



LAKE CITY

Athletic Club INC

Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore,
Rotorua

GUFF SHEET

28 June 2014

The past week:

Great to see the increase in numbers taking part in Saturday's event. The results are herewith. 4 trophies are attached to this event and at the moment the winners of them have not been established. The trophies are awarded thus:

Runners -

Novice Cup – a person who has been a financial club member 2 years and less and gets the fastest time of the day after their handicap had been deducted from their finish time.

Veteran Cup - aged 35 plus and a financial club member in excess of 2 years and gets the fastest time of the day after their handicap had been deducted from their finish time.

Costello Rose bowl - a financial member that does not fall into either of the above categories and gets the fastest time of the day after their handicap had been deducted from their finish time.

Walkers -

Tihi - O - Tonga trophy - a financial member who walks the event and gets the fastest time of the day after their handicap had been deducted from their finish time.

As you can see it's not a 5 minute task to get the results.

It's thanks to those who spent most of the morning marking the course: those that picked up the markers: those that marshalled or assisted at the finish line and later worked on the results. The most important thanks are to our host of the day – Peter Vyver.

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 20 August 2014. **Please note any resolutions or general business items need to be in the hands of the Club Secretary, no later than Monday 28 July.**

These can be emailed to lakecity@xtra.co.nz or posted to P O Box 2136, Rotorua 3040

On the local scene:

SATURDAYS

This Saturday 28 June - 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. The 43km drive will take about 35mins 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 Pukeko & Bull 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. 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.

Saturday 5 July - The North Island Cross-country champs, Thermal Park, Spa Road, Taupo. There are races for all grades and abilities. The days programme and entry details are on the next page. Those not travelling to Taupo feel free to organise a pack run/ walk from the clubrooms.

Saturday 12 July - The Galatea Gallop. Meet at Neil Hunt Park clubrooms to carpool to venue. Further details to be advised. Duty officer: Sjors Corporaal - Ph. 366 4773.

Saturday 19 July –This day the Lake City and Athletics Waikato BOP Cross-country championships at, Bishop's Farm, Whakatane Highway. This event will be contested over the full championship distances and have races for all grades and abilities. A walk event will be on the programme. The days programme, how to enter and entry fee payable will be published in due course. This club organised event requires assistance from club members as marshalls, recorders, taking late entries, course marking/dismantling etc so when assistance is called for please step up and assist. In due course a list will be at the clubrooms for you to indicate your availability to assist.

This is the 2nd of club events where the club selectors will be observing club members fitness for future relay teams, especially the New Zealand Road relay on the Takahe to Akaroa (Christchurch) course. Remember you have to show your form in at least 4 (four) events before team selections are made

Duty officers: The winter season committee – but they need help!

Note that all the club winter events are open to runners and walkers, the fast and the slow, the young and the old! Come along and keep your fitness base up over the winter months.

SUNDAYS

Those that run - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, other at varying times.

Those that walk – Meet just prior to 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – 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

Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

Walkers

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

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

WEDNESDAYS

Am

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

THURSDAYS

Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road.

Walkers

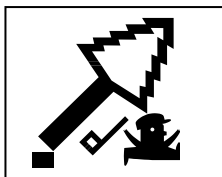
Am – Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

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

Whaka Forest:

Tree felling in the vicinity of Radio Hut Road is underway.

Please take extreme care as the area being harvested is quite unstable, and forestry staff will be operating potentially dangerous machinery and vehicles in places where sight lines are often compromised. Naturally logging trucks will be operating. Don't put yourself or forestry workers at any risk by ignoring the warning signs. So the message is 'stay informed, follow directions, be alert and be safe.'



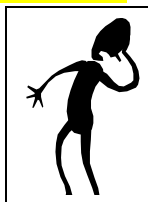
Membership cards:

There is a huge pile of membership cards at the Neil Hunt Park clubrooms, some of them being there since late January. If you have paid this year's membership fee and don't have your card this is where it is. Please up lift it from the table on your left just inside the door.

If there is no card there in your name it could be that you have not renewed your membership with the Club. We are now into a new membership year, so those of you that were paid up members to the 31 March 2014, and are still attending club run/walks (mid-week/weekends) etc please address this matter.

Think Tank: - Wednesday 9 July

At the direction of the Club's Executive a "Think Tank evening" focusing on the future of the Club's summer Teens and Adults track and field



activities is to be held on Wednesday evening 9 July 2014, 7.30pm at the Neil Hunt Park clubrooms – off Tarawera Road

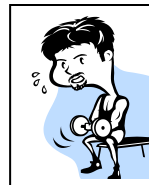
Ideas have been bandied around on how to increase participation etc., but the Executive wish to hear member's ideas/thoughts before the future of this side of the Club is decided upon. The meeting agenda was attached to last weeks' guff sheet.

Note the above date in your diary and come along and share your ideas.

The clubroom gym:

There have been occasions where young persons have been in the gym without supervision.

Parents/caregivers please note the following



"No persons under the age of 16 years to be in the club room gym without supervision"

Thanks - The Executive Committee"

NORTH ISLAND CROSS-COUNTRY RACES

**Saturday 5 July 2014
Spa Thermal Park, Taupo**

PROGRAMME

#	Grade	Distance	Start time	Entry fee
1.	Walkers	5000m	9.30am	\$10.00
2.	Girls 10 and under	1000m	10.30am	\$5.00
3.	Boys 10 and under	1000m	10.40am	\$5.00
4.	Girls 12 (11, 12)	2000m	10.50am	\$5.00
5.	Boys 12 (11, 12)	2000m	11.00am	\$5.00
6.	Master's men 50+	6000m	11.10am	\$20.00
7.	Masters women 35+	5000m	11.35am	\$20.00
8.	Girls 14 (13, 14)	3000m	12.00noon	\$10.00
9.	Boys 14 (13, 14)	3000m	12.15am	\$10.00
10.	Masters men 35-49	6000m	12.30pm	\$20.00
11.	Women U18 (15, 16, 17)	4000m	1.00 pm	\$20.00
12.	Men U18 (15, 16, 17)	5000m	1.15 pm	\$20.00
13.	Women U20 (18, 19)	4000m	1.35pm	\$20.00
14.	Men U20 (18, 19)	5000m	1.50pm	\$20.00
15.	Senior women (20-34)	4000m	2.10pm	\$20.00
16.	Senior Men (20-34)	8000m	2.30 pm	\$20.00

Entry forms are at the clubrooms or go to www.taupoharriers.com and use the official entry form. Post with entry fee to NIXCC race, Taupo Harrier Club, P O Box 1112, Taupo 3351 prior to **1 July** (Cheque to be payable to Taupo Harrier Club) – or email to nixcc@live.com + on-line banking payment.

Late entry fee surcharge of 50% per athlete **after 1 July** and on the day. No late entry accepted after 11.00am on the day. Race pack/number to be uplifted by 11.00am on the Saturday

Please ensure you are entering in the correct age group – ages as at 31 December 2014 except for master graded athletes – **age on race day.**

No entries will be processed until fees are paid. The name of your club is Lake City – Rotorua

Coaching course – for officials and event organizers

(run by Heather O'Hagan the Athletics Waikato BOP Officials co-ordinator)

For anyone interested in attending an outside events course, 2 courses have been organised:

1. **Cambridge Athletic clubrooms This Sunday 29 June, starting at 9.30am, with exams after lunch**
2. Tauranga at Waipuna Park, Sunday 13 July starting at 9.30am, exams after lunch.

Anyone interested please contact Heather O'Hagan on 0274 713220 or email her at ohagan@visique.co.nz

The NZ Road Champs are in Tauranga in September - an ideal chance to get a National Champs on your officiating log.

Anyone interested in sitting a higher grade exam for track and field please contact Heather to arrange this.

Don't be put off by the word "exams". The introductory course and the exam are very basic.

There are also other coaching courses available – 5/6 July at Tauranga a Run, jump throw course. 27 to 29 September a Run jump Throw facilitator course in Auckland. Further details can be obtained by contacting your club secretary on lakecity@xtra.co.nz

RESULTS

Novice, Veteran, Costello and Tihi-o-Tonga Trophy - 21 June 2014. A new course used this year - Moncur Drive, Tree Trust, Otonga reserve/school areas. 6.2km Sealed Handicap.

		Finish	Handicap	Adjusted
		Time		Time
1	Stephen O'Callaghan SM	23.58	0.00	23.58
2	Adrian Lysaght M35	24.00	1.30	22.30
3	Andrew Hickson M35	26.05	5.00	21.05
4	Sue Crowley W40	26.34	4.00	22.34
5	Stephen Bjarnesen SM	26.41	6.30	20.11
6	Brad Griffiths M40	28.35	6.30	22.05
7	Russell Clarke SM	28.35	6.00	22.35
8	Erin Leahy SW	28.46	8.00	20.46
9	Kate Rea SW	30.07	8.30	21.37
10	Gillian Shapley W40	30.10	9.00	21.10
11	Sian Twiddy W35	30.21	10.00	20.21
12	Eamon Walsh B14	30.29	9.00	21.29
13	Tracey Hay SW	30.38	10.00	20.38
14	Mike Bray M55	32.03	10.30	21.33
15	Chris Lord M45	32.31	10.30	22.01
16	John Harvey M60	34.25	12.00	22.25
17	Kelly Mitchell SW	35.00	13.30	21.30
18	Tony Broadhead M45	35.13	3.00	32.13
19	Mark Geddes M50	35.39	12.30	23.09
20	Martin Harris M60	35.44	13.00	22.44
21	Jodie Hickson W40	36.27	12.00	24.27
22	John Marten M65	36.35	13.00	23.35
23	Luanna George W50	37.25	14.00	23.25
24	Teresa Martin W40	37.32	14.30	23.02
25	Peter Vyver M70	38.49	15.30	23.19
26	Amy Bray SW	40.28	16.00	24.28
27	Fintan Walsh M19	40.53	15.00	25.53
28	Mere Attwater W50	40.54	16.00	24.54
29	Kathryn Murphy W40	41.25	15.00	26.25
30	Peter Bloore M65	44.07	15.00	29.07
31	Sheryl Pearson W55	47.46	21.00	26.46
32	Marieke Wass (w) W50	51.34	30.30	21.04
33	Rinus Adriaansz (w) M55	52.48	32.00	20.48
34	Linda Johnston (w) W55	53.00	31.00	22.00
35	Helen Foster (w) W50	53.35	32.30	21.05
36	Mike Burkinshaw (w) M70	53.50	32.30	21.20
37	Shan Tapsell (w) W50	54.45	34.00	20.45

38 Margarita Drescher (w) W45	55.23	34.00	21.23
39 Jan Adolph (w) W65	55.33	35.30	20.03
40 Maureen Heald (w) W70	60.35	38.30	22.05
41 Andy Eastcott (w) M75	60.35	37.30	23.05
42 Rob Colledge (w) M65	68.33	38.30	30.03

2km Short course supporting race:

1 Conor Lysaght B8	13.31
2 Jeanene Lysaght W35	16.50
3 Amber Lysaght G5	17.22

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

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

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

Kerris Browne - Ph: 07 348 0790 (evenings): Mobile 021 753 691.

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or from 7.00am to 7.20am on a Sunday.

Toni of Touch Massage
(1317 Eruera Street)
07 349 6621 or 021 2971002

Take your Lake City membership card to
obtain the discount on offer

For your physio needs contact
The Physiotherapy Clinic
inquiry@physiotherapyclinic.co.nz
Or 07 347 8380

On Mondays they have a free sports injury
drop in clinic between 4.00pm and 5.00pm at
their Eruera Street clinic

Supplement your outdoor training by doing
indoor work at
Go360 Gym, 1070 Eruera Street, Rotorua

Take your Club membership card to obtain the
20% discount off full prices. Note the 20%
discount does **not** apply to any discounted
prices or specials that may be running

Check out www.go360.co.nz for prices,
classes, opening times etc.