



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

GUFF SHEET
1 August 2015

Lake City Athletic Club Inc
The 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 is attached.

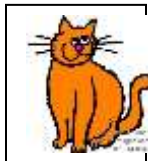
The past week:

Saturday was the Jungle Joust on the side of Mt Ngongotaha. Thanks to the Browne family for hosting and organising the event. Results of the estimated time run/walk over 3km or 7km are at the end of this publication.

Below is a re-run of the Minster Cup and associated events results. Apologies to the person that was omitted from the earlier results.

Neil Hunt feline:

Should the cat that has been in the Neil Hunt cul du sac return, please do not feed it. Also do not leave the clubrooms door open unattended.



Forth coming events:

SATURDAYS

This Saturday 1 August - Good luck to the three club members, Michael Voss, Trevor Ogilvie and Tony Broadhead, who are contesting the Athletics New Zealand cross-country championships at Christchurch.

Saturday 8 August - Matamata 3.3km Road relay. This is a Club day away – no event locally. Teams of all abilities from the Waikato BOP region will be taking part – runners and walkers.

The list is at the Neil Hunt Park clubrooms for you to indicate your intention to be considered as a member of a run or walk



team. If you can't make the clubrooms please contact Adrian the convenor of the club's winter season selector's panel either at adrian.lysaght@xtra.co.nz or 027 615 3496. Note this is an event where the club selectors will be looking at performances for future relay team selections. Also check that you have no prior commitment on this day before putting your name down.

Names to be on the list or with Adrian by this Sunday so that teams can be selected and entered

SUNDAYS

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, Tutaneikai 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, Tutaneikai 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

2015 Athletics NZ Road Relay - 3 October - Christchurch:

Those club members interested in putting their name forward for selection in a team please contact Adrian Lysaght (club selector's convener) – Adrian.lysaght@xtra.co.nz phone 027 615 3496 or place your name on the list at the Neil Hunt Park clubrooms.

There are a few details that you should note before contacting Adrian or placing your name on the list.

For you to be considered for selection for a team you must:

- Be a current club member (membership paid for 1/4/2015 to 31/3/2016).
- Intend to compete at least 4 of the 8 selection events (denoted * on the winter programme)
- Be available to travel to Christchurch on Friday 2 October
- Be prepared to book and pay for your own flights to/from Christchurch if selected
- Be prepared to contribute to an even share towards team van petrol costs if selected.

The Lake City Athletic Club may contribute towards entry fee, van hire and accommodation. The level of contribution is to be confirmed.



Incentive prize:

If you have not taken part in an event prior to the next one on 8 August you will **not qualify** for the draw. You need 4 events to qualify for the draw including a championship event.

- 8 August – Matamata relay
- 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

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/Girls14 (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: Entries must be with Athletics Waikato BOP Admin officer by Tuesday 11 August 2015. All entries after 11 August will be \$5.00 extra pp. No refunds after 11 August 2015. Entry on the day accepted. Online entry can be made at: <http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=5205> or posted to AWBOP Administrator P O Box 46 Hamilton with: first name and surname, Club, Age group, Date of birth, Fee paid, Registered – yes/no. Cheques payable to Athletics Waikato BOP. Entry forms are at the Neil Hunt Park clubrooms. Also visit www.athleticswaikatobayofplenty.org.nz

At the Neil Hunt Park clubrooms:

There is 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.



Please check to see if your name is below:

If your name is below there is either (or both) a Lake City Athletic club championship certificate or Athletics Waikato BOP medal for you. The medal relates to Athletics Waikato BOP marathon championships which were run within the Rotorua Marathon. The medals with the recipient's name on them are either in the container on the table inside the door, or in your membership card envelope. Check below to see if you are a winner.

Certificates:

Clare Barratt-Wood Shiloh Bell

JJ Botha

Steve Bradley	Natasha Cianci	Dave Cronshaw
Sue Crowley	Tania Fiskien	Mark Geddes
Alan Gordon	Ricky Havercamp	Nic Leary (2)
Carole Limbrick-Hill	Len Pemberton	Eddie Meijer
Don Morrison	Allan McGregor	Grant McKinnon
Craig Pollard	Kate Rea	Louise Rickard
Fred Shilton	Justine Sinclair	Marc Teakel
Ed van den Broek		

Medals:

Jan Adolph	Stephen Bjarnesen	Kerris Browne
Jenny Burns	Noreen Crombie	Shirley Day
Luanna George	Ally Gibbons	Tracey Hay
Ray Hewlett	Michael Ludbrook	Linda Montgomery
Alison Shirley	Melanie Thompson	Megan Twist
Marieke Wass	Sarah Wiwarena	

Membership cards/medals:

Louise Donaldson	John Edwards	Alison King
Kaye King	Sarah Manders	Ryan McLean
Marion Roberts	Robyn Skelton	Ben Smit
Vicki Wheeler		

RESULTS

Minster Cup estimated time race - Whaka Forest - (Fern Drive, Tadama Road, Long Drive, and Poplar Avenue. Start/finish Timber Industry Training Centre. 11 July 2015

10km Run

	Race Time	Estimated Diff.	
Tony Broadhead	36.34	36.41	-0.07
Carl Fisher	36.55	37.30	-0.35
Adrian Lysaght	36.58	36.16	+0.42
Chris Corney	38.29	37.42	+0.47
Dave Cronshaw	39.15	39.20	-0.05
1st = Minster Cup joint winner			
Jason Stein-Ross	39.41	39.20	+0.21
Andy Hickson	41.49	40.54	+0.55
Andrew Twiddy	41.55	44.00	-2.05
Mike Bray	42.23	48.00	-5.37
Kerry Robinson	42.47	44.36	-1.49
Nic Leary	43.21	44.12	-0.51
Kate Rea	44.33	44.30	+0.03 (visitor)
Gaine Peterson	45.24	44.36	+0.48
Charlotte Pearson	47.01	45.30	+1.31
Chris Lord	48.10	49.15	-1.05
Lindsay Foster	48.45	49.00	-0.15
Amy Bray	48.54	52.00	-3.06
Erin Leahy	48.55	47.39	+1.16
Phil Gulbransen	49.28	49.23	+0.05
1st Minster Cup joint winner			
Campbell Horn	51.29	50.15	+1.14
Craig Pollard	53.36	54.52	-1.16
John Harvey	54.11	57.20	-3.09
Max Bragg	54.12	55.00	-0.48
Kathryn Murphy	54.58	65.00	-10.02
Hans Van Kretgen	57.11	52.00	+5.11 (visitor)
Peter Vyver	60.16	55.30	+4.46
Chris Bycroft	60.27	64.00	-3.33

5km Race: Run

Steve O'Callaghan	19.56	20.00	-0.04
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1st Kerrison Trophy

Sam Rossiter	20.35		(visitor)
Siobhan Griffiths	22.56	24.30	-1.34
Stephanie McHale	26.40	26.21	+0.19
Kathy Howard	26.41	26.10	+0.31
Sheryl Pearson	33.56	35.00	-1.04

5km Race: walk

Helen Foster (w)	41.57	41.00	+0.57
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1st Kerrison Trophy

Alan Ryan (w)	41.57	45.00	+3.03
Gay Timpany (w)	42.42	48.00	-5.18
Doris Bragg (w)	46.12	48.00	-1.48

1.6km Children Race:

Ronan Griffiths	6.23
Zack Kelly	7.01
Freya Lord	7.13
Emma Hickson	7.16
Maisie O'Callaghan	8.01
Hannah Hickson	9.08
Keira Murphy	10.49
Bruce McGregor	11.33
Kathryn Twiddy	12.16
George McGregor	12.22
Alan Twiddy	12.22
Edward Twiddy	17.23

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.

Jubilee Jungle Joust - 25 July 2015 - (Mt Ngongotaha), 7km event

Full Name	Est. Time	Actual Time	Diff.	Closest time	Notes	Event Distance
Adrian Lysaght	0:32:30	0:40:10	0:07:40			7000
Alan Crombie	0:40:00	0:41:38	0:01:38	1st male		7000
Lindsay Foster	0:37:30	0:53:20	0:15:50			7000
Noreen Crombie	0:50:00	0:56:00	0:06:00	1st female		7000
Kathryn Murphy	0:44:00	0:57:07	0:13:07			7000
Chris Bycroft	0:42:20	0:57:50	0:15:30			7000
Mere Attwater	0:45:00	1:06:45	0:21:45			7000
Rinus Adriaansz	0:55:00	1:15:40	0:20:40		walker	7000
Alan Ryan	1:10:00	1:20:00	0:10:00		walker	7000
Helen Foster	1:03:00	1:20:00	0:17:00		walker	7000
Gay Timpany	1:15:00	1:26:00	0:11:00		walker	7000
Rachael Hindrup	0:56:00	1:27:00	0:31:00			7000
Rachael Browne	1:05:00	1:27:00	0:22:00			7000

Jubilee Jungle Joust – 25 July 2015 - (Mt Ngongotaha), 3km event

Full Name	Est. Time	Actual Time	Diff.	Closest time	Notes	Event Distance
Luanna George	0:25:00	0:27:55	0:02:55			3000
Luke Crombie	0:18:00	0:29:06	0:11:06			3000
Anja Crombie	0:19:00	0:29:06	0:10:06			3000
Peter Vyver	0:43:00	0:32:30	-0:10:30			3000
Keira Murphy	0:30:00	0:34:55	0:04:55	1st= junior		3000
Zack Kelly	0:30:00	0:34:55	0:04:55	1st= junior		3000
Steve Burborough	0:30:00	0:34:55	0:04:55			3000
Michael Burkinshaw	0:41:00	0:39:30	-0:02:30	1st male	walker	3000
Marcell Kiss	0:21:00	0:42:15	0:21:15			3000
Jeanene Lysaght	0:24:00	0:42:20	0:18:20			3000
Amber Lysaght	0:25:00	0:42:20	0:17:20			3000
Conor Lysaght	0:21:00	0:42:30	0:21:30			3000
Doris Bragg	0:45:00	0:46:50	0:01:50	1st female	walker	3000