



LAKE CITY
Athletic Club INC

Website: www.lakecity.co.nz

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

GUFF SHEET
27 August 2011

The week that was:

In Wellington at the Athletics New Zealand road championships on Saturday the 2 club members that attended wore Athletics Waikato BOP colours and both came home with medals. Trevor Ogilvie took gold in his 60-64 10000 metres in 36.23 while Kathy Howard was 3rd in her 5km 60-64 age group in 23.16.

Locally a small number headed off from the clubrooms for a run to the top Tarawera Road reservoir via tracks that came out onto the Tokorangi Pa Road. Other words all uphill to be finished off with a downhill run home to the clubrooms.

The Club's AGM held last Wednesday with in excess of 50 in attendance.

Those elected as officers of the Club were:

Patron	Graeme Dennett
President	Lindsay Foster
Vice President	Shaun O'Donnell
Secretary	Cindy Carpenter
Treasurer	Vacant
Club Captain	Vacant

Those elected to the Executive were:

Peter Quax
Kerris Browne
Dennis Kenny
Siobhan Griffiths
Phil Kerrison
Alain (Moustache) Ventelou
Pam Kenny
Club handicapper Moustache Ventelou
Club senior selectors Vacant

The incoming Executive is addressing the matter of the vacant positions.

URGENT MEETING For all Parents & Helpers from the Children's section of the club. Monday 29th August at 7pm at the Club rooms, Neil Hunt Park, Tarawera Rd. To establish a sub committee of helpers to work with me to set up and run Children's Track and Field this summer. To make a plan and share out the tasks, and ensure all areas are well covered. FREE TRAINING from Athletics

WBOP will be provided to all parents and helpers (14yrs+) right here in Rotorua. The more helpers we have, the less we all have to do, and the more efficient we are!

Kerris Browne, Children's Convenor
Ph 021 753691, 3480790 evenings, email swingmills@xtra.co.nz

Harrier's Official Course. See attached documents.

A great learning experience especially for all those helping with cross-country over the winter months.

We currently have 7 members confirmed to attend, plus there are others coming from surrounding clubs in the Bay.

Please register your interest with Kerris Browne, email swingmills@xtra.co.nz or cell 021 753691, evenings 3480790.

Forth coming events in Rotorua:

This 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. Walkers please note you have a choice of distances – either a 2.5km at 2.00pm or 5km at 2.30pm. Complimentary sausage sizzle back at Neil Hunt Park clubrooms. The programme of start times etc is on the reverse. This event is a good sharp workout for those heading to the New Zealand road relay championships at South Auckland the following weekend, so we would like to see all travelling north taking part. Duty officer is Lindsay Foster - Ph. 348 6818. Lindsay would like some assistance on the day, so give him a call if you are available to help.

Saturday 3 September - Those not heading to the New Zealand Road Relay Champs at South Auckland met 1.45pm at the Neil Hunt Park clubrooms for a run or walk.

Saturday 10 September - Meet at Davidson's, Sala Street at 1.45pm for a 3km blast in Fenton Park.

Saturday 17 September - the annual club promoted and organised Red Stag Redwoods Forest Relay in the Redwood Grove. The list will be at the clubrooms in due course for you to indicate if you wish to run or walk in a team, or help with the event on the day.

Looking a bit further ahead:

Ekiden Relay – Thursday 6 October, Saturday 8 October. Volunteer at this club fundraising event. Thursday evening is goodie bag filling, and on Saturday marshalling around the Lake Rotorua course, or timing and recording at the Village Green finish line. This is an easy way for members to contribute to the club's financial base by giving of their time for a few hours – either Thursday evening or on Saturday, or both. A list

will be at the clubrooms in due course for you to place your name on.

Events out of Rotorua:

This Saturday 27 August – Inaugural half marathon & 10km run/ walk at Cambridge.

Saturday 3 September – New Zealand road relay championships Auckland. 4 teams from the club have been entered.

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.



This Saturday 27 August 2011

**Meet at Waingaehe Park,
Hannahs Bay, Rotorua**

Order of events

• **2.00pm** - **2500 metres**
Men and women – 15,16
Women - 17,18,19
Masters women – (35 plus)
Walkers – all grades (**Walkers note that if you wish to walk 5km your start time is 2.30pm.**)

• **2.20 pm** - **1000 metres**
Boys and girls 10 and under
Boys and girls 11,12
Boys and girls 13,14

• **2.30pm** - **5000 metres**
Men – 17,18,19
Women – senior (20 – 34)
Men - senior and masters (35 plus)
Walkers - all grades

1. Volunteers are required to marshal, record results, and to set up the course etc. Please contact Lindsay Foster - 3486818 - the duty officer of the day if you can assist.
2. A sausage sizzle and cuppa will be held back at the Neil Hunt Park clubrooms
3. Events raced over flat streets in the Hannahs Bay area.

Harrier's Officials Course - Sunday 11th September - Lake City Athletic Neil Hunt Park clubrooms

All welcome – runners, walkers and those that can no longer run or walk but wish to be involved with the winter side of our sport. Learn about how to set up a course, the finish area, timekeeping, marshalling, results etc.

The program:

10.00am - Arrive, set up, distribute materials

10:30am - Begin power point presentation.

Noon - Discussion, questions.

12:30pm - Lunch break - BYO.

1.00pm - Written test

2:30pm - Conclusion.

Cost is \$10 to cover materials etc.

Run by George Caddie, Athletics Waikato BOP Official's Education Coordinator.

Results:

**New Zealand Road championships, Wellington
– 23 August 2011**

Masters Men - 10km

1. Trevor Ogilvie 36.23

Masters Women - 5km

1. Pam Graham	Wgtn	21.09
3. Kathy Howard		23.16

**World Athletics track & field
championships:**

Some great TV viewing can be had from the 28 August through to 4 September when the World Athletics champs in Korea are on SkyTV. Check SkyTV for viewing times and see the worlds top class athletes in action.

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

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