

GUFF SHEET

26 June 2021

The past week

The weather certainly knew how to turn it on this past weekend. Ture cross-country underfoot at both the Club champs and the New Zealand Secondary schools' champs at Hawera. Both events were held in wet conditions, Hawera with plenty of mud, and locally slushy underfoot and an area more suitable for swimming.

Firstly, let's look at the results from the NZSS cross-country. What a superb performance from Hannah Gapes, representing John Paul Colledge, in winning the senior girl's event by nearly a minute (15.40.0 to 16.37.70). This is called a runaway win! Congratulations Hannah and to the fellow local school members (all club members) that took part in Hannah's event: Poppy Martin, 32nd in 18:05.4, Jessica Lamb, 50th in 18:56.9, and Anja Crombie, 67th in 19:53.0 and Bella Wyatt in the junior girl's event who finished 48th in 13.10.6.. Apologies to anyone that may have been overlooked.

Now to the local scene. That is the club's annual cross-country championships that were held on Boord Park, Devon Street West on Sunday morning. With rain all Saturday and the earlier part of Sunday morning conditions were naturally wet. A short part of the course was underwater, a bit daunting to those not familiar with true cross-country conditions. Course set up commenced around 8.00am in the rain. Other than a very, very heavy shower around 10.15am there was very little rain later in the morning.

Thanks to all that participated and a special big thanks to those that packed in the course, dismantled it and packed the gear away. Also, thanks to those who made available vehicles, trailers etc. Results are below.



Photo courtesy of Leonie Annett

Roll, on to the Athletics Waikato BOP championships being held on Saturday 24 July on nearly the same course. Those that wanted the hill on Sunday, note it will be there on the 24th. In due course volunteers will be called for – marshalls, recorders, time keepers, pack in and pack out people. This is a big day. Let's put on the usual Lake City well organised event!

Club and out of town activities

Next Saturday – 26 June – Jackson Park / Tihi reserve cross country relay. Meet at 1:45pm at the carpark by Jackson Park Central Kindy on Springfield Rd. Start time 2:00pm. Duty Officer: Matt Parsonage. 021 0586 189. Don't be late as it will take time to put teams together. All welcome – runners, walkers, the young, senior citizens and those in between, plus volunteers to make it all happen.

Saturday 3 July (out of town) – The North Island cross-country championships at Spa Park, Taupo. Entry and event details are on Athletics Waikato BOP website. (www.athleticswaikatobayofplenty.org.nz) for entry details which are under the Competition banner on the home page.

No local event other than the 8.00am Park Run.

Mid-week / Sunday activities

Distance Runners

On Sunday mornings, running groups (7.00am – some later) leave from the Neil Hunt Park clubrooms. Midweek informal running groups leave the clubrooms between 5.00pm and 5.30pm on Tuesdays and Thursdays. **Note:** As not all runs leave from the Neil Hunt Park clubrooms your pack leader(s) will advise your meeting point. Keep in touch with them.

Walkers

Mid-week there is two meeting times: *Tuesdays*; 8.00am at Neil Hunt Park clubrooms, 5.30pm meet by 1231 Hinemoa Street (toilets). If not a regular with this town group and wishing to join them contact Marieke – 027 4628572. *Thursday*; 8.00am by Planet Bike, Waipa Bypass Road, 5.30pm See Tuesday details above.

The Marathon Running/Walking Clinic

The various groups or packs are meeting at various times and days – some maybe just the weekend. Check out times, places etc with who was your clinic leader for details. Don't waste the fitness you have built up over the past weeks. Come and join the club activities especially the Saturday ones.

Training and Skill sessions



Where: Board Park, Devon Street West

When: Every Wednesday from 23rd June 5:15pm — 6:15 pm – 8 weeks total)

Concentrating on Balance, Flexibility, Agility, and Co-ordination drills

Organised by Kim Stevenson: Athletics NZ Accredited Coach

If interested contact Kim: Phone or Text: 02100822590.

Email: physzer77@gmail.com

Limited to 20 people.

Club Registration

Subscriptions for the Club's financial year commencing 1 April 2021 can now be paid and will cover the period April 2021 to 31 March 2022.

Registrations can only be accepted "online" through the Club Registration Website Portal. To access this Portal please click the link below

[Lake City Registration](#)

- If you are an **Existing member**, click on "login" (on menu bar) and select "Renew".

Check 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

Results

Cross-country championships – 20 June 2021

Boord Park, Devon Street West, Rotorua

Pre-event membership status and age
group placings to be established

Race 1

Anja Crombie	GU16	16.12
Trevor Ogilvie	M70	16.14
Karyn McCready	W50	16.18
Kerryn Barker	W45	16.27
Emma Hickson	GU16	17.23
Erin Jeffrey	W35	17.38
Faith McGregor	W45	17.49
Geraldine Groot	W40	17.59
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Campbell Horn	M70	20.10
Jodie Hickson	W45	20.17
Kathy Howard	W70	21.15
Sarah Jane Caudwell	W55	23.14
Rina Joy	W50	23.15
Peter Bloore	M70	26.10
Rachel Chapman	W40	27.22
Peter Vyver	M75	28.54

Race 2

Kingston Ryan	BU14	6.54
James McGregor	BU14	7.39
Arwen Barker	GU14	8.01
Claire Randell	GU12	8.06
Tyla Albrecht	GU14	8.16
Izzy Managh	GU14	8.42
Hannah Hickson	GU14	8.43
Amber Albrecht	GU12	8.51
Sofia Chapman	GU12	9.09
Carlee Neilson	GU12	11.02
Oliva Groot	GU12	11.06
Lucy Groot	GU12	11.28
Rosie Chapman	GU12	11.34
Harry Groot	BU12	11.37

Race 3 – Senior men/women ran longer distance than master grades

Iain MacDonald	M35	25.32
Matt Parsonage	M40	27.01
Bruce Edwards	M55	28.50
Andy Twiddy	M40	29.40
Alan Crombie	M50	29.55
Megan Grant	W20	30.25
Fred Shilton	M45	30.48
Michael Voss	M20	31.13
Peter Caudwell	M55	31.44
Ephraim Sissay	M20	33.28
Russell Clarke	M35	34.14
Michaela Harris	W20	36.30
Megan Clarke	W20	42.28
Rachael Wright	W20	51.44