



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

Clubrooms: Neil Hunt Park off Tarawera Road  
Lynmore – Rotorua

## GUFF SHEET

4 August 2018



P O Box 2136, Rotorua, 3040

### THE 28th ANNUAL GENERAL MEETING

of

### Lake City Athletic Club Incorporated

will be held on:

Wednesday, 22nd of August 2018

7.30pm

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

#### AGENDA

- Apologies
- Minutes of the 27<sup>th</sup> Annual General Meeting
- President's Report
- Presentation of Financial Statements for the year ended 31 March 2018
- Subscriptions for the 2019-2020 financial year
- Election of Officers & 8 Executive Members
- Election of Auditor
- Life Member
- 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](http://www.lakecity.co.nz)

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## The past week:

The club event this past Saturday was the River Trail Trot, held at the Atiamuri end of the Waikato River Trails. On a pleasant winter's afternoon the participants were divided into two teams: Team Chris and Team Matt. Each team member had 30 minutes to run or walk a distance within their capability between 2.5km to 7.0km in order to accumulate points for their team.

Team Matt prevailed on the day with a total of 65 points compared to Team Chris with 55 points. Highest individual point's getters were Denise Caudwell (13), Matt Parsonage (12) and Faith McGregor (10.5).

A special thanks to the volunteers who helped with results timing and recording. On the way home there was a stop off at the Bull Ring for a drink, hot chips, and (for some) a go on the playground – *Adrian Lysaght*

A special thanks to Adrian for organizing the event. Results are below.

## Events: Local and out of Rotorua

### SATURDAYS

**This Saturday 4 August** – Note this event is Saturday not Sunday as listed on the formal winter programme. It's the Lake Okareka pair's handicap race starting from the picnic / car park area, Acacia Road, Lake Okareka. Meet at 1.30pm, for a 2.00pm start. Please be there by 1.30pm so that the "pairs" can be made up. All welcome – runners, walkers, the fast and the slower, the young and old. Come and see what the event is about. Maybe run or walk in an area you have not been too.

**This Sunday 5 August** – the New Zealand cross-country championships at Grenada Park, Wellington - Entries have closed. Best wishes to those club members taking part. Have a good one.

**Saturday 11 August** - Minster Cup 10km estimated time trial run / walk. Meet 1.45pm by the Blue Lake Ski Club clubrooms for a 2.00pm start. There is a shorter distance event for the younger grades and those not wishing to tackle the longer distance. The trophy event is 2 laps of the Lake.

Please bring a plate for afternoon tea back at the Neil Hunt Park clubrooms, please. Duty Officers: Winter season sub-committee.

### Looking ahead – championship events out of Rotorua:

**Saturday 18 August** – The Athletics Waikato BOP road championships are at St Peter's School, Cambridge.

The afternoon's programme is below. Note that online entry closes Sunday 12 August.

All those wishing to be part of a club team heading to the Takahe to Akaroa relay note this is one of the participation events that the club selector is looking at people's form.

**Saturday 1 September** – the Athletics NZ road champs at St Peters School, Cambridge. Visit Athletics NZ website for entry details etc. Note early entry closes Tuesday 21 August at 11.59pm. This is also a Takahe to Akaroa relay selection guideline form event.

## SUNDAYS

### Distance athletes

**Those that run** - Running groups leave from the Neil Hunt Park clubrooms Sunday mornings at 7.00am. Some groups leave a bit later and sometimes from different venues.

**Those that walk** – Meet at the Neil Hunt Park clubrooms just prior to 8.00am. Contacts are: Rob Colledge 07 348 7768; Marieke Wass 07 347 9885 ah or 027 462 8572; Sarah Wiwarena – Ph: 346 3289 (evenings) Mobile 027 347 8115

## TUESDAYS

### Walkers

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

**Pm** - Meet 5.30pm at the old City Focus, Tutanekei Street/Hinemoa Street

### Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm. Please wear your head light and Hi Vis vests on these evenings.

## THURSDAYS

### Walkers

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

**Pm** – Meet 5.30pm at the old City Focus, Tutanekei Street/Hinemoa Street

### Distance athletes

Running groups leave from the Neil Hunt Park between 5.00pm with the last groups leaving at 5.30pm. Please wear your head light and Hi Vis vests on these evenings.

## Athletics Waikato BOP - officials training days - 2018

**Sunday 12th August**, Track, Porritt Stadium 9.30am start, then moving on to Sport Waikato. Wendy Fox-

Turnbull will be present to assist with information for starters

**Sunday 9th September**, Jumps and Throws, Sport Waikato, Hamilton, 9am start

**Sunday 7th October**, 9:30am, Track events - Tauranga (Exact venue to be confirmed)

**Sunday 14th October**, 9:00am, Jumps and Throws - Tauranga (exact venue to be confirmed)

If you wish to attend, please contact Heather O'Hagan ([ohagan@visique.co.nz](mailto:ohagan@visique.co.nz)).



**Road championships – St Peters School Cambridge,  
Saturday 18 August 2018  
(Turn off State Highway 1, by the Avanti Cycle Centre)**

### Order of events:

2:00pm	Boys/Girls U11 (10 yrs and under)	2 km	\$8.00
2:00pm	Boys/Girls U13 (11, 12 yrs)	2 km	\$8.00
2:20pm	Boys/Girls U15 (13,14 yrs)	3 km	\$10.00
2:20pm	Under 18 Women (15,16, 17 yrs)	5 km	\$12.00
2:20pm	Under 18 Men (15, 16, 17 yrs)	5 km	\$12.00
2:20pm	Under 20 Women (18,19 yrs)	5 km	\$12.00
2:20pm	Masters Women (35 plus yrs)	5 km	\$12.00
3:00pm	Under 20 Men (18,19 yrs)	8 km	\$14.00
3:00pm	Masters Men (35 plus yrs)	10 km	\$16.00
3:00pm	Senior Men (20-34 yrs)	10 km	\$16.00
3:00pm	Senior Women (20-34 yrs)	10 km	\$16.00

Online entries will close on Sunday 12th August.

Online entries can be made [here](#)

A course map can be found [here](#)

A course video can be found [here](#) (via Facebook)

Club uniform to be worn

Note that for athletes who are selected for the Waikato-Bay of Plenty team at the New Zealand Road Race Championships to be eligible for the NZ Championships entry subsidy (\$50), you must enter the 2018 WBOP Road Race Championships.

# RESULTS

## River Trail Trot - Waikato River bank, Atiamuri - 28 July 2018

Place	Name	Team	Time	Distance (metres)	Distance Points	Placing Points	Walking Points	Total Points
1	Amber Lysaght	Team Matt	13:37	2500	2.5	5		7.5
2	Bruce McGregor	Team Matt	14:52	2500	2.5	3		5.5
3	James McGregor	Team Matt	19:11	3500	3.5	5		8.5
4	Keira Murphy	Team Chris	21:20	2500	2.5	1		3.5
5	Denise Caudwell	Team Matt	21:26	3000	3	5	5	13
6	Gay Timpany	Team Chris	21:40	2500	2.5	0	5	7.5
7	George McGregor	Individual	22:52	2500	2.5	0		2.5
8	Matt Parsonage	Team Matt	26:35	7000	7	5		12
9	Faith McGregor	Team Matt	27:01	5500	5.5	5		10.5
10	Adrian Lysaght	Team Chris	27:37	7000	7	3		10
11	Dee Horne	Team Chris	27:39	5000	5	5		10
12	Peter Vyver	Team Chris	27:54	4000	4	5		9
13	Chris Bycroft	Team Chris	28:04	5500	5.5	3		8.5
14	Kathryn Murphy	Team Chris	28:55	5500	5.5	1		6.5
15	Claire Jessep	Team Matt	29:48	5000	5	3		8

### 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 2 to 8 - \$25.00  
Size 10 to 12 - \$30.00  
Size 14 - \$35.00

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)

**Sarah Wiwarena** – Ph: 346 3289 (evenings):

Mobile 027 347 8115

**Annemarie Gallagher** – Ph 027 6229688 (adults)

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