



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET *11 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 27th 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

Email: info@lakecity.co.nz

The past week:

The first report is of the local event on Saturday this from the winter season's convener, Matt Thanks to everyone who came out to Lake Okareka for the Pairs Handicap Race. We had 9 pairs who did the 4.2km pairs handicap run, and all 9 teams finished within 2 minutes! Congratulations to Matthew Gear and Colin Earwaker for being the first team back. There was also a 2.5km run for the children, which was won by Keira Murphy. Thanks to everyone who came along. A big thank you is extended to Rachel for doing the results, which are below.

Secondly out of Rotorua at Grenada Park North (Wellington) was the Athletics New Zealand cross-country championships. The small contingent from the club performed creditably on a course that got muddier as the events went on. First up was Hannah Gapes who ran a will judged race working her way through the field for 6th overall in her under 18 4000 metres and to be a member her grades Waikato winning team – her first Athletics NZ gold medal. Tony Broadhead (50-54 – 8000 metres) and Trevor Ogilvie (70-74 – 6000 meters) both came home with golds and Kathy Howard took out the silver medal in her 65-69 - 6000 metres. Both Trevor and Kathy ran in the last event therefore having the worse underfoot conditions of the day.

Supporting their fellow club members were Jason Cameron (9th men 45-49 - 8000 metres) and Graeme Adams (8th men 65-59 - 6000 metres).

Youngest Jonah Funnell, wore the club colours in the second to last race to finish 22nd overall in the boys under 11 2000 metres thus gaining valuable experience running in a field of 33.

Well done all. Results are below.

Events: Local and out of Rotorua

SATURDAYS

This Saturday 11 August - Meet 1.45pm by the Blue Lake Ski Club clubrooms for a 2.00pm start of the Minster Cup 10km estimated time run or the 5km Kerrison estimated time run or walk. The 10kers do 2 laps of the Lake and the 5kers 1 lap. There will be a shorter distance for those that don't wish to tackle the longer distances. All trophies are won on an estimated time basis. i.e. the persons closest to their pre start estimated time. Note you must be a current financial club member prior to the event to be a trophy winner. Please bring a plate for afternoon tea back at the Neil Hunt Park clubrooms, please. Duty Officers: Winter season sub-committee.

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 **this 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 peoples form.

Saturday 25 August - This morning the club hosts the Puarenga Park run and volunteers from the club are required to marshal etc. Please contact Matt on 021 0586 1789 if you can assist – 7 people are required. The event starts at 8.00am behind MIGS Gym off Te Ngae Road. If taking part please wear your club uniform and some form of club clothing if marshalling. Runners and walkers are catered for. There is no club event this day so rise early and head to Puarenga Park. See www.parkrun.co.nz for information on how to register.

Saturday 8 September - The club's Red Stag Redwoods Forest relay is on this day. In due course sheets will be at the Neil Hunt Park clubrooms for you to place your name as a club team member (runner or walker) or as one of the 2 dozen volunteers required to make the event happen.

Looking ahead – championship events out of Rotorua:

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.

Week day club happenings

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 latter 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, Tutanekai 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, Tutanekai 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 Road championships

Saturday 18 August 2018

St Peters School Cambridge

(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

Please note online entries will close this 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.

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)

RESULTS

Lake Okareka pairs handicap - 4 August 2018 - Lake Okareka board walk

2.5km run	
Keira Murphy	15.56
Bruce McGregor	16.49
Alan Twiddy	16.50
Edward Twiddy	19.24
George & Faith McGregor	22.04
4.2km Pairs handicap	
Matthew Gear / Colin Earwaker	37.15
Diane Barrett-Kendall/ James McGregor	37.37
Julie Chiquet / Sian Twiddy	37.45
Sue Crowley / Rusty Clarke	37.49
Karl Murton / Alan Crombie	37.57
Adrian Lysaght / Dee Horne	38.21
Megan Grant / Kathryn Murphy	38.29
Andy Twiddy/ Alan Ryan	38.39
Anja Crombie / Peter Vyver	39.04

Athletics New Zealand cross-country championships – Grenada Park North (Wellington) 5 August 2018

Masters men	8000 metres		
45-49			
Todd Stevens	Wellington	1st	33.02
Jason Cameron		9th	35.10
50-54			
Tony Broadhead		1st	33.18

Masters men	6000 metres		
65-69			
Graeme Lear	Nelson	1st	28.15
Graeme Adams		8th	37.06
70-74			
Trevor Ogilvie		1st	31.09
Masters women	6000 metres		
65-69			
Margaret Flanagan	Christchurch	1st	37.05
Kathy Howard		2nd	37.26
Under 11 Boys	2000 metres		
George Gray	Wellington	1st	9.07
Jonah Funnell		22nd	11.38
Under 18 women	4000 metres		
Aimee Ferguson	Hamilton	1st	16.36
Hannah Gapes		6th	17.16
Teams races			
Under 18 women	Waikato	1st	
Hannah Gapes	Member		
Masters men 35-39	Waikato	4th	
Jason Cameron	member		

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