



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)  
Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore – Rotorua

**GUFF SHEET**  
**6 August 2016**

### The past week:

The event that has the principal trophy with the unusual name (Minster Cup) was contested on Saturday in Whaka Forest; this after a lot of hard work by various club members in dealing with the new regulations of health and safety, access to the Forest etc. The event's duty officers Phil and Christine Kerrison took the brunt of the required organization and they are thanked for the work they did behind the scenes and on the day. Thanks are also extended to those club members that stepped up to assist them on the day.

The club is also very appreciative of Rotorua Lakes Council, Timberlands, and Wairiki Timber Industry Training Centre for allowing us to use their facilities. Likewise, thanks to Ed and Lenore Osborne of Planet Bike for allowing the use of their premises for afternoon tea.

Now to the event. Some 54 took part – 17 in the children's event and the balance in either the 5 or 10km estimated time event. Trophies winners were: The Minster Cup 10km estimated time trophy: Andy Twiddy

The Kerrison estimated time 5km run trophy: Kathy Howard

The Kerrison 5km estimated time walk trophy: Marieke Wass

For those interested, attached to the Guff Sheet email is a history of the event. Results are below.

### 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](http://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

### Forth coming events:

#### **SATURDAYS**



#### **This Saturday 6 August** – 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.

Please contact Rob Colledge – 348 7768 evenings or email him at [rob.colledge@slingshot.co.nz](mailto:rob.colledge@slingshot.co.nz) if you can assist with.

1. Course marking,
2. Marshalling
3. Results recording
4. Afternoon tea

Good luck to those club members heading to Auckland to take part in the Athletics New Zealand cross- country championships at the Auckland Domain on Sunday.

**Saturday 13 August** – The listed event, the Matamata Relay, has been **CANCELLED**

**Saturday 20 August** – The Athletics Waikato BOP road championships near Tamahere; See below for entry details, programme, venue etc. This is a selection event for the New Zealand Road Relay championships 1 October in Rotorua. Please read the winter programme (copies at the clubrooms) for future events and the selection guidelines. This is very important if you are looking at being a team member. Also see below re the Relay.

#### **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, Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

**20 August** - the club's Annual General Meeting. See below for agenda etc.

## **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:

### 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 or walking in this event, you can help. A volunteer's sign-up sheet is now available in the clubroom's foyer. All help is appreciated!

### Relay Teams

Any Club Members wanting to be in a Lake City team in this event must put their details down on the Road Relays Teams list on the Notice Board at the Club Rooms.

Selection for teams will be based on the following:

**1.** Participate in at least **four** of the eight selection events. (There is now only four left to show your form – The AWBOP road champs 20/8; Cambridge half marathon and associated events 28/8; Red Stag Redwoods Forest Relay 10/9; and the club road champs 17/9). These are marked with a star on the Winter Cross-Country and Road Season programme and are events where selectors will be observing club members' fitness.

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

**3.** 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](mailto:adrian.lysaght@xtra.co.nz)). If there is no manager for a grade then no team will be entered in that grade



2016 road running and race walking

**Saturday 20 August 2016**

400 Raynes Road, Tamahere

Head thru Cambridge on SH 1 and at the Tamahere turn off head towards Hamilton Airport. Go over the Narrows concrete bridge, up the rise and Raynes Road is on your right.

### **Programme:**

Race walk events – subject to sufficient number of entries -

**Note no late entries for walk events**

#### **11.00am**

*Event No*

<b>#1</b> Men/Women 20 (20-34yrs)	10km	\$15.00
Masters Men/Women (35yrs plus)	10Km	\$15.00
Men/Women U20 (18, 19 yrs)	5km	\$10.00

#### **Running events – open to all**

Late entry fee on all entries after 16 August 2016 - \$5.00 extra per person

#### **12.30pm**

*Event No*

<b>#2</b> Boys/Girls 10 and under	2km	\$7.00
<b>#3</b> Boys/Girls 12 (11,12yrs)	2km	\$7.00

#### **1.00pm**

*Event No*

<b>#4</b> Boys/Girls14 (13,14yrs)	2.5km	\$8.00
<b>#5</b> Women U18 (15, 16, 17yrs)	5km	\$10.00

#6 Women U20 (18,19yrs)	5km	\$10.00
#7 Masters women (35plus)	5km	\$10.00
#8 Men U18 (15, 16, 17yrs)	5km	\$10.00
#9 Men 20 (18, 19yrs)	7.5km	\$12.00
#10 Men 20 (20-34 yrs)	10km	\$15.00
#11 Women 20 (20-34yrs)	10km	\$15.00
#12 Masters Men 35 plus	10km	\$15.00

**Course:** The main course is a 2.5km out and back loop mainly over flat terrain with one short hill. The children's 2km is also an out and back loop with the turning point after 1km. Light 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 as competitive athlete with AWBOP. Non registered (unaffiliated) athletes may compete but are ineligible for AWBOP championship placing or medals.

Children must note the current registration year is from 1 April 2016 to 31 March 2017. If they joined a club during the summer they will need to re-register for the 2016-2017 to receive a medal.

**Facilities:** No changing facilities are available. Portaloo toilets will be close to the start/finish. Club tents can be placed in the field next to the area prior to 12 noon.

**Ages:** Masters is age on the day; all other grades ages as at 31 December 2016.

**Entry closing:** Entries must be with AWBOP by Tuesday 16 August. After that date entry will be \$5.00 per person extra. On the day entries close at 11.00am. Online entry can be made at:

<http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=5248>

Paper entry can be made to AWBOP P O Box 46, Hamilton 3240. Cheque to be payable to Athletics Waikato Bay of Plenty Inc

Ensure, name, age group, event number, date of birth, and whether a competitive registered athlete is completed on the paper entry form.

Visit [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) for course map etc.

**\*\*\*** This is a Club selection event for the New Zealand Road Relay championships 1 October in Rotorua. Please read the winter programme (copies at the clubrooms) for future events and the selection guidelines. This is very important if you are looking at being a team member. Also see the Relay details above

## Rio 2016 Olympics:

From Sunday there will be plenty of couch time coming up over the next couple of weeks. Enjoy.



P O Box 2136, Rotorua

### NOTICE OF ANNUAL GENERAL MEETING

#### THE 26th ANNUAL GENERAL MEETING

of

Lake City Athletic Club Incorporated

will be held on:

Wednesday, 17th of August, 2016

7.30pm

Lake City Athletic Club, Neil Hunt Park, Tarawera Road, Rotorua

#### AGENDA

- Apologies
- Minutes of the 25<sup>th</sup> Annual General Meeting
- President's Report
- Presentation of Financial Statements for the year ended 31 March 2016
- Subscriptions for the 2017-2018 financial year
- Election of Officers & 8 Executive Members
- Consideration of any resolution which may have been submitted to the secretary in accordance with the Constitution and Rules
- General Business

All completed nomination forms for Officers and Executive members of the Club must be given to the Secretary prior to the commencement of the election of officers

John Marten  
Secretary/Treasurer  
Lake City Athletic Club  
[www.lakecity.co.nz](http://www.lakecity.co.nz)  
Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

## RESULTS

See next page

**Minster Cup estimated 10km and Kerrison Run/Walk trophies estimated 5km –Timber Industry Training Centre, Poplar Drive, and Whaka Forest – 30 July 2016**

V + visitor

Minster Cup 10km estimated time - Run	Finish time	Estimated time	Diff.
Matt Parsonage	36.48	36.00	+0.48
Tony Broadhead	37.53	36.50	+1.03
Adrian Lysaght	38.16	38.00	+0.16
Dave Cronshaw	38.37	39.00	-0.23
Steven O'Callaghan	39.52	41.35	-1.33
Chris Corney	40.13	39.39	+0.34
Andy Hickson	41.02	41.28	-0.26
Alan Crombie	41.14	41.30	-0.16
Andrew Twiddy	41.21	41.30	-0.09
Barry Bird	V 41.26	40.00	+1.26
Jason Steyn-Ross	42.28	42.00	+0.28
Fred Shilton	43.09	43.30	-0.21
Daniel Gapes	43.16	45.02	-1.46
Campbell Horn	49.38	51.00	-1.22
Kerryn Barker	49.46	48.00	+1.46
Steve Bradley	53.20	53.08	+0.12
Chris Lord	53.39	54.00	-0.21
Amy Bray	53.39	55.00	-1.21
Phil Gulbransen	54.54	51.23	+3.31
Kathryn Murphy	55.09	56.10	-1.01
Rhonda Herring	66.21	70.00	-3.39
Peter Vyver	71.15	59.00	+12.15
<b>Kerrison Trophy 5km - run</b>			
Hannah Gapes	20.05	23.00	-2.55
Lance Shilton	23.25	25.30	-2.05
Sian Twiddy	23.29	24.50	-1.21
Johanna Ottosson	24.35	---	With pram
Jodie Hickson	25.17	25.00	+0.17
Kathy Howard	26.50	26.54	-0.04
Peter Bloore	29.39	28.00	+1.39
Mary Swanson	29.48	30.00	-0.12
<b>Kerrison Trophy 5km - walk</b>			
Dianne Barratt-Kendell	35.46	33.00	+2.46
Denise Caudwell	37.56	41.20	-3.23
Marieke Wass	39.47	41.13	-1.26
Mike Burkinshaw	41.20	46.00	-4.40
Rinus Adriaansz	41.56	44.00	-2.04
Jeanene Lysaght	41.59	43.28	-1.29
<b>2km course</b>			
Conor Lysaght	7.05		
Anja Crombie	7.17		
Maria Brunton	7.32		
Cody Shilton	7.44		

Amber Lysaght		8.25		
Bruce McGregor		9.01		
James McGregor		9.09		
Hannah Hickson		9.15		
Hannah Shilton		10.06		
Elisabeth Manthart	V	10.08		
Alan Twiddy		10.11		
Keira Murphy		11.42		
Erica Shilton		13.19		
Kathrine Twiddy		14.10		
Edward Twiddy		14.23		
Freya Lord		16.07		
Emma Hickson		16.14		

**Trophy winners:**

Minster Cup – Andrew Twiddy

Kerrison Trophy – 5km run - Kathy Howard

Kerrison Trophy – 5km walk – Marieke Wass

**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