



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 3 August 2019

The past week:

It was down Atiamuri way to the river bank of the Waikato River this past Saturday. The event report and results are below. Thanks to all that took part and those that marked the course (Amber and Adrian Lysaght) and collated the times etc.

River Trail Trot report Adrian Lysaght

The event took place on a fine Saturday afternoon on the Waikato River Trails at the Atiamuri end just off State Highway 1. The participants were divided up in two team: The Trail Trotters, captained by Sian Twiddy, and the River Rats, captained by Megan Grant. Each team member earned points for their team by either running or walking a distance of their choice between 2.5km and 7km within 30 minutes. In a very close contest, the River Rats pipped the Trail Trotters 75.5 points to 74.5 points. Their prize was a freshly caught Chocolate Fish each from the Waikato River.

This weekend:

Sunday 4 August - is the last event in of The Sunday morning series. Where? At Jackson Park which is off



Springfield Road by Jackson Park Kindy. Meet 10.15am for the event briefing with event start time 10.30am. Volunteers are required to mark the course, record, marshal etc. Please contact Matt at 021 0586 189 if you can assist. Please support this event

Out of Rotorua is the annual Athletics New Zealand cross-country championships at Harcourt Park, Upper Hutt, Wellington. Good luck to those club members taking part.

The following weekend:

Saturday 10 August - It is now time for all the "roadster" club members to dust off their road shoes and head along to the first true road event on this winter's calendar. The event is a 3, 5, or 10km. The details of the venue and time to be advised.

Looking further ahead:

Saturday 17 August – This is the afternoon of the Lake Okareka pairs handicap race. The venue is Lake Okareka and the event is on the boardwalk and track on the edge of the Lake.

The following Sunday (25 August) is the Athletics Waikato BOP road championships at St Peters School, Cambridge.

Visit www.athleticswaikatobayofplenty.org.nz for details.

Lake City Athletic Club - notice AGM:



Annual General Meeting

Our Annual General Meeting will be held in the Clubrooms at 7:30pm on the 21 August 2019

Nomination forms can be downloaded from the Club's Website and they will also be at the Clubrooms

The Agenda will be advertised in the newspaper shortly and is now on the club's website and at the Clubrooms

SUNDAYS

Distance athletes

Those that run – Distance running groups leave from the clubrooms. Some groups leave 7.00 am or later and sometimes from different venues.

Those that walk – Meet at the Neil Hunt Park clubrooms just prior to 8.00am. Some groups leave earlier. Contacts are: Rob Colledge 07 348 7768: Marieke Wass 07 347 9885 ah or 027 462 8572: Sarah Wiwarena – Ph: 027 347 8115

TUESDAYS

Walkers

Am - Meet 8.00am at the Neil Hunt Park clubrooms

Pm – Refer to the contacts listed in "Sunday".

Distance athletes

Running groups leave from the Neil Hunt Park clubrooms from 5.00pm with the last groups leaving around 5.30pm.

THURSDAYS

Walkers

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

Pm – Refer to the contacts listed in "Sunday".

Distance athletes - those that run – Running groups leave from the Neil Hunt Park clubrooms from 5.00pm with the last groups leaving around 5.30pm.

RESULTS

River Tail Trot – Waikato River- Atiamuri - 27 July 2019

Club uniforms

If you wish to purchase an item from the Club's wardrobe (Singlet, tee shirt, hoodie, track suit 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 12 \$30.00

Size 14 \$35.00

Supporting clothing

Crop top \$40.00

Zip hoodie \$55.00

Youth pullover hoodie \$15.00

Track suit \$90.00

Beanie \$15.00

Contacts are: **Sarah Wiwarena** - 027 347 8115
Annemarie Gallagher - Ph 027 6229688 (adults)

Place	Name	Team	Time	Distance (m)	Distance Points	Placing Points	Walking Points	Total Points
1	Edward Twiddy	Trail Trotters	14:15	2500	2.5	5		7.5
2	Amber Lysaght	Trail Trotters	16:41	3000	3	5		8
3	Keira Murphy	River Rats	17:05	3000	3	3		6
4	Rachael Wright	Trail Trotters	22:12	2500	2.5	3	5	10.5
5	Conor Lysaght	Trail Trotters	23:28	5000	5	5		10
6	Megan Grant	River Rats	25:10	6000	6	5		11
7	Kathryn Murphy	River Rats	25:25	4500	4.5	5		9.5
8	Caroline	River Rats	25:37	2500	2.5	1	5	8.5
9	Lillian	Trail Trotters	25:48	4500	4.5	3		7.5
10	Sian Twiddy	Trail Trotters	26:02	5500	5.5	5		10.5
11	Grant	Trail Trotters	26:48	400	4	5		9
12	Peter Vyver	River Rats	27:32	3500	3.5	5		8.5
13	Adrian Lysaght	River Rats	27:41	7000	7	5		12
14	Alan Ryan	Trail Trotters	28:01	3500	3.5	3	5	11.5
15	Alan Crombie	River Rats	28:18	6500	6.5	5		11.5
16	Dee Horne	River Rats	29:21	5500	5.5	3		8.5