



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

GUFF SHEET

16 August 2014

The past week:

It was 3km up Mt Ngongotaha and 3km down for those that took part in last Saturdays club event. Some took the shorter option.

Thanks to Chris, Kerris and their family who organized and hosted the event.

Lake City Athletic Club Inc

The Annual General Meeting

The Annual General Meeting of the Lake City Athletic Club Inc is set down for this coming Wednesday evening
20 August 2014, 7.30pm at the Neil Hunt Park clubrooms

Please refer to the club's website www.lakecity.co.nz
for details of agenda, remits etc. Click on "Events"

On the local scene and out of town:

SATURDAYS

This Saturday 16 August- Athletics Waikato BOP road running and race walk championships at the Tauriko Industrial Estate, Tauranga. The days programme is below.

Saturday 23 August – No club organised event this day. Feel free to organise a pack run/ walk from the clubrooms.

Sunday 24 August - Cambridge half marathon –

This event incorporates the Athletics Waikato BOP half marathon championships. Early entry closes 17 August. Enter online at www.enteronline.co.nz or get an entry form from www.cambridgeharriers.co.nz

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, Tutaneikai 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.

This covers strengthening exercises that runners need, especially those your physio/osteo has told you to do - glutes, hammies, quads, calves, shins, core, feet & ankles, some plyometrics and lots more. All abilities including beginners and existing runners/walkers/teens 14yrs+ welcome, but limited to the first 20 participants. Please email Kerris direct on swingmills@xtra.co.nz to book your spot, or on her facebook page:

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

Non-club members get the first two sessions free, and then you are invited to join our club.

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, Tutaneikai Street, Rotorua

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.

Athletics Waikato Bay of Plenty run and race walk road championships - 16 August 2014 – Tauriko Industrial Estate, Tauranga

<u>Start Time</u>	<u>Event No & Grade</u>	<u>Distance</u>	<u>Fee (includes late fee)</u>
Free style walk or non judge walk 11.30am	<u>No 1</u>	10km	\$10.00
Race walk judged events			
11.30am	<u>No 2</u> Men 20-24 yrs	10Km	\$20.00
	Women 20-34 yrs	10km	\$20.00
	Masters men 35 plus	10km	\$20.00
	Masters women 35 plus	10km	\$20.00
	Junior men 18-19 yrs	5km	\$17.00
	Junior women 18-19	5km	\$17.00
Running events – open to all runners			
Fee for club only or non-registered runner is \$10.00 per person – this includes the late entry fee. Fees for registered runners are below – includes late fee			
1.00pm	<u>No 3</u> Boys/girls 10 (10 & under)	2km	\$12.00
	<u>No 4</u> Boys/girls 12 (11, 12 yrs)	2km	\$12.00
1.10pm	<u>No 5</u> Boys/girls 14 (13, 14yrs)	3km	\$13.00
1.30pm	<u>No 6</u> Youth Women (15, 16, 17 yrs)	5km	\$15.00
	<u>No 7</u> Women U20 (18, 19 yrs)	5km	\$17.00
	<u>No 8</u> Masters women (35 plus)	5km	\$20.00
2.00pm	<u>No 9</u> Youth Men U18 (15, 16 17 yrs)	6km	\$15.00
	<u>No 10</u> Junior Men U20 (18, 19 yrs)	8km	\$17.00
	<u>No 11</u> Senior Men (20-34 yrs)	10km	\$20.00
	<u>No 12</u> Senior Women (20-34 yrs)	10km	\$20.00
	<u>No 13</u> Masters men (35 plus)	10km	\$20.00

The event is on a new course in the Tauriko Industrial Estate which is off State Highway 36 (the back road to Tauranga). The course is flat with gentle rises.

Early entry has closed but you can enter on the day. There will be no refund of entries after the early entry closing date

Ages are: those 35 plus age on the day, all others age as at 31 December 2014.

These events are open to club/social members as well as Athletics NZ / Athletics Waikato BOP registered but only Athletics NZ / Athletics Waikato BOP registered athletes can take a championship place.

This course is being used for the Athletics New Zealand running and race walk road championships 6 September. Visit Athletics New Zealand website www.athletics.org.nz for event and entry details. Note entry close midnight Sunday 24 August.

Also note this event is a guideline of fitness for club members seeking to be a club team member at the NZ road relay in Christchurch 4 October.

RESULTS

Mt Ngongotaha 6.0km - 9 August 2014

<u>3.00km</u>	
Mere Attwater	19.11
Sam Henderson	30.39 (walk with pram)
Rinus Adriaansz	41.15 (walk - plus 10.45)
<u>6.00km</u>	
Jason Steyn-Ross	25.40
Sue Crowley	26.04
Andy Twiddy	27.11
Russell Clarke	28.09

Tracey Hay	28.57
Gaine Petterson	29.25
Graeme Moore	29.42
Sian B	29.47
Sam Rossiter	30.40
Aria Browne	32.07 (walk)
Vicky	39.04
Peter Vyver	39.22
Robert Corbett	42.31
Andy Eastcott	56.03 (walk)

National Road Relays, Christchurch, 4 October

We still require team members, in particular for the Open Masters 60+ and Masters Men 40+ teams if we are going to send these teams. If you are interested put your name down on the lists at the club rooms or contact Adrian Lysaght (027 615 3496).

For those club members that have already put their name down for selection in a road relay team you need to do the following if you have not already done so:

- The deposit (\$200) should now be paid
- upgrade from social to competitive membership (\$55) as soon as possible

Payment can be made online using the account details on the Lake City registration form located on the Lake City website (click [here](#)). Remember to email lakecity@xtra.co.nz to inform us of any payment.

Unclaimed club championship certificates:

The following have at the Neil Hunt Park clubrooms certificates that mainly relate to the 2013 half and full marathon club championships. Please check to see if your name is here and uplift the certificate. They are on the table by the stairs.

Lee Alexander, Martin Carlyle, Phil Chandler, Scott Curran, Olivia Dhanjee, Christian Gamble, Bridget Gifford, Sarah Lei, Raina Meha, Eddie Meijer, Rachael Middleton, Lorna Mills, Maree MacKenzie, Sarah Nuttall, Bernie Priestly, Mei Rakuraka-Foser, Ruby Ryan, Bonnie Sanford, Eilish Satchell, Katie Tapsell, Casey Thorby, Tom Tierney, Jamie Turner

Race walkers course for officials:

Athletics Auckland will hold a walks officials course (C&B) for all Auckland, Northland and Waikato/BOP for new and current officials on

- Saturday 20th September 2014
- Mt Smart Stadium – Athletics Lounge (above the finish line)
- Start 10am
- Biscuits and Tea/Coffee will be supplied.
- Lecturer – Tony Sargisson

Registrations are available through the Member Management System.

<https://eventdesq.imgstg.com/index.cfm?fuseaction=Main&EventDesqID=8546&OrgID=5369>

\$10 for members of the association: \$20 for non members

Attendees will be able to practice their judging skills during the Athletics Auckland Road Relays during the walk event in the afternoon if they wish.