



**LAKE CITY**

*Athletic Club* INC

Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

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

## GUFF SHEET

16 July 2011

### The Annual General Meeting of the Lake City Athletic Club:

The AGM is drawing close - please submit any resolutions or general business items to Siobhan the secretary by the **2nd August**.

We also need to fill the treasurer, secretary and children's convenor roles this coming year.

Siobhan agreed to temporarily fill the secretary role at the last AGM as the club was without a secretary. But this year she is hoping to get re elected onto the Executive to take up other challenges. Can you commit to approx. 2-4 hrs a week (it varies greatly), keep minutes, be the contact person for the club forwarding on e-mails??

Phil is heading overseas this year so the treasurer's role is up for grabs. This role takes a little more time at certain points of the year. However we anticipate breaking down the role to distribute some tasks e.g. registrations officer and possibly an investment officer. This will reduce the Treasurers workload. A good hand over training will be provided.

Kenzie's daughter is no longer competing in children's track and field. After several years of excellent support it is time for her to pass the baton, although we are hoping she will remain on the children's committee as a mentor. We are looking for a parent who will be part of the children's committee, attend athletics on a Tuesday evening to help schedule, set up and organise equipment. Again full support will be provided with a team working alongside you.

Please contact:

Siobhan at [brad.siobhan@xtra.co.nz](mailto:brad.siobhan@xtra.co.nz)

Phil at [kerrosine@gmail.com](mailto:kerrosine@gmail.com)

and Kenzie at [kenziep@clear.net.nz](mailto:kenziep@clear.net.nz) if you would like some more information. They can answer all your questions about these roles.

### The week that was:

Locally on Saturday a number met at the Neil Hunt Park clubrooms for a run in the Forest, while a very small number headed to Minogue Park, Hamilton for the Athletics Waikato BOP cross-country championships. The 5 that took part raced over a true cross-country course (wet, muddy and slippery in parts as well as wind and a couple of squally showers) and were rewarded for their efforts with 4 gold and 1 silver medal coming back to Rotorua. Results are on the reverse.

### Forth coming events in Rotorua:

**This Saturday 16 July** - The Blue Lake Blat. Two runner relay teams. Walkers one individual lap. Meet 1.45pm by the Blue Lake boat ramp for a 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance. **Please bring a plate for afternoon tea at Neil Hunt Park clubrooms.** Duty officers: Trevor Ogilvie - Ph: 347 8181 and Andrew Twiddy.

**Saturday 23 July** - Mt Ngongotaha 6.4km run or walk. Meet 1.30pm at 396 Clayton Road to car pool to start - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Please bring a plate for afternoon tea at venue. Duty officers: Chris and Kerris Browne - Ph. 348 0790.

### Events out of Rotorua:

**Saturday 30 July** - Matamata 3.3km Road relay. Club day away - no event locally. Sections are:

- 5 x 3300 metres - includes men open, masters men and men 19
- 4 x 3300 metres - The Super Vet Grade - made up of 60 plus men and women
- 4 x 3300 metres - includes women open, masters women and women 19
- 3 x 3300 - open walk teams
- 3 x 3300 metres club and school teams - under 12 and under 16 boys and girls.

This event which kicks off at 1.00pm is held on a flat 3300 metre course around the streets of Matamata and is suitable for all abilities. The list is at the Neil Hunt Park clubrooms for you to indicate your availability. Note: Event guideline of fitness for New Zealand Road Relay.

**Let's have a large number of teams  
in the club's uniform out on the  
streets of Matamata this day!**

## 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 4.00pm 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](mailto:swingmills@xtra.co.nz)

**General fitness sessions** – (Coach controlled). Between 1.00pm to 2.00pm general fitness sessions for teens (12 plus) and adults is at the clubrooms gym. There is also a 2nd session on a Thursday evening between 6.00pm to 7.00pm. The second session each week is by Koha to the Coach. Contact: Dan Beazley - Ph: 350 2473.

### **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 Tutanekai 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 Tutanekai Street, Rotorua - the Central Mall end.

**General fitness sessions** – (Coach controlled) Between 6.00pm to 7.00pm general fitness sessions for teens (12 plus) and adults is at the clubrooms gym. There is a 2nd session on a Sunday between 1.00pm to 2.00pm. The second session each week is by Koha to the Coach. Contact: Dan Beazley - Ph: 350 2473.

## Speed work training session:

Core strength and speed work suitable for all abilities over 15 years are being held on Tuesday mornings 6.30am - 7.30am. Meet at Smallbone Park, Devon Street West with your drink bottle, appropriate running clothing for the weather and shoes suitable for running on grass. Sessions led by Sarah Lei, who has run these sessions successfully for several years in Cromwell (which is still running today). Ph Sarah 349 3558 a/hs, or 027 228 5496.

**PLEASE NOTE THE SESSION THIS COMING TUESDAY (19 JULY) HAS BEEN CANCELLED AS SARAH IS UNAVAILABLE.**

## Whaka Forest:

Logging is still happening in Whaka Forest, so please do not go into the areas being worked, especially up on the Tokorangi Ridge. Also watch out for vehicles etc in the Forest during weekdays and on the weekend.

## RESULTS:

### **Athletics Waikato BOP – cross-country championships – Minogue Park Hamilton - 9 July 2011**

#### Masters men

##### 35-39

1. Adrian Lysaght 33.28

##### 50-54

1. Colin Earwaker 31.46

##### 60-64

1. Trevor Ogilvie 32.16

##### 65-69

1. Robin Reed Tauranga 40.26

2. Peter Vyver 45.47

#### Masters Women

##### 60-64

1. Kathy Howard 33.52

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

**[inquiry@physiotherapyclinic.co.nz](mailto:inquiry@physiotherapyclinic.co.nz)  
or 07 347 8380**