



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

GUFF SHEET

19 July 2014

The past week:

Saturday it was out to Galatea for the aptly named Galatea Gallop. Reports indicate that it was another enjoyable out of town event – even the weather was fine. Thanks to Sjors and his family who hosted the event, and the property owners that members ran or walked over.

Ants – at the Neil Hunt Park clubrooms:

The plague of ants has returned to the club rooms. Over a number of days the building is going to be sprayed and this means at times there will be no access to the clubrooms for around 3 hours after the spraying. Signs will be in place advising not enter. For your own safety please do not enter the building when signs are about.

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, 7.30pm at the Neil Hunt Park clubrooms.

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 19 July – This day of the **Club** and Athletics Waikato BOP Cross-country championships at Bishop's Farm adjacent Whakatane Highway (State Highway 30). The farm is approx. 2km from the Te Ngae intersection on the right. Please note that to take a place in a club championship event (run or walk) you need to be a financial member of the club pre event. It's not mandatory but it is preferred that the club's uniform is worn.

The events will be contested over the full championship distances and have races for all grades and abilities. A 4km club championship walk event is on the programme.

The days programme is below. You are now on a late entry. If you have not entered please bring the correct change on Saturday and enter well before your event start.

This is another event that the club selectors will be observing member's fitness for relay team selection.

Saturday 26 July – The Minster Cup 10km estimated time run or walk. Meet 1.45pm at TITC off Waipa Mill Bypass Road - 2.00pm start. The 2 lap course takes in Forest roads like Fern Drive, Tadema and Long Roads and Poplar Avenue. A shorter distance event for younger grades and those not wishing to tackle the longer distance will be held.

The trophies at stake are for those financial members doing the 10km or the 5km event.

Please bring a plate for afternoon tea at Planet Bike. Coffee and tea available for purchase. Duty officers: Phil and Christine Kerrison Ph. 345 5709. If not taking part please volunteer your help by contacting Phil or Christine.

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

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, 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, 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.

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

The Club website: www.lakecity.co.nz

We are in the process of updating the club's website, and would appreciate your feedback on the current site. Please take the time to complete the survey which was attached with last week's guff sheet and make comments as they will help us in deciding on the changes. Thanking you for taking the time, and emailing it back to us as soon as you can as per instructions on the survey form.

Purge of key access codes at the Neil Hunt Park clubrooms

Over the next couple of weeks a purge of Clubroom keypad holders is being done. Those that are not financial by the end of July and currently have access to the club rooms via the key pad will have their number deleted. Also the list of holders will be looked at to establish if a holder is a regular attendee/helper at the Club.

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.

Programme for the Club and Athletics Waikato BOP country championships

This Saturday 19 July 2014

Bishops Farm, 206 B State Highway 30 - The farm property is on your right

Notes

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2014 except for Master grades, which is age on the day.
2. Lake City Athletic Club Inc members are only eligible to win championship places in their own grades, **and must be a paid up financial member prior to the event** to take a place in the club championships.
3. **No dogs** permitted on the farm. Children must be supervised by their caregiver(s). Please respect the property.
4. It's not mandatory but it is preferred that the club's uniform is worn.
5. There will be coffee and food available for purchase - bring along some cash.

Please note there are two entry fee structures – one for Club only/social members and the other for Athletics NZ/Athletics Waikato BOP members. If entering on the day please bring the correct entry fee and enter well before the start of your event.

<u>Start Time</u>	<u>Event No</u>	<u>Grade</u>	<u>Distance</u>	<u>ANZ/AWBOP paid up member</u>	<u>Club only - social member</u>
12 noon	No 1	Open non-judged/non Championship walk	4000 metres	\$8.00	\$8.00
12.45pm	No 2	Boys/girls 10 (10 & under)	2000 metres	\$8.00	\$8.00
	No 3	Boys/girls 12 (11, 12 yrs)	2000 metres	\$8.00	\$8.00
1.00pm	No 4	Boys/girls 14 (13,14yrs)	3000 metres	\$9.00	\$8.00
1.20pm	No 5	Youth Women U18 (15, 16, 17 yrs)	4000 metres	\$9.00	\$8.00
	No 6	Youth Men U18 (15, 16 17 yrs)	6000 metres	\$9.00	\$8.00
	No 7	Women U20 (18, 19 yrs)	6000 metres	\$13.00	\$8.00
	No 8	Masters women (35 plus)	6000 metres	\$15.00	\$8.00
2.00pm	No 9	Senior Women (20-34 yrs)	8000 metres	\$15.00	\$8.00
	No 10	Junior Men U20 (18, 19 yrs)	8000 metres	\$13.00	\$8.00
	No 11	Masters men (35 plus)	8000 metres	\$15.00	\$8.00
	No 12	Senior Men (20-34 yrs)	12000 metres	\$15.00	\$8.00

