




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

GUFF SHEET
23 July 2016

The past week:

On Saturday it was down to Spa Park, Taupo for a number of club members for the Athletics Waikato BOP cross-country championships. Congratulations to all who took part, especially the medal winners.

Results are below



Annual General Meeting

The Annual General Meeting of the Lake City Athletic Club Inc is set down for
Wednesday evening
17 August 2016 7.30pm,
at the Neil Hunt Park clubrooms

The meeting's agenda and nomination form to nominate an officer or executive are attached

Club Subscriptions:

Subscriptions for the current financial commencing 1 April 2016 should be now be paid.

If you have not yet renewed your membership please go directly to the Club Website – www.lakecity.co.nz - "[Club Membership](#)"- to renew your membership "online".

If you currently have key pad access to the Clubrooms this will also be removed if you do not renew your membership

Whaka Forest:

1. The Council is undertaking the prep and seal of the Waipa MTB carpark from the 25th of July. All going well weather wise the works will be completed

by the 23 September. However if not the carpark will remain closed until the seal can be done in early October.

2. On behalf of Timberlands, Wildlands is undertaking a pest animal control operation in parts of Whakarewarewa Forest from the start of July to September 2016.

Toxic bait (Pindone) will be placed in bait stations within the operational area for vertebrate pest animal control (mainly possums and rabbits). Please do not touch these bait stations or the bait in them. Some bait may be dislodged by target animals and will be lying on the ground within the immediate vicinity of the stations. Dead animals may also be present in the operational area. There is also a possibility, due to the small size of the operational areas that dead animals could be found outside of the operational area. Signs will be placed within a 2 km buffer of around access points, to communicate this activity to forest users.

As noted above, Pindone is the toxin to be used and signage will remain in place until the threat of secondary poisoning is over within the operational area and surrounding buffer.

Please keep children under strict supervision and dogs on a leash at all times, and please avoid the operational areas if possible if you have a dog or a small child.

Any questions regarding this operation should be directed to Geoff Stone at Wildlands.

The areas concerned are posted on [Redwoods Facebook page](#)

Forth coming events:

SATURDAYS



This Saturday 23 July – The

River Trail Trot. Meet at the Neil Hunt Park clubrooms at 12:45pm for organising carpools and getting driving/event instructions, leaving at 1:00pm. It will take about 35mins to drive the 43km to reach the Atiamuri end of the Waikato River Trails, just off State Highway 1, where the event will start. Upon arrival there everyone will be divided up into teams. Each person will accumulate points for their team by running or walking within a 30 minute time limit a set distance of their choice from the following options: 3.0, 3.5, 4.0, 5.0, 5.5, 6.0, 7.0, 7.5, or 8.0km. On the way home we will stop at the Bull Ring Café for refreshments and prize giving. This event is suitable for anyone, including children, who can cover 3km or more within 30 minutes on gentle well-formed scenic trails. There will also be a shorter distance (1.5km) fun run/walk option for children not doing the main event.

Contact Adrian Lysaght (027 615 3496) or adrian.lysaght@xtra.co.nz if you have any questions. This is a great event, so please support it! It just requires some thinking as well as running or walking. Intrigued – then go along and find out what the event is about.

Club members please note that all club events are put on by volunteers from the Club, sometimes with the help from “friends of the Club”. All give up their time and on many occasions sacrifice their participation in the event, so please give them your support by taking part or becoming a volunteer.

Saturday 30 July - The Minster cup 10km estimated time event. More on this next week.

SUNDAYS

The club scene

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.30am. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

TUESDAYS

Walkers

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

Pm - Meet 5.30pm at the old City Focus, Tutaneikai Street.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

WEDNESDAYS

Am - For those over 15 years there is a speed work and core strength session, 6.15am, at 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 Mill By Pass Road.

Pm – Meet 5.30pm at the old City Focus, Tutaneikai Street.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Athletics New Zealand Road relay championships – volunteers:

Volunteers are being called for to help with the NZ Road Relay Championships, 1 October 2016. The event is being held in Rotorua this year. Whether you are a supporter or running in this event, you can help. A volunteer’s sign-up sheet is now available in the club room foyer. All help is appreciated!



RESULTS

Athletics Waikato BOP Cross-country championships - Spa Park, Taupo - 16 July 2016

	<i>Girls 13, 14 – 3000 metres</i>		
1	Charli Miller	Hamilton City Hawks	11.03
4	Hannah Gapes		11.40
	<i>Masters men - 6000 metres</i>		
	<i>65-69</i>		
1	Dennis Madden	Athletics Tauranga	27.35
2	Trevor Ogilvie		28.22
	<i>70-74</i>		
1	Peter Vyver		39.26
	<i>Masters men - 8000 metres</i>		
	<i>35-39</i>		
1	Lance Brew	Hamilton City Hawks	30.25
2	Andy Twiddy		34.19
	<i>40-44</i>		
1	Steve Rees-Jones	Hamilton City Hawks	27.36
5	Andrew Hickson		33.47
	<i>45-49</i>		
1	Kent Hodgson	Hamilton City Hawks	30.10
2	Tony Broadhead		30.23
5	Kerry Robinson		31.45
8	Daniel Gapes		34.03
	<i>50-54</i>		
1	Bruce Edwards		30.40
	<i>60-64</i>		
1	Colin Earwaker		31.13

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

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)

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

Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase