



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road

Lynmore - Rotorua

GUFF SHEET
19 August 2017

The past week:

The third event in the monthly Mokopuna Dash series was held on Saturday. Thanks are extended to those who took part and those who stood under the dripping trees to record the results etc. Results are below.

Club team selection policy: Athletics New Zealand Road relay 30 September - Rotorua.

The following has been extracted from the Club's team selection policy - the full document is on the clubrooms notice board or can be found on www.lakecity.co.nz under documentation.

"3. Selection for a Road Relay team will be based purely on "Current Fitness" and participation in the following events:

- the Athletics Waikato/BOP Road Race Championships - 19 August at Tamahere – **this Saturday**. See below for on the day entry details.
- the Lake City Athletic club Road Race Championships
- the Red Stag Redwoods Forest Relay"

Red Stag Redwoods Forest Relay:

Saturday 9 September – This is the day of the club's annual Red Stag Redwoods Forest Relay. At the Neil Hunt Park clubrooms are lists to indicate if you desire to be a member of a club team as a runner or walker. There is also a list for you to indicate if you can be a volunteer this day. Volunteers from the club are required to make the event happen – in the region of 30. Duties are marshalling out on the course, at the start /finish area, course set up etc. A new feature to the event is that each participant will be carrying a relay baton with a timing chip inserted on it.

Week day events - locally:

SATURDAYS

This Saturday 19 August – There is no scheduled club event this Saturday. If it's not raining it's a good chance to get the lawns mowed, the garden tidied up etc.

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 Tutaneikai Street

Distance athletes

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

WEDNESDAY

23 August – (next Wednesday). This is the evening of the Club's Annual General Meeting at the Neil Hunt Park clubrooms. The formal meeting notice is below.

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 Tutaneikai 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 9 September – the day of the club's annual Red Stag Redwoods Forest Relay – See above



Out of Rotorua



2017 road running championships
400 Raynes Road, Tamahere, Hamilton

This 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: Early entry has closed. Entry after the early closing date (14 July) and on the day will be an extra \$5.00 per person to the fees listed above.

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.

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

Sunday 27 August - Cambridge Half Marathon - - The event doubles as the Athletics Waikato BOP half marathon championships. Entry can be made by visiting <http://www.sporty.co.nz.cahcnz> or www.cambridgeharriers.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).

There is now a list at the clubrooms seeking volunteers from the Club at the Athletic New Zealand Road relay on 30 September here in Rotorua.

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

RESULTS

Mokopuna Dash - No 3 - 12 August 2017		
		No laps
Amber Lysaght	10.26	1
Conor Lysaght	18.28	2
Alan Ryan (run)	20.15	2
Matt Parsonage	20.30	3
Adrian Lysaght	20.40	3
Katharine Twiddy	22.06	1
Edward Twiddy	22.07	1
Sian Twiddy	22.29	1
Andy Twiddy	22.33	3
Alan Twiddy	23.19	1
Fred Shilton	23.51	3
James McGregor	24.41	2
Faith McGregor	24.46	2
Apache Davidson	25.29	3
Quinn Steiner	26.43	3
Alan Crombie	26.49	3
Megan Grant	26.50	3
Denise Caudwell (walk)	27.54	2
Chris Boyce	28.55	3
Max Bragg	31.18	3
Mike Burkinshaw (walk)	33.22	2
Doris Bragg (walk)	34.50	2
Peter Vyver	37.46	3
Diane Barratt-Kendell (walk)	37.56	3



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

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