



LAKE CITY

Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET

13 August 2011

Forth coming events in Rotorua:

This Saturday 13 August - Minster Cup 10km estimated time run or walk. Meet 1.45pm at Timber Industry Training Centre (TITC) off Waipa Mill Bypass Road - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance.

What you need to do:

- On arrival estimate your time for the distance you are taking part in
- Note meeting and briefing time is 1.45pm.
- Please bring a plate for afternoon tea at Neil Hunt Park clubrooms.
- Duty officers: Phil and Christine Kerrison - Ph. 345 5709. Contact Phil or Christine if you can assist with the event in some way.

Wednesday 17 August

The Annual General Meeting of the Lake City Athletic Club – 7.30pm at their Neil Hunt Park clubrooms, off Tarawera Road, Rotorua

There are substantial changes to be implemented so all members must attend to ensure this can happen. This includes parents of children athletes, marathon clinic and new 2011 members

All nominations for officers of the Club and executive members must be in the hands of the Secretary prior to the meeting commencement. Nomination forms are at the clubrooms or available from the Secretary at lakecity@xtra.co.nz

There has been one remit submitted for consideration at the meeting. This is:

“The incoming Executive form a sub committee to vigorously pursue the Rotorua District Council for the establishment and location of a permanent athletic track in Rotorua.

This track should have all athletic track and field facilities, be available for 12 months of the year, and its location be suitable for future development as an all weather athletic track”

Saturday 20 August – Meet 1.45pm at Neil Hunt Park clubrooms for a run or walk.

Saturday 27 August - Meet 1.45pm for 1.0km, 2.5km and 5km road event at Waingaehe Park, Hannah's Bay, First event commences 2.00pm. Complimentary sausage sizzle back at Neil Hunt Park clubrooms. Duty officer: Lindsay Foster - Ph. 348 6818.

Events out of Rotorua:

Saturday 20 August - New Zealand road championships, Wellington.

Saturday 27 August – Inaugural half marathon & 10km run/ walk at Cambridge. Early entry closes 20 August. Visit www.cambridgeharriers.co.nz for more details.

The week that was:

11 represented the Club at the Athletics Waikato BOP championships, held at “The Lakes” subdivision, Tauranga on Saturday. Their efforts are detailed on the reverse

Other events on the local scene:

SUNDAYS

Those that run - groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. Some at 7.00am: some at 8.00am and possibly some in between. Find at group that is compatible with your fitness and head off into the Forest.

Those that walk – Meet 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 - Sarah Wiwarena 027 248 3874 (348 7674 home).

For the beginner - Meet **3.00pm** at 396 Clayton Road for 30 minutes of walking on the DOC Nature track. Contact: Kerris Browne 021 753 691 or at swingmills@xtra.co.nz

TUESDAYS

All athletes – Speed work and core strength session for those over 15 years, **6.30am**, Smallbone Park, Devon West Street, Rotorua. Led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

Walkers - Meet 5.30pm at Paper Plus, 1304 Tutaneikai Street, Rotorua - the Central Mall end.

THURSDAYS

Distance athletes

Runners – Meet 4.45pm at the Neil Hunt Park clubrooms. Contact person is John Harvey – 027 2727599.

Walkers - Meet 5.30pm at Paper Plus 1304 Tutaneikai Street, Rotorua - the Central Mall end.

Future local distance events:

Sunday 4 March 2012 – The Kingsgate Hotel Rotorua half marathon, plus 10km, 5km, run or walk, plus Little Devils 3km or 1.5 km fun run. These are all based in our fabulous Whakarewarewa Forest.

Saturday 28 April 2012 – The 48th Lion Foundation Rotorua Marathon and associated half marathon and 5km and quarter marathon fun runs/walks.

Results:

**Athletics Waikato BOP road championships –
6 August 2011, “The Lakes” Tauranga**

Men 20-34 - 10km

1. Steve Rees-Jones (Hawks)	31.31
7. Steven O’Callaghan	33.27
10. Jason Steyn-Ross	35.38

Masters men - 10km

35-39

1. Chris Morrisey (Tauranga)	34.25
3. Adrian Lysaght	36.03

40-44

1. Glenn Sexton Hawks	34.05
5. Tony Broadhead	36.05

45-49

1. John Crane (Hawks)	34.07
3. Bruce Edwards	35.45

55-59

1. Colin Earwaker	35.19
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60-64

1. Trevor Ogilvie	36.18
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65-69

1. Robert McPherson (Tauranga)	47.26
2. Peter Vyver	53.25

Masters women – 5km

60-64

1. Kathy Howard	24.12
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Judged race-walk –10km

65-69

1. Max Bragg	1.16.21
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Fun run/ walk – 10km

Walk

1. Raewyn Richmond (Hamilton)	1.06.28
8. Doris Bragg	1.29.35

***For your physio needs contact
The Physiotherapy Clinic –***

***inquiry@physiotherapyclinic.co.nz
or 07 347 8380***

