



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET
27 August 2016

The past week:

There was no local club event in the City on Saturday, but a number headed to the Hamilton Airport region and took part in the Athletics Waikato BOP road championships on what has been described as a fast virtually traffic free course. A number of medals came the way of the Club and the results are below.

Meanwhile Michael Voss headed to Auckland to take part in their road championships for second place in the senior men's 10000 metres.

Last Wednesday saw the 26th Annual General meeting of the Lake City Athletic Club Inc. There was no election of officers required so your Executive stays the same, except with Wendy Monk stepping down from the children's section convener position there is a vacancy for an Executive member. A big thanks is extended to Wendy for the past two years contribution to the club – you will be missed.

The Executive for the next 12 months is:

Patron	Graeme Dennett
President	Rob Colledge
Vice President	Pam Kenny
Secretary/Treasurer	John Marten
Club captain	Phil Gulbransen
Executive members:	Denise Caudwell, Adrian Lysaght, Teresa Martin, Nikki Mitchell, Shaun O'Donnell, Kim Stevenson, Sarah Wiwarena

After discussion and voting the Club share of the membership fee remains the same as the previous year.

Track and Field:

There is to be a meeting of those interested in the teens and adult's track and field section of the Club being held Monday 29 August, 7.30pm at the Neil Hunt Park clubrooms. Bring along your ideas for the forthcoming season.

Publicity:

Please note should you be involved in publicity relating to your Club, please mention the Club's name – the Lake City Athletic Club - and wear your club uniform if pics are likely to be taken. Thank you

Neil Hunt Park: this Saturday

Our neighbours at Neil Hunt Park, the Vintage Car Club, are holding their annual Sulphur City Rally on Saturday. They will be utilising the car park to the maximum on Saturday morning, and could be there in the afternoon. They will have 60 to 70 cars in attendance. Please give them priority use of the area.

Forth coming events:



SATURDAYS

This Saturday 27 September -

Meet 1.45pm at the Neil Hunt Park for a Mokopuna Dash commencing 2.00pm. Event distances start from just less than 2km. Please bring a plate for afternoon tea. Duty officers: The winter season committee and their helpers.

Saturday 3 September - The Athletics New Zealand road championships in Masterton. Note that entry closes this Wednesday -24- at 11.59pm. Late entry will be accepted but for a huge late entry fee on top of the base entry fee. Enter on line via Athletics NZ website.

Saturday 10 September – this is the morning of the club hosted Red Stag Redwoods Forest Relay. The sheets are now at the Neil Hunt Park clubrooms for people to indicate if they wish to be a team member or a volunteer on the morning of the event (marshal, course set up etc) or both. **More names are required for marshal the positions. In the region of 30 people are required. You cannot marshal and run or walk.**

SUNDAYS

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, Tutanekai 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. 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, Tutanekai Street.

Distance athletes

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

Athletics New Zealand Road relay championships: please see the update below re team selection – please read it as it's important

Relay Teams

For those of you who have put your name down on the list in the club rooms to participate in this event, there are only three selection events left on the calendar, and you must have completed at least four to guarantee your selection for a team. The events are:

- Sunday 28th August (this weekend): Cambridge Half Marathon and associated events (5km and 10km)
- Saturday 10th September: Red Stag Redwoods Forest Relay
- Saturday 17th September: Club Road Running Championships

If you are unable to meet the requirement of completing four selection events but would still like to be considered for a road relays team then you must contact Club Selector Convener Adrian Lysaght (027 6153496 or adrian.lysaght@xtra.co.nz).

1. Athletes must be current financial members of the Lake City Athletic Club.

2. Selections will in all cases be based on current form and regular participation.

Teams can get entered in each of the following grades if there are enough club members for a team:

- Walking
- Social/Corporate
- Senior Men



- Senior Women
- Masters Men (40+)
- Masters Women (35+)
- Masters Open 50+
- Masters Open 60+
- Junior Men (aged 14, 15, 16, 17, 18 or 19 on 31st December 2016)
- Junior Women (aged 14, 15, 16, 17, 18 or 19 on 31st December 2016)

As we are hosting this event, team members will be expected to provide assistance in some capacity (marshalling for example). For each team a team manager is required. Anyone interested in being a team manager must contact Club Selector Convener Adrian Lysaght (027 6153496 or adrian.lysaght@xtra.co.nz). If there is no manager for a grade then no team will be entered in that grade

Volunteers

Volunteers are being called for this event. Whether you are a supporter or running or walking in this event, you can help. A volunteer's sign-up available in the clubroom's foyer. appreciated!

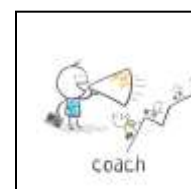
Vehicles and drivers wanted

Vans or the like plus their driver are wanted to transport team members from the cnr Jackson Road and State Highway 36 back down SH36 to Hamurana Road and then to the Hamurana/Te Waerenga Road intersection. You will be required from approx. 8 am till 12pm. Fuel costs will be reimbursed. This is a job that a family member or friend could assist with. Please contact Chris Corney at 21 770366 or chris-donna@xtra.co.nz if you can assist or wish to discuss.



Long distance running coaching course:

A long distance running coach workshop /course is being organized on either 9 October or 6 November in the Waikato Bop region. Depending on a person's prior learning they will be afforded Athletics NZ level 1 or Level 2 coaching status. Please contact Alan McDonald 07 858 5388 , 027 475 7517 or alanm@sportsforce.org.nz if interested in attending. Also to get costs and location of the course. Also advise which day suits you.



RESULTS

See below

Athletics Waikato BOP – Road championships –
Raynes Road - Tamahere - 20 August 2016

		5km	
<u>Masters women</u>			
<u>40-44</u>			
Sian Twiddy	1		21.27
<u>65-69</u>			
Kathy Howard	1		25.19
10km			
<u>Women open</u>			
Sally Gibbs	1	Tauranga	36.46
Megan Grant	5		40.24
<u>Men open</u>			
Craig Kirkwood	1	Tauranga	32.37
Steven O'Callaghan	4		35.14
Jason Steyn-Ross	8		38.46
<u>Masters men</u>			
<u>35-39</u>			
Andrew Jamieson	2		40.43
<u>40-44</u>			
Jason Cameron	1		34.53
Brendon Keenan	5		37.00
Andrew Hickson	7		39.36
<u>45-49</u>			
Tony Broadhead	2		35.33
Kerry Robinson	5		38.04
Alan Crombie	9		40.46
<u>50-54</u>			
Dave Cronshaw	3		37.32
Chris Corney	4		38.32
<u>60-64</u>			
Phil Gulbransen	4		47.28
<u>65-69</u>			
Trevor Ogilvie	1		43.43
<u>70-74</u>			
Peter Vyver	2		60.43

Auckland road championships – 20 August 2016

Senior men – 10000 metres

- | | | |
|-----------------|----------|-------|
| 1. Jono Jackson | Auckland | 31.22 |
| 2. Michael Voss | | 31.27 |

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