	Run		1.29.00		
Lisa Steele	Run		1.29.00		
Robynne Robins	Walk		1.29.00	55.00	34.00
Alison Cutts	Walk		1.29.00	53.30	35.30
Alison King	Run		1.29.40	60.00	33.40
Jeanene Lysaght	Walk		1.41.05	61.30	39.35
Pam Kenny	Walk		1.43.42	64.00	39.42
Louise Rickard	Run		2.07.28	62.00	65.28
Dennis Kenny	Walk		2.08.38	72.00	56.38
Alby Schuster	Walk		2.21.00	103.30	37.30
Ally Gibbons	Walk		2.21.00	97.30	43.30
Linda Montgomery	Walk		2.21.00	96.30	44.30
Andy Eastcott	Walk		2.31.00	61.00	90.00
Sarah Wiwarena	Walk		2.31.00	77.30	73.30
Rob Colledge	Walk		2.54.11	90.30	83.41
Vann Chant Aun	Walk		2.54.11		
Kararaina Lasona	Walk		2.54.11		
Antionette Walker	Walk		2.54.11		
Teresa Pou Poasa	Walk		2.54.11		

**Club
Cross-
country**

**championships – Boord Park, Devon Street
West, Rotorua
28 June 2020**

Name	Age grade	Time
2000 metres - Run		
Ryder Moke	Boy 9	10.00
Declan Albrecht	Boy 9	10.09
Cody Shilton	Boy 11	8.32
Elliott Castle	Boy 11	8.49
Eilidh Ferguson	Girl 4	19.31

Rosie Chapman	Girl 5	17.06
Jessie Neilson	Girl 5	19.15
Ava Fiske	Girl 8	10.06
Sophia Chapman	Girl 8	13.00
Carlee Neilson	Girl 8	13.02
	Age grade	Time
Keira Murphy	Girl 9	10.27
Amber Albrecht	Girl 9	10.39
Claire Randell	Girl 10	9.23

Arwen Barker	Girl 11	9.20
Tyla Albrecht	Girl 11	9.57
Ashleigh Randell	Girl 12	8.57
Sahara Katene	Girl 12	9.10
Amber Lysaght	Girl 12	9.27
Jayda Moke	Girl 12	9.36
Katharine Twiddy	Girl 12	12.30
4000 metres - Run		
Austin Lash	Boys 16	15.30
Heath Lash	Boys 16	15.43
Anja Crombie	Girls 16	17.35
Bella Wyatt	Girls 16	18.34
Lillian Muir	Girls 16	19.31
Gisele Howard	Women 18	17.42
Sian Twiddy	Women 40	18.42
Siobhan Griffiths	Women 45	18.15
Kerryn Barker	Women 45	19.23
Kathryn Murphy	Women 45	22.12
Noreen Crombie	Women 50	18.27
Rina Joy	Women 50	23.29
Kathy Howard	Women 65	23.07
Campbell Horn	Men 65	21.00
Peter Bloore	Men 70	26.19
4000 metres - walk		
Chant Aun	Women 20	43.21
Angie Smith – Bigwood	Women 40	39.08
Kara Lasona	Women 40	43.22

Rob Colledge	Men 70	43.21
6000 metres - run		
Matt Parsonage	Men 35	20.43
Iain MacDonald	Men 35	21.01
Alan Ferguson	Men 35	23.35
Russell Clarke	Men 35	24.15
Stevie Fiske	Men 35	29.39
Andy Twiddy	Men 40	24.49
Adrian Lysaght	Men 45	22.43
Kerry Robinson	Men 50	23.45
Tony Broadhead	Men 50	24.29
Alan Crombie	Men 50	24.36
Chris Lord	Men 55	28.18
Graeme Pearson	Men 60	26.13
Colin Earwaker	Men 60	26.41
Megan Grant	Women 20	25.41
Megan Clarke	Women 20	34.33
Alexandra Woodmas	Women 20	35.23
Rachel Wright	Women 20	42.18
8000 metres - run		
Sam Osborne	Men 20	25.15
Michael Voss	Men 20	25.26
Carl Fischer	Men 20	29.47
Leigh Reynolds	Men 20	31.02
Satoru Kuwabara	Men 20	35.01
Sam Rossiter	Men 20	45.34