



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore - Rotorua

GUFF SHEET
5 August 2017

The past week:

Saturday evening was the Mid-winter quiz and social function at the clubrooms, which is understood to have been a roaring success with 12 teams taking part and some 80 people in attendance. Thanks to those who brought the evening together.

At the Athletics New Zealand Cross-country champs held on the Auckland Domain on Sunday the Club had a small representation. Unfortunately Hannah Gapes and Trevor Ogilvie withdrew because of illness. The Club had two podium placers: New comer to the club Graeme Adams (6km) won his 65-69 age group and Bruce Edwards was 3rd in his 55-59 8km. Results are below.

Events:

SATURDAYS

- **This Saturday 5 August** – The Minster Cup 5k and 10km estimated time event for runners and walkers. Meet at the Blue Lake Ski clubrooms 1.45pm. Estimate your time for the 10km (runners – 2 laps of the Lake) and 5km (runners or walkers – 1 lap of the Lake). No watches to be worn. There will be a shorter distance event for younger members. Wanted for this event are people to mark the course, recorders, marshalls etc and a plate for afternoon tea at the Neil Hunt Park clubrooms.

SUNDAYS

Distance athletes

Those that run - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Some groups leave later and from various venues.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 7.30am. Contacts are: 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 on Tutanekai Street

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

THURSDAYS

Walkers

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

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

Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm

Looking ahead:

Locally

Saturday 12 August –

This is the afternoon of the third event in the Mokopuna Dash series.

Meet prior to 2.00pm at the corner Tarawera and Long Mile Road for a dash around the Redwoods. Do one lap, 2 or 3. Please, a plate for afternoon tea at the Neil Hunt Park clubrooms. Again the course needs to be marked, marshalled and times recorded, so volunteers are required.

Out of Rotorua



2017 road running championships
400 Raynes Road, Tamahere, Hamilton

Saturday 19 August 2017

12.30pm	Boys/girls U11 (10 & under)	2.km	\$7.00
	Boys/girls U13 (11,12yrs)	2km	\$7.00
1.00pm	Boys/girls U15 (13,14yrs)	2.5km	\$8.00
	Women U18 (15, 16,17yrs)	5km	\$10.00
	Women U20 (18,19yrs)	5km	\$10.00
	Masters women (35plus)	5km	\$10.00
	Men U18 (15, 16, 17 yrs)	5km	\$10.00



Men U20 (18,19yrs)	7.5km	\$12.00
Men 20 (20-34yrs)	10.0km	\$15.00
Women 20 (20-34yrs)	10.0km	\$15.00
Masters men (35plus)	10.0km	\$15.00

Course: 400 Raynes Road, Tamahere, Hamilton. Head thru Cambridge towards Hamilton and at Tamahere take the road to Hamilton airport. Cross the concrete bridge and up the hill to Raynes Road on the right. The course is approx. 350 metres down Raynes Road, off to the right. Parking is located both sides of the road as you approach the course. Traffic may be on the course so care to be taken and marshalls must be obeyed.

Eligibility: to be eligible for an Athletics Waikato BOP championship placing athletes (including master's grades) must be registered as a competitive athlete with AWBOP. Social registered and non registered (unaffiliated) athletes may compete but are ineligible for AWBOP championship placing or medals. **Child athletes note that you must have registered for the new season starting 1 April 2017 to be eligible for the Championships. Your previous summer membership from last season has now expired.**

Ages: Masters is age on the day: all other grades ages as at 31 December 2017. Where races are combined the grades will be separated in the results

Entry closing: Entry can be made online by **14 August** to <https://2017awboproad.eventsdesq.com/> or posted to AWBOP Administrator P O Box 46 Hamilton with: first name and surname, Club (Lake City Rotorua), Age group, Date of birth, Fee paid, Registered –yes/no. Cheques payable to Athletics Waikato BOP. Entry after 14 July and on the day will be an extra \$5.00 per person. Entry forms at the Neil Hunt Park clubrooms.

All club members should note this is one of the events the club selectors are looking at the performances of those who have placed their name on the Athletics NZ relay list at the Neil Hunt Park clubrooms.

Lake City walkers – There will be a 5km non championship event on this day for walkers. This event will be combined with the 1.00pm events. Costs: \$5.00 early entry by 14 July and another \$5.00 after the 14th. This is a chance to walk on the road and harden up the legs for the Athletics Road Relay on 30 September. Please see Pam Kenny if you wish to walk. You can email your entry details to administrator@athleticswbop.org.nz

ANZ Road championships: The AWBOP team to the National road championships in Christchurch on

Saturday 2 September will be selected from those entered at close of the championship entries. Athletes must enter themselves via www.athletics.org.nz before entry closing date and be a competitive member of the Lake City Athletic Club. The early entry closing date is **Wednesday 24 August 11.59pm**. Late entry after the 24th and up to Monday 28 August 9.00am is an extra \$50.00



P O Box 2136, Rotorua

NOTICE OF ANNUAL GENERAL MEETING

THE 27th ANNUAL GENERAL MEETING

of

Lake City Athletic Club Incorporated

will be held on:

Wednesday, 23rd of August 2017, 7.30pm

Lake City Athletic Club, Neil Hunt Park,
Tarawera Road, Rotorua

AGENDA

- Apologies
- Minutes of the 26th Annual General Meeting
- President's Report
- Presentation of Financial Statements for the year ended 31 March 2017
- Subscriptions for the 2018-2019 financial year
- Election of Officers & 8 Executive Members
- Election of Auditor
- Consideration of any resolution which may have been submitted to the secretary in accordance with the Constitution and Rules.
- General Business

All completed nomination forms for Officers and Executive members of the Club must be given to the Secretary prior to the commencement of the election of officers.

John Marten - Secretary/Treasurer

Lake City Athletic Club

www.lakecity.co.nz Email: info@lakecity.co.nz

Volunteers: with the annual Red Stag Forest relay coming up on the 9 September volunteers from the Club are required to marshal, mark the course etc. This is as well as club members running or walking the event. As from the weekend there will be lists at the clubrooms to indicate your availability either a volunteer or participant, or both. Make sure you are placing your name on the correct list(s). In due course there will be a list at the clubrooms relating to volunteers at the Athletic New Zealand Road relay on 30 September.

Sunday 3 September: There is an officials training day being held at the Cambridge Athletic Club grounds, starting at 8.30am. The events being covered are jumps and throws for beginner officials. The programme is general rules, followed by jumps and throws, followed by written assessments after the completion of the presentations. Cost \$10.00 payable to Athletics Waikato BOP. If wishing to attend please advise Heather O'Hagan at 0274 713220 – ohagan@visique.co.nz the following: Name, Club, phone and email details, rule book required (yes or no), any current official grading you may have, and if you would like to sit a written assessment.

RESULTS

Athletics New Cross-country championships - Auckland Domain – 30 July 2017

Masters men - 8000 metres

45-49

- | | | | |
|----|----------------|--------------|-------|
| 1. | Chris Mardon | Christchurch | 28.36 |
| 5. | Tony Broadhead | | 30.31 |

55-59 - 8000 metres

- | | | | |
|----|-------------------|----------|-------|
| 1. | Alastair Pragnell | Auckland | 31.27 |
| 3. | Bruce Edwards | | 31.41 |

65-69 – 6000 metres

- | | | | |
|----|--------------|--|-------|
| 1. | Graeme Adams | | 27.35 |
|----|--------------|--|-------|

Under 15 Girls – 3000 metres

- | | | | |
|-----|-------------------|----------|-------|
| 1. | Jemima Antoniazzi | Hamilton | 11.34 |
| 15. | Katie Tapsell | | 13.15 |

Under 11 Boys – 2000 metres

- | | | | |
|----|--------------------|----------|------|
| 1. | Connor Boulton | Auckland | 7.42 |
| 8. | Jimmy Jack Tapsell | | 8.11 |

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) - \$20.00

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