



Website: www.lakecity.co.nz

Email: lakecity@xtra.co.nz

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

GUFF SHEET

30 August 2014

The past week:

The Annual General Meeting of the Club was held last Wednesday evening, an interesting meeting to say the least. Those elected to the Clubs executive are listed below. No election was needed.

2014/2015 Lake City Athletic Club Inc -club officers and executive members are:

Club Patron Graeme Dennett

Officers of the Club

President Shaun O'Donnell
Vice President Pam Kenny
Secretary pending
Treasurer Phil Gulbransen
Club Captain Tony Broadhead

Executive members

Denise Caudwell
Rob Colledge
Adrian Lysaght
Nikki Mitchell
Wendy Monk
Colin Smyth
Kim Stevenson
Marieke Wass

It was announced at the Annual General Meeting that the following club members have been awarded an Athletics New Zealand Long Service award. This award is in acknowledgement for their service to the sport either at Club, Centre or National level for not less than 20 years either as an administrator, volunteer or participant. Those in attendance were presented with their badge by club president, Shaun O'Donnell.

Recipients are: Rinus Adriaansz, Ray Hewlett, Peter Vyver, Doris and Max Bragg, Peter Bloore, Sarah Wiwarena, John Marten, Ian and Robyn Bishop, Rob Colledge. Congratulations.

38 club members have received this award since 1990.

Over the weekend there was no local event, but Sunday a large contingent from the club headed to Cambridge for a half marathon, or something shorter. The results can be viewed on the Cambridge Harriers website – www.cambridgeharriers.co.nz

On the local scene and out of town:

SATURDAYS

This Saturday 30 August -The Blue Lake Blat. Meet 1.45pm by the Blue Lake Ski Club clubrooms. Don't be late as teams have to be made up. This year's format could be a little different from previous years. There will be soup and bread rolls back at the Neil Hunt Park clubrooms. Please bring a slice/ cake plate for dessert.

Head out to the Blue Lake and see what has been planned for you. Sounds like an interesting afternoon for all – runners and walkers and the youngsters who will have a shorter course set for them.

Saturday 6 September - The Athletics New Zealand road championships at "The Lakes" Tauranga. Early entry has closed. On the local scene feel free to organize a pack/run walk from the clubrooms.

Saturday 13 September - Our own Red Stag Redwoods Forest Relay. This off road event is based on the Long Mile Road, with the course taking in trails/tracks in the Redwoods Memorial Grove and Scion Archive Nursery area. The list is at the club rooms for you to indicate if you are wishing to be part of a running or walking team, and/or can assist as a volunteer – marshalling on the course / or at the finish line etc.

Sunday 16 November – This date is a little time away but note it is the day of Whakatane's off road Toi's Challenge run or walk. This is a multi-terrain 18.00 km run through stunning bush trails, along the beach and around the cliff top above Whakatane. If you don't want to do the full distance then make up a 2 person relay team – walk or run. There's also a 6km fun run/walk. Visit sportsground.co.nz/whakataneahc for entry details

SUNDAYS

Distance athletes

Those that run distance - 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 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, Tutanakai 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.

Pm

Running Strength Circuit Class - 6pm at the Lake City Gym - for the duration of Term 3. Email direct to swingmills@xtra.co.nz to book your spot, or check out face book page:

https://www.facebook.com/joggingthepowerpole?ref_type=bookmark

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

Peter Snell and the Kiwis who Flew! A recently published book

For those of you interested in our sports history there has been a great read published called "Peter Snell and the Kiwis who Flew!" The book covers the late 1950's to 1965 era of our sport and features world class New Zealand runners of that time: Peter Snell, Murray Halberg, Bill Baillie, John Davies, Barry Magee, Neville Scott, Marise Chamberlain and others. The book is available in many leading bookstores throughout New Zealand. It is a substantial over-size book of 305 pages, with 124 photos, some in colour. The cost is NZ\$45.00

To those of you that were involved in the era the book covers it is recommended to you – a great trip down memory lane. Those that were not then read about our sports running greats. There are even a couple of local names mentioned.

RESULTS

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.

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.

Toni 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