



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park off Tarawera Road
Lynmore – Rotorua

GUFF SHEET 10 August 2019

The past week:

The final event of the Sunday morning romps around various City reserves was held at Jackson Park on Sunday morning. The rain stayed away when some 20 plus took part plus a large number of the volunteers. Thanks to Matt and his helpers for making the event happen. Results are below.

At Wellington's Harcourt Park also on Sunday the 2019 Athletics New Zealand cross-country champs were held with two club members in attendance. Hannah Gapes in the under 18 5000 metres and Jason Cameron in his Matsers Men 45-49 8000 metres. Their results are below.

Clubrooms – key pad holders:

If you currently have access to the Neil Hunt Park clubrooms via the key pad and have not financially renewed your membership with the Club, your access number will be removed as at 31 August 2019 ... *The Club's executive*

This weekend:

Saturday 10 August – It's 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. Event details are as follows.



1. Meet on Parawai Road near the corner with Beaumont Road, Ngongotaha. There is space for parking there and at Ngongotaha Domain near this intersection.
2. The run will start on the cycle-way just off Parawai Road and will be an out and back course on the cycle-way towards Rotorua and won't cross any roads.
3. Meet 1.45pm for briefing etc with event start at 2.00pm.
4. If you can assist as a marshall, marking the course etc please contact Matt on 021 0586 189

The following weekend:

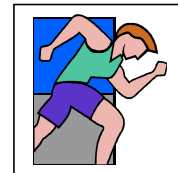
Saturday 17 August – This is the afternoon of the Lake Okareka pairs handicap race. The venue is Lake Okareka and the event is on the boardwalk and track on the edge of the Lake.

Looking further ahead:

Sunday 25 August - is the Athletics Waikato BOP road championships at St Peters School, Cambridge.

Visit www.athleticswaikatobayofplenty.org.nz for details.

Sunday 8 September – A Speed Clinic at the Rotorua International Stadium from 10.00am to 3.00pm. This is being conducted by Kerry Hill, Athletics NZ and IAAF accredited sprints coach.



Cost \$20.00 per person. To register email Jason Cameron at jason.cameron@rotorualc.nz for further details. Bookings are essential and to be made by 5.00pm Wednesday 4 September 2019 to secure your place. Refer to www.lakecity.co.nz for more details.

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.

WEDNESDAYS

The 29th Annual General Meeting of the Lake City Athletic Club Inc. Please see the formal notice below for the agenda etc.

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.



P O Box 2136, Rotorua, 3040

THE 29th ANNUAL GENERAL MEETING

of

Lake City Athletic Club Incorporated

will be held on:

Wednesday, 21st of August 2019

7.30pm

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

AGENDA

- Apologies
- Minutes of the 28th Annual General Meeting
- President's Report
- Presentation of Financial Statements for the year ended 31 March 2019
- Subscriptions for the 2020-2021 financial year
- Election of Officers & 8 Executive Members
- Election of Auditor
- Notice of motion to change rules to allow for payments by electronic transactions
- 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
Lake City Athletic Club
www.lakecity.co.nz
Email: info@lakecity.co.nz

RESULTS

Athletics New Zealand cross-country championships, Harcourt Park Upper Hutt, Wellington - 4 August 2019

Women under 18	5000 metres			
Martina Conner	Canterbury	1st		19.23
Hannah Gapes		12th		20.25
Masters men	8000 metres			
45-49				
Nick Moore	Auckland	1st		27.19
Jason Cameron		7th		30.45

Jackson Park Sunday morning dash – 5 August 2019

Ryder Moke	B7	1 km	5.37
Jayda Moke	G11	1km	5.38
Rachael Wright	W20	1km	10.02
Amber Lysaght	G11	2.km	17.49
Keira Murphy	G8	1km	21.33
Jeanene Lysaght	W40	1km	22.07
Steven O'Callaghan	M35	2km	22.49
Megan Grant	W20	2km	27.26
Mark Challoner	M20	2km	27.27
Russell Clarke	M20	2km	28.04
Matt Parsonage	M35	3km	30.40
Sian Twiddy	W40	2km	32.38
Mel Sweeney	W35	2km	32.41
Anja Crombie	G14	2km	33.53
Noreen Crombie	W50	2km	33.56
Mike Bray	M60	3km	37.19
Kathryn Murphy	W45	2km	37.27
Peter Vyver	M75	2km	45.26
Alan Twiddy	B9	1km	47.07
Edward Twiddy	B7	1km	49.35

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)