



**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**  
**30 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**. That is Tuesday of next week.

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:

It was up and down the slope of Mt Ngongotaha this past weekend. The 31 that took part then headed back to 396 Clayton Road for afternoon tea and social time.

A very special thanks to our hosts and event organizers of the day - Kerris, Chris, Aria and Javier Browne. Results are on the reverse.

**This Saturday 30 July:** The Matamata Relay. The event headquarters are on the Domain behind the Matamata Primary School, which is on Broadway, Matamata's main street.

- The first lap runners and walkers leave the Domain at 1.00pm so be there well before then.
- Each team will be issued a set of race numbers – collect them from the event headquarters. These to be worn on the front of your club uniform and to be returned on completion of the event.
- It has been suggested that at the conclusion of the event those that wish, head to the Opal Pools to soak away their aches and pains.
- A total of 14 teams from the club have been entered – 5 of these walk teams.

Teams are – Names are listed in the order they will be running or walking in.

### **Walkers -**

Team 1: Max Bragg, Mark Geddes, Denise Caudwell

Team 2: Marieke Wass, Colin Smyth, Merle Amos

Team 3: Linda Montgomery, Maureen Heald, Beryl Cleland

Team 4: Pat Smyth, Rob Colledge, Alby Schuster

Team 5: Rinus Adriaansz, Rika Otto, Piet Otto

### **Runners –**

Senior women - Hannah Barker, Kelly Dalton, Jeanene Lysaght, Olivia Goh

### Master Women -

Team 1: Toni Mills, Mere Attwater, Cindy Carpenter, Christine Reed

### Team 2:

Rachael Browne, Kerris Browne, Sheryl Pearson, Judith Tomasevich

### Super Vets 60 plus -

Kathy Howard, Martin Harris, Peter Vyver, Diane Jones

### Senior Men -

### Team 1:

Nick Pannett, Adrian Lysaght, Liam Walsh, Jason Steyn-Ross, Steven O'Callaghan

### Team 2:

Jamie Quinao, Paul Carpenter, Robin Reed, plus ???

### Masters men -

### Team 1:

Trevor Ogilvie, Bruce Edwards, Dave Cronshaw, Chris Corney, Tony Broadhead

### Team 2:

Chris Browne, Peter Quax, Logan Marten, Duncan Smith, John Harvey

### Children –

Jude Carpenter, Aria Browne, Javier Browne.

There is no event in Rotorua this Saturday.

## Forth coming events in Rotorua:

**Saturday 6 August** - Meet at 1.45pm at the Neil Hunt Park clubrooms for a run or walk.

**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. Please bring a plate for afternoon tea at Neil Hunt Park clubrooms. Duty officers: Phil and Christine Kerrison - Ph. 345 5709

### Wednesday 17 August

The Annual General Meeting of the Lake City Athletic Club – 7.30pm at their Neil Hunt Park clubrooms

**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 6 August** – Athletics Waikato BOP road championships over varying distances at “The Lakes” Tauranga. You don't have to be an Athletics NZ member to take part in this event. Club registered members can take part, but they are not eligible for a championship medal. A number from the Club got caught last year by not being an ANZ member when they placed in the top 3 in their grade / age group, hence no medal. If you wish to up grade do so quickly.

The day's programme and entry details are below. **Name, plus entry fee, rego number, grade and event number to be with Pam Kenny by Tuesday 2 August.** After this date the fee increases by \$3.00. Entry can be made on the day. Note you will need to collect a time chip on arrival at the event.

**Let's have a large number in the club's uniform out in “the Lakes” area of Tauranga this day! There's even a 10km event for those that only want to take part either in a fun walk or run. Something for everyone.**

**Saturday 20 August** - New Zealand road championships, Wellington. Visit [www.athletics.org.nz](http://www.athletics.org.nz) for entry details. Note that entries closed Sunday 7 August and that no late entry is accepted.

## 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](mailto: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 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.

## Results:

### Mt. Ngongotaha run / walk - 23rd July 2011

#### 6.4km

1. Steven O'Callaghan	23.27
2. Jason Steyn Ross	24.33
3. Jamie Quinao	32.23
4. Robin Reed	32.44
5. Sian Bremner	33.49
6. Lindsay Foster	35.11
7. Peter Vyver	35.52
8. Martin Harris	36.26
9. Max Bragg	37.36
10. Cindy Carpenter	38.00
11. Jade Hesketh	38.15
12. Paul Carpenter	40.29
13. Judith Tomasevich	43.16
14. Rachel Browne	45.44
15. Vicky Wheeler	48.10
16. Denise Caudwell (w)	51.37
17. Mike Burkinshaw (w)	51.37
18. Rinus Adriaansz (w)	53.50
19. Helen Perkins (w)	54.42
20. Maureen Heald (w)	55.33
21. Doris Bragg (w)	63.16
22. Christine Reed (w)	63.22

#### 3km

1. Jude Carpenter	19.02
2. Moustache Ventelou	20.16
3. Janet Tutt	21.05
4. Javier Browne	25.22
5. Marty Morris	25.35
6. Adam Morris	25.35
7. Shayne Donaldson	27.54
8. Aria Browne	32.19
9. Kitara Johnson	32.19

Below is the programme for the Athletics Waikato BOP road events at "The Lakes, Tauranga, being held next Saturday 6 August. See the section "closing entries" for payment of fees etc. Early entry closes Tuesday 2 August.



Presents their day of road running, race walking and freestyle walking at

Sanctioned event  
Athletics New Zealand  
No: IBP 1113

Hosted by Tauranga Ramblers  
Contact: Malcolm Taylor  
07 576 0000 evenings

**"The Lakes", Tauriko, Tauranga**

**Saturday 6 August 2011**

**This event incorporates Athletics Waikato BOP  
Road Running and Road Race Walk 2011 Championships**

Events are open to all runners and walkers  
youngsters through to Granddads and Grandmas

**Order of events**

Start time	Grade	Distance	Entry Fees
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**Fun run / Freestyle walk**

Event # 1.	11.30am	All ages	10km	\$12.00
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**Race Walk events (judged)**

Event # 1.	11.30am	Men 20 (20-34 yrs)	10km	\$12.00
		Women 20 (20-34 yrs)	10km	\$12.00
		Masters Men (35 plus)	10km	\$12.00
		Masters Women (35 plus)	10km	\$12.00
		Men 19 (17,18,19 yrs)	5km	\$10.00
		Women 19 (17,18,19 yrs)	5km	\$10.00

**Running events (open to all runners)**

Event # 2.	1.00pm	Boys/girls 10 (10 & under)	2000 metres	\$5.00
Event # 3.	1.00pm	Boys/girls 12 (11, 12 yrs)	2000 metres	\$5.00
Event # 4.	1.10pm	Boys/girls 14 (13, 14 yrs)	3000 metres	\$6.00
Event # 5.	1.30pm	Women 16 (15,16 years)	5000 metres	\$8.00
Event # 6.	1.30pm	Women 19 (17,18,19 yrs)	5000 metres	\$10.00
Event # 7.	1.30pm	Masters women (35 plus)	5000 metres	\$12.00
Event # 8.	2.00pm	Men 16 (15,16 yrs)	6000 metres	\$8.00
Event # 9.	2.00pm	Men 19 (17,18,19 yrs)	8000 metres	\$10.00
Event #10	2.00pm	Men 20 (20-34 yrs)	10000 metres	\$12.00
Event # 11.	2.00pm	Women 20 (20-34 yrs)	10000 metres	\$12.00
Event # 12.	2.00pm	Masters men (35 plus)	10000 metres	\$12.00

**Course location / Description:** 2km lap within The Lakes off State Highway 29, Tauriko Tauranga. Turn off State Highway 29 to Takatimu Drive opposite Toll Road, Tauriko on to Lakes Boulevard into Landing Drive. Course flat with gentle undulations and one runnable hill per 2000 metre lap. 1km lap flat with gentle rises and falls for walkers and younger grades. **Traffic will be on the course – Care must be taken by all competitors and they must obey marshals.**

**Facilities:** No changing facilities available. Portaloos toilets will be close to start/finish area. Club tents can be placed in designated area as per map. Parking to be in designated area only in

designated reserves corner Scotia Close and opposite Capstan Close. There is no parking on the course proper. Entry to course is off Landing Drive.

**Prize-giving / Refreshments:** Prizegiving for the Athletics Waikato championship events will be on site at the conclusion of events. Athletes and supporters as asked to bring own food and drinks. Mobile coffee will be available to purchase at the venue.

**Eligibility:** To be eligible for an Athletics Waikato BOP championship placing athletes (including masters' grades) must be fully registered with Athletics Waikato-Bay of Plenty, and must wear their 2011 registration patch on the front of their singlet. At the time of entry they must quote their 2011 Athletics Waikato BOP registration number. **These championships have now been opened up to all athletes whether they Athletics Waikato BOP registered or a club only athlete. Note that unaffiliated runners are welcome to compete however only runners fully registered with Athletics New Zealand will be eligible for Waikato Bay of Plenty Championship medals. Please have all your athletes support the event. All abilities catered for-runners and walkers.**

**Grades:** Where races are combined, the grades will be separated in the results.

**Ages:** Masters Ages are on the day, with results recorded in 5-year age groups. All other grades age is at 31 December 2011.

**Closing date:**

Entries must be with Pam Kenny, 3 Haratua Place, Rotorua 3015 by **Tuesday 2 August 2011 with entry fee, event number, age grade and AWBOP rego number. All entries after 2 August will be \$3.00 extra per person. No refund of entry fees will be made after 2 August 2011.** Entries will also be accepted on the day for an extra \$3.00. Cheques to be made payable to Athletics Waikato Bay of Plenty Inc

**Athletics Waikato-Bay of Plenty team to the National road championships (20 August-Wellington):** The Waikato Bay of Plenty team will be selected from those entered at **close** of entries for the championships being **midnight 7 August**. Athletes entering these championships must enter themselves via [www.athletics.org.nz](http://www.athletics.org.nz) before the entry closing date.

Let's have a large number in the club's uniform on this day.  
Also note this event is a guideline of fitness for New Zealand Road Relay, Hunua,  
South Auckland, 3 September.

*For your physio needs contact  
The Physiotherapy Clinic –*

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