



Website: www.lakecity.co.nz
Email: info@lakecity.co.nz
Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET

15 August 2015

Lake City Athletic Club Inc

Annual General Meeting

The Annual General Meeting of the Lake City Athletic Club Inc is set down for Wednesday evening 19 August 2015, 7.30pm, at the Neil Hunt Park clubrooms

The meeting's agenda and nomination form to nominate an officer or executive member were attached the Guff sheet of 1 August 2015.

The past week:

It was off to Matamata on Saturday for their annual 3.3km relay around the town's streets. 11 club teams took part with the No 1 walk team and the Master women runners taking out the top place in their grades. 2nd places went to the Under 12s, Lake City No 2 walking, Women open, masters men and the clubs Super vets (60 plus): Third places went to Lake City men open and Lake City masters women No 2. Well done everyone!

We won't talk about the weather!

Results are below

Should anyone have come across or picked up in error a green (darkish army green) marmot jacket with a blue Rotorua marathon top rolled up in the middle from the Lake City tent at Matamata on Saturday please contact Amy Bray at amyh.bray@hotmail.com There were lots of bags where it was put and it might have got caught up in someone's stuff.

Forth coming events:

SATURDAYS

No local event this Saturday

Saturday 29 August – The Blue Lake Blatt. Two-person teams compete around the Lake. Two person walker teams with each person completing half a lap of the Lake. Meet 1.45pm by the Blue Lake Ski Club clubrooms - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Bring a plate for afternoon tea back at the Neil Hunt Park clubrooms, please. Duty officer: Trevor Ogilvie (Ph. 347 8181) and Tony Broadhead (Ph. 027 6376273).

SUNDAYS

This Sunday 16 August - the Athletics Waikato BOP road running and race walking championships at Tauranga. See below for the programme and entry details – early entry has closed but on the day entry accepted for an extra fee. The prices listed below all need \$5.00 added onto them. Note that the event is on a Sunday.

Sunday 23 August – The Cambridge Half marathon and associated events. This event incorporates the Athletics Waikato BOP half marathon championships. Event and entry details can be found at:

www.cambridgeathleticandharrierclub.co.nz

Distance athletes

Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, others at varying times after 7.00am.

Those that walk – Meet just prior to 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

MONDAYS

Yoga for runners and walkers – These classes for club members run from 7.30pm to 9.00pm on a Monday evening at the Neil Hunt Park clubrooms. Contact person is Sarah Lei 349 3558 or 027 228 5496

TUESDAYS

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the City Focus, Tutanekai Street

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

WEDNESDAYS

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

THURSDAYS

Walkers

Am – Meet at 8.00am at Planet Bike, Waipa By Pass Road

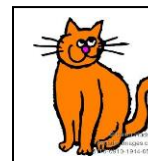
Pm – Meet 5.30pm at the City Focus, Tutanekai Street

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road

Neil Hunt Park feline:

The cat has returned to the Neil Hunt cul du sac. Please do **not** feed it and don't leave the clubrooms door open unattended.





Incentive prize:

If you have not taken part in at least two events prior to the one this coming Sunday you will **not qualify** for the draw. You need 4 events to qualify for the draw including a championship event.

- 16 August - Athletics Waikato BOP road championships, Tauranga
- 12 September – Red Stag Redwoods Forest Relay, Rotorua

To be eligible an athlete must:

- Be a current registered Athletics Waikato BOP member at the time of competing. i.e. you cannot run and join later.
- Run in your club singlet

A random draw will be made at the final event on 12 September in Rotorua. The winning athletes do not have to be present.



2015 road running and race walking

This Sunday 16 August 2015

Tauriko Industrial Estate, Tauranga

From Rotorua turn left at the round-a-bout on State Highway 36 (Pyes Pa Road), just past Tauranga's cemetery. Keep heading North through another round-a-bout and when the next round-a-bout is reached bear left in Taurikura Drive and head south until the venue is reached.

Programme:

11.30am

All ages – non judged walk 10km \$5.00

Judged race walks

Men/Women 20 (20-34yrs) 10km \$15.00

Masters Men/Women (35yrs plus) 10km \$15.00

Men/Women 19 (17, 18, 19 yrs) 5km \$12.00

Running events – open to all

1.00pm

Boys/girls 10 and under 2km \$7.00

Boys/Girls 12 (11,12yrs) 2km \$7.00

1.10pm

Boys/Girls 14 (13,14yrs) 3km \$8.00

1.30pm

Women 18 (15, 16, 17yrs) 5km \$10.00

Women 20 (18,19yrs) 5km \$12.00

Women 35 plus 5km \$15.00

2.00pm

Men 18 (15, 16, 17yrs) 6km \$10.00

Men 20 (18, 19yrs) 8km \$12.00

Men 20 (20-34 yrs) 10km \$15.00

Women 20 (20-34yrs) 10km \$15.00

Masters Men 35 plus 10km \$15.00

Course: The course has gentle rises and falls. Traffic will be on the course so extreme care must be taken by all and marshalls must be obeyed.

Eligibility: to be eligible for an Athletics Waikato BOP championship placing athletes (including master's grades) must be registered with AWBOP. Non registered (unaffiliated) athletes may compete but are ineligible for AWBOP championship placing or medals.

Facilities: No changing facilities are available. Portaloo toilets will be close to the start/finish.

Ages: Masters is age on the day: all other grades ages as at 31 December 2015.

Entry closing: You are now on the late entry fee, which is \$5.00 extra to the prices listed above. Online entry can be made at: <http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=5205> Visit www.athleticswaikatobayofplenty.org.nz

At the Neil Hunt Park clubrooms:

There is still a huge assortment of plates, dishes etc that have been left after functions at the clubrooms. They are on the table by the stairway. Please up lift the one that belongs to you.



RESULTS

Matamata relay – 3.3km around the Streets – 8 August 2015

Walk 3.3km		
<u>1st</u>	Lake City – No 1	1.16.03
Rinus Adriaansz	26.30	
Diana van der Akker	23.56	
Helen Foster	25.37	
<u>2nd</u>	Lake City – No2	1.16.18
Alan Ryan	24.24	
Marieke Wass	24.10	
Jessica Pickering	27.44	
<u>4th</u>	Lake City – No 3	1.16.50
Denise Caudwell	24.24	
Gay Timpany	24.32	
Dawne Sharplin	27.54	

Running 3.3km		
Under 12		
<u>1st</u>	Cambridge	48.13
<u>2nd</u>	Lake City	48.51
Emma Hickson	17.17	
Freya Lord	16.01	
Conor Lysaght	15.33	

Men open		
<u>1st</u>	<i>Pakuranga</i>	52.50
<u>3rd</u>	<i>Lake City</i>	58.13
Steven O'Callaghan	10.28	
Carl Fischer	11.05	
Jason Steyn-Ross	11.35	
Andrew Twiddy	12.19	
Kerry Robinson	12.46	
<u>6th</u>	<i>Lake City – No 2</i>	1.08.25
Gaine Petersen	12.52	
Marcel Meerkerk	14.51	
Mike Bray	12.49	
Erin Leahy	14.04	
Chris Lord	13.49	

Master men		
<u>1st</u>	<i>Hamilton City Hawks</i>	54.35
<u>2nd</u>	<i>Lake City</i>	56.43
Tony Broadhead	10.43	
Adrian Lysaght	10.49	
Chris Corney	11.17	
Andy Hickson	12.15	
Dave Cronshaw	11.39	
Super Veterans 60 plus		
<u>1st</u>	<i>Tauranga Ramblers</i>	53.43
<u>2nd</u>	<i>Lake City</i>	1.02.00
Lindsay Foster	14.11	
Phil Gulbransen	14.06	
John Harvey	15.11	
Peter Vyver	18.32	

Women open		
<u>1st</u>	<i>Hamilton City Hawks</i>	51.14
<u>2nd</u>	<i>Lake City</i>	54.27
Megan Grant	12.59	
Kate Rea	13.29	
Lydia Hale	12.35	
Amy Bray	15.24	

Masters women		
<u>1st</u>	<i>Lake City No 1</i>	53.02
Sue Crowley	11.53	
Melanie Thompson	13.06	
Sian Twiddy	13.20	
Jodie Hickson	14.43	
<u>3rd</u>	<i>Lake City – No 2</i>	1.09.35
Dee Horne	15.18	
Luanna George	16.41	
Jeanene Lysaght	19.51	
Rachael Meerkerk	17.45	

Club uniforms:

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, beanie 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 4 to 14) - \$15.00

There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

Sarah Wiwarena – Ph: 348 7674 (evenings):
Mobile 027 248 3874

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):
Mobile 027 464 8546

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.