



LAKE CITY
Athletic Club INC

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

GUFF SHEET

23 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

Phil at kerrosine@gmail.com

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

The week that was:

33 participants plus the helpers, who braved the cold and the high water levels of the Blue Lake at the Blue Lake Blat, topped last Saturday off with a pleasant get together and afternoon tea back at the Neil Hunt Park clubrooms. Results are on the reverse.

Forth coming events in Rotorua:

This 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.

Note the earlier meeting time of 1.30pm.

Saturday 30 July - This is the day of the Matamata relay – see below. There is no event in Rotorua this day.

With regard to the relay you need your name on the list at the clubrooms by this Sunday, so that the teams can be selected. Teams for runners and walkers.

Wednesday 17 August

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

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 – name to be on the list by this Sunday. 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!**

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.

There’s even a 10km event for those that only want to take part either in a fun walk or run. The day’s programme and entry details are below.

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

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.

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:

Blue Lake Blat - 7 July 2011 - 5.4 Km Loop

Runners

1. 55.30	Tony Broadhead	21.22
	Cindy Carpenter	34.08
2. 57.45	Jason Stein-Ross	22.55
	Mere Attwater	35.50
3. 58.03	Jamie Quinao	27.06
	Peter Vyver	30.57
4. 58.56	Phil Gulbransen	28.40
	Campbell Horn	30.16
5. 60.17	Chris Corney	23.07
	Judith Tomasevich	37.10
6. 60.33	Sian Bremner	28.46
	Martin Harris	31.47
7. 61.28	Lindsay Foster	31.02
	Toni Mills	30.26
8. 61.34	Kerris Browne	35.47
	Dave Fischer	25.47
9. 61.51	Olivia Goh	36.58
	Chris Browne	24.53
10. 61.54	Bruce Edwards	21.27
	Rachael Browne	40.27
11. 62.07	Sheryl Pearson	36.34
	Kelly Dalton	25.33
12. 62.57	John Harvey	27.56
	Pam Kenny	35.31
14. 63.09	Jeanene Lysaght	41.27
	Adrian Lysaght	21.42
15. 64.33	Ben McHale	20.34
	Janet Tutt	43.59

Walkers (1 lap only)

1.	Rinus Adriaansz	45.24
2.	Mike Burkinshaw	46.50
3.	Helen Perkins	47.54

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 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
or 07 347 8380*