



Website: www.lakecity.co.nz
 Email: info@lakecity.co.nz
 Clubrooms: Neil Hunt Park off Tarawera Road
 Lynmore – Rotorua


GUFF SHEET
30 July 2016

The past week:

The River Trail Trot took place on Saturday 23rd July. In the Taniwha 1.5km event the first boy home was Bruce McGregor and the first girl was Amber Lysaght. In the main event two 11-person teams battled it out. Steven O'Callaghan's "Trip to the Cake Tin 2016" team defeated Andy Twiddy's "Lowlanders" team. Final score was 96 points to 88 points. Top individual points scores on the day were Matt Parsonage (12), Steven O'Callaghan (11.5), Jeanene Lysaght (11), Andy Hickson (11), and Tracey Hay (10.5). The after match function was enjoyed at the Beez Neez Lodge. Thank you to Chief Timekeeper Pam Kenny and Chief Judge Mr McGregor. *Adrian Lysaght*

Thank is also extended to the Lysaght family for their organisation of a great event.

Results are below



Annual General Meeting

The Annual General Meeting of the Lake City Athletic Club Inc is set down for
 Wednesday evening
17 August 2016 7.30pm,
 at the Neil Hunt Park clubrooms

The meeting's agenda and nomination form to nominate an officer or executive where attached to the guff sheet of 23 July

Club Subscriptions:

Subscriptions for the current financial commencing 1 April 2016 should be now be paid.

If you have not yet renewed your membership please go directly to the Club Website – www.lakecity.co.nz -

"Club Membership"- to renew your membership "online".

If you currently have key pad access to the Clubrooms this will also be removed if you do not renew your membership

Forth coming events:

SATURDAYS



This Saturday 30 July – The Minster cup 10km estimated time event and 5km walk or run. A shorter distance event will be held for the youngsters.

Meeting place / time: 1.45pm at TITC (Timber Industry Training Centre) off Waipa Mill Bypass Road - 2.00pm start.

Parking: Please do not park on the main Waipa Mill By Pass road or on the large sealed area by the loading ramp near Planet Bike. There is limited parking in the TITC grounds

Responsibilities: The road in this area has become very busy with public use and truckers using it. Please take extreme care if crossing the road. For a short distance part of the course is on this road edge, and all must run/walk inside any placed cones, and obey marshal instructions. No one is to go into the TITC complex other than to use their toilet facilities. Children to be under the care of their caregiver(s) at all times

Afternoon tea: Please bring a plate for afternoon tea near the venue. Coffee etc can be purchased from the Planet Bike coffee cart.

Volunteers: These are required to mark the course, marshal, record results etc. Please contact Phil or Christine Kerrison 07 345 5709 or email to kerrosine@gmail.com, or text to 027 309 3010 no later than Thursday evening if you can assist. Thank you.

Trophies: there are 3 trophies at stake: the Minster Cup for the 10km estimated time event and the Kerrison trophies - one for the 5km run and another for the 5km walk. The latter trophies are not estimated time events. Only members financial with the club pre event can take a trophy.

******* This is a selection event for the New Zealand Road Relay championships 1 October in Rotorua. Please read the winter programme (copies at the clubrooms) for future events and the selection guidelines. This is very important if you are looking at being a team member. Also see below re the Relay.

Saturday 6 August – Meet 1.45pm at the Neil Hunt Park for a Mokopuna Dash commencing 2.00pm. Event distances start from just less than 2km. Please bring a plate for afternoon tea. Duty officers: The winter season committee

Saturday 13 August – The listed event, the Matamata Relay, has been CANCELLED

SUNDAYS

The club scene

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.30am. Contacts are Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572 - Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

TUESDAYS

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the old City Focus, Tutanekai Street.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

WEDNESDAYS

Am - For those over 15 years there is a speed work and core strength session, 6.15am, at Smallbone Park, Devon Street, Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496

THURSDAYS

Walkers

Am – Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

Pm – Meet 5.30pm at the old City Focus, Tutanekai Street.

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms at 5.30pm.

Athletics New Zealand Road relay championships:

Volunteers

Volunteers are being called for to help with the NZ Road Relay Championships, 1 October 2016.

The event is being held in Rotorua this year. Whether you are a supporter or running in this event, you can help. A volunteer's sign-up sheet is now available in the club room foyer. All help is appreciated!

Relay Teams

Any Club Members wanting to be in a Lake City team in this event must put their details down on the Road Relays Teams list on the Notice Board at the Club Rooms.

Selection for teams will be based on the following:



1. Participate in at least four of the eight selection events. These are marked with a star on the Winter Cross-Country and Road Season programme. These are events where selectors will be observing club members' fitness.

2. Athletes must be current financial members of the Lake City Athletic Club.

3. Selections will in all cases be based on current form and regular participation.

Teams can get entered in each of the following grades if there are enough club members for a team:

- Walking
- Social/Corporate
- Senior Men
- Senior Women
- Masters Men (40+)
- Masters Women (35+)
- Masters Open 50+
- Masters Open 60+
- Junior Men (aged 14, 15, 16, 17, 18 or 19 on 31st December 2016)
- Junior Women (aged 14, 15, 16, 17, 18 or 19 on 31st December 2016)



As we are hosting this event, team members will be expected to provide assistance in some capacity (marshalling for example).

For each team a team manager is required. Anyone interested in being a team manager must contact Club Selector Convener Adrian Lysaght (027 6153496 or adrian.lysaght@xtra.co.nz). If there is no manager for a grade then no team will be entered in that grade.

RESULTS

Children's Taniwha Run - 1500 metres – 23 July 2016 – River bank Waikato River, Atiamuri

The main event results are below.

Place	Name	Time
1	Amber Lysaght	09:07
2	Bruce McGregor	09:29
3	Maisie O'Callaghan	09:32
4	Tineke O'Callaghan	09:49
5	Katharine Twiddy	10:31
6	Lydia O'Callaghan	10:37
7	Alan Twiddy	10:50
8	Edward Twiddy	16:11
9	Sian Twiddy	17:14

**River Trail Trot - 23 July 2016 - River bank Waikato River,
Atiamuri – main event**

				Distance	Placing	Walking	30 min +	Total	
Place	Name	Team	Time	Distance	Points	Points	Points	Penalty	Points
1	Cody Shilton	Lowlanders	16:27	3000	3	5			8
2	Emma Hickson	Trip to the Cake Tin 2016	18:53	3500	3.5	5			8.5
3	Conor Lysaght	Trip to the Cake Tin 2016	19:36	4000	4	5			9
4	Erica Shilton	Trip to the Cake Tin 2016	22:49	3500	3.5	3			6.5
5	Jeanene Lysaght	Lowlanders	22:57	3000	3	3	5		11
6	Hannah Shilton	Lowlanders	23:12	4000	4	3			7
7	Hannah Hickson	Lowlanders	24:54	3500	3.5	1			4.5
8	James McGregor	Lowlanders	24:56	3500	3.5				3.5
9	Jodie Hickson	Trip to the Cake Tin 2016	24:58	3500	3.5				3.5
10	Tracey Hay	Lowlanders	25:01	5500	5.5	5			10.5
11	Andy Hickson	Trip to the Cake Tin 2016	25:02	6000	6	5			11
12	Fred Shilton	Lowlanders	25:04	6000	6	3			9
13	Lance Shilton	Lowlanders	25:10	5000	5	5			10
14	Matt Parsonage	Lowlanders	26:24	7000	7	5			12
15	Faith McGregor	Trip to the Cake Tin 2016	26:48	5500	5.5	3			8.5
16	Adrian Lysaght	Trip to the Cake Tin 2016	26:55	7000	7	3			10
17	Steven O'Callaghan	Trip to the Cake Tin 2016	27:03	6500	6.5	5			11.5
18	Andy Twiddy	Lowlanders	27:15	6500	6.5	3			9.5
19	Diane Barratt-Kendall	Trip to the Cake Tin 2016	27:30	4000	4	1	5		10
20	Alan Ryan	Trip to the Cake Tin 2016	28:08	3500	3.5		5		8.5
21	Greg Holland	Trip to the Cake Tin 2016	28:11	3000	3	1	5		9
22	Peter Vyver	Lowlanders	33:44	5000	5	3		-5	3

Club uniforms

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, beanie etc) please contact one of the following to arrange a time to make the purchase

Payment to be made at time of purchase - please bring along the correct change

Costs: Adults running singlets: \$35.00
Adults short sleeve walker's tees: \$35.00
Junior (children) singlets (size 4 to 14) - \$15.00

There are other items such as adult and children's track suits, adult hoodies and beanies – cost of these on request

Contacts are:

Denise Caudwell - Ph 346 8431 (evenings)

Nikki Mitchell - Ph: 349 2920 (evenings):
Mobile 027 464 8546

Sarah Wiwarena – Ph: 346 3289 (evenings):
Mobile 027 347 8115

Please call one of the above to arrange a suitable day/time to meet at the clubrooms to check what you want to purchase