



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

GUFF SHEET
8 August 2015

Lake City Athletic Club Inc
Annual General Meeting

The Annual General Meeting of the Lake City Athletic Club Inc is set down for Wednesday evening 19 August 2015, 7.30pm, at the Neil Hunt Park clubrooms

The meeting's agenda and nomination form to nominate an officer or executive member were attached to last week's guff sheet – 1 August 2015.

The past week:

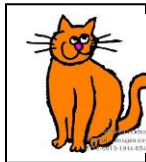
It has been quiet on the local scene this past week. Just the customary mid-week and weekend run and walk activities.

Saturday saw three club members take part in the annual Athletics New Zealand cross-country championships at Halswell Quarry on the out skirts of Christchurch.

Trevor Ogilvie was the only medallist of the trio when he placed 2nd in his 65-69 8000 metres event. Tony Broadhead was 8 seconds away from 3rd place in his 45-49 age group while Mike Voss was 5th in his men's under 20 8000 metres. Well done guys.

Neil Hunt Park feline:

The cat has returned to the Neil Hunt cul du sac. Please do **not** feed it and don't leave the clubrooms door open unattended.

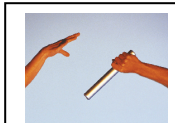


Forth coming events:

SATURDAYS

This Saturday 8 August - Matamata 3.3km Road relay. The teams have been selected and entered. As this is a team event you are required to wear the club's uniform. That is the Lake City singlet or walkers tee shirt together with black shorts.

The events headquarters are at the Matamata Domain, just off Broadway Matamata's main street. Event start time is 1.00pm



so you will need to be there no later than 12.30pm to get your team number etc. The teams entered are below.

Sunday 16 August - the Athletics Waikato BOP road running and race walking championships at Tauranga. See below for the programme and entry details – early entry closes this coming Tuesday 11 August. Note that the event is on a Sunday.

Sunday 23 August – Cambridge Half marathon and associated events. This event incorporates the Athletics Waikato BOP half marathon championships. Event and entry details can be found at:

www.cambridgeathleticandharrierclub.co.nz

SUNDAYS

Distance athletes

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 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

Walkers

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

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

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

WEDNESDAYS

All athletes – Speed work and core strength session for those over 15 years, 6.15am, 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 By Pass Road

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

Distance athletes

Groups leave from the Neil Hunt Park. Some meet 5.00pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road



Incentive prize:

If you have not taken part in an event prior to the next one on 8 August you will **not qualify** for the draw. You need 4 events to qualify for the draw including a championship event.

- 8 August – Matamata relay
- 16 August - Athletics Waikato BOP road championships, Tauranga
- 12 September – Red Stag Redwoods Forest Relay, Rotorua

To be eligible an athlete must:

- Be a current registered Athletics Waikato BOP member at the time of competing. i.e. you cannot run and join later.
- Run in your club singlet

A random draw will be made at the final event on 12 September in Rotorua. The winning athletes do not have to be present.



2015 road running and race walking

Sunday 16 August 2015

Tauriko Industrial Estate, Tauranga

From Rotorua turn left at the round-a-bout on State Highway 36 (Pyes Pa Road), just past Tauranga's cemetery. Keep heading North through another round-a-bout and when the next round-a-bout is reached bear left in Taurikura Drive and head south until the venue is reached.

Programme:

11.30am

All ages – non judged walk 10km \$5.00

Judged race walks

Men/Women 20 (20-34yrs) 10km \$15.00

Masters Men/Women (35yrs plus) 10Km \$15.00

Men/Women 19 (17, 18, 19 yrs) 5km \$12.00

Running events – open to all

1.00pm

Boys/girls 10 and under 2km \$7.00

Boys/Girls 12 (11,12yrs) 2km \$7.00

1.10pm

Boys/Girls14 (13,14yrs) 3km \$8.00

1.30pm

Women 18 (15, 16, 17yrs) 5km \$10.00

Women 20 (18,19yrs) 5km \$12.00

Women 35 plus 5km \$15.00

2.00pm

Men 18 (15, 16, 17yrs) 6km \$10.00

Men 20 (18, 19yrs) 8km \$12.00

Men 20 (20-34 yrs) 10km \$15.00

Women 20 (20-34yrs) 10km \$15.00

Masters Men 35 plus 10km \$15.00

Course: The course has gentle rises and falls. 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 with AWBOP. Non registered (unaffiliated) athletes may compete but are ineligible for AWBOP championship placing or medals.

Facilities: No changing facilities are available. Portaloo toilets will be close to the start/finish.

Ages: Masters is age on the day: all other grades ages as at 31 December 2015.

Entry closing: Entries must be with Athletics Waikato BOP Admin officer by Tuesday 11 August 2015. All entries after 11 August will be \$5.00 extra pp. No refunds after 11 August 2015. Entry on the day accepted. Online entry can be made

at:<http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=5205> or posted to AWBOP Administrator P O Box 46 Hamilton with: first name and surname, Club, Age group, Date of birth, Fee paid, Registered – yes/no. Cheques payable to Athletics Waikato BOP Entry forms are at the Neil Hunt Park clubrooms. Also visit www.athleticswaikatobayofplenty.org.nz

At the Neil Hunt Park clubrooms:

There is still a huge assortment of plates, dishes etc that have been left after functions at the clubrooms. They are on the table by the stairway. Please up lift the one that belongs to you.



RESULTS

Athletics New Zealand cross-country championships – 1 August 2015 – Halswell Quarry, Christchurch

Men under 20 – 8000 metres

1. Marcus Karamanolis Wellington 25.23

5. Michael Voss 25.56

Masters men – 8000 metres

45-49

1. Kerry Faass Canterbury 27.55

4. Tony Broadhead 28.13

65-69

1. Barry Dewar Nelson 32.23

2. Trevor Ogilvie 33.09

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

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

Denise Caudwell - Ph 346 8431 (evenings)

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

One of the above is likely to be at the clubrooms prior to 5.20pm Tuesday/Thursday or before 7.15am on a Sunday.

**Matamata Relay – this Saturday 8 August 2015
(club teams)**

Please note which team you are in and the following details.

As this is a team event you are required to wear the club's uniform. That is the Lake City singlet or walkers tee shirt together with black shorts.

The events headquarters are at the Matamata Domain, just off Broadway Matamata's main street. Event start time is 1.00pm so you will need to be there **no later than 12.30pm** to get your team number, check out the course etc

**If need be contact Adrian Lysaght at
Adrian.lysaght@xtra.co.nz or 027 6153496**

walk 1	Rinus Adriansz
walk 1	Diana van der Akker
walk 1	Helen Foster

walk 2	Alan Ryan
walk 2	Marieke Wass
walk 2	Jessica Pickering

walk 3	Denise Caudwell
walk 3	Gay Timpany
walk 3	Dawne Sharplin

U12	Emma Hickson
U12	Freya Lord
U12	Conor Lysaght

Super Vet	Lindsay Foster
Super Vet	Phil Gulbransen
Super Vet	John Harvey
Super Vet	Peter Vyver

MO	Steven O'Callaghan
MO	Carl Fischer
MO	Jason Steyn-Ross
MO	Andrew Twiddy
MO	Kerry Robinson

MM1	Tony Broadhead
MM1	Adrian Lysaght
MM1	Chris Corney
MM1	Andy Hickson
MM1	Gaine Petterson

SW	Megan Grant
SW	Kate Rea
SW	Lydia Hale
SW	Amy Bray

MW1	Sue Crowley
MW1	Melanie Thompson
MW1	Sian Twiddy
MW1	Jodie Hickson

MW2	Dee Horne
MW2	Luanna George
MW2	Jeanene Lysaght
MW2	?

Composite	Mike Bray
Composite	Chris Lord
Composite	Erin Leahy
Composite	Dave Cronshaw?
Composite	?