



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 17 August 2019

### ***The past week:***

Saturday afternoon club members headed to the Ngongotaha-Rotorua Cycle way and raced over varying distances between Parawai and Kawaha Point Roads. It was pleasing to see the numbers taking part increase and the rain staying away. Results are below.

Thanks to Matt and those that assisted him with the event.

### ***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 17 August** – This is the afternoon of the Lake Okareka pairs handicap race. The plan for the event is



to meet at the Lake Okareka Lakefront carpark from 1:30pm to 1:45pm to be put into pairs and given a handicap. Then everyone will walk/jog from the lakefront to the start of the run at the start of the Lake Okareka Walkway (about a 200m walk), with the first person leaving at 2pm. The pairs handicap race will be an out and back run/walk of 4.2km, with each pair completing the last 300m together. There will also be a 2.5km out and back distance for children who don't want to do the 4.2km (the 2.5km will be a straight race, not a handicap or pairs handicap). Contact Matt on 021 0586 189 if you can volunteer at the event.

### ***The following weekend:***

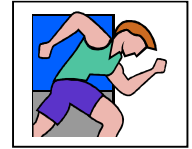
**Sunday 25 August** - is the Athletics Waikato BOP road championships at St Peters School, Cambridge.

Visit [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) for details Online entries which close **Wednesday 21 August**. The days program and notes etc are below.

The club is providing vans to travel there and back. Contact Matt on 021 0586 189 to reserve a seat.

### ***Looking further ahead:***

**Saturday 7 September** – The Okataina tracks fun run/walk. Details of meeting time, car-pooling etc will be advised nearer the event.



**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](mailto: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](http://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, 7.30pm next Wednesday 21 August. 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.

**Teen/Adult track nights: – The future of these evenings**

We are calling a meeting to discuss the future of our Summer athletics teens/adult track nights. We would like any past, present and even future keen adults and teens to come along to discuss options and work out what we will do for 2019-2020. All ideas and feedback will be greatly appreciated! If we are unable to get enough interest, we may have to look at cancelling it altogether - so please come along on 26 August 7pm at the Lake City clubrooms at Neil Hunt Park. If you are unable to attend but would like to forward some ideas, please email lakecitychildrensathletics@gmail.com



P O Box 2136, Rotorua, 3040

**THE 29th ANNUAL GENERAL MEETING**

of

**Lake City Athletic Club Incorporated**

will be held on:

Wednesday, 21<sup>st</sup> of August 2019

7.30pm

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

**AGENDA**

- Apologies
- Minutes of the 28<sup>th</sup> 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](http://www.lakecity.co.nz)  
Email: [info@lakecity.co.nz](mailto:info@lakecity.co.nz)

**RESULTS**

**Ngongotaha-Rotorua Cycle way – run/walk –  
10 August 2019 (EOE accepted)**

Gisele Howard	W16	3km	13.20
Anja Crombie	W14	3km	13.50
Amber Lysaght	G11	3km	17.16
Sharon Caulfield	W45	3km	17.31
Anne-Marie Hunt	W60	3km	20.13
Rachael Wright	W20	3km	21.03
Ava Fiske	G7	3km	21.18
Stevie Fiske	M35	3km	21.37
Brad Griffiths	M45	6km	23.39
Hannah Gapes	W18	6km	23.56
Dave Cronshaw	M55	6km	25.30
Lorna Mills	W45	6km	27.16
Phil Gulbransen	M65	6km	30.08
Will O'Connor	M20	10km	34.50
Matt Parsonage	M35	10km	34.56
Dee Horne	W55	6km	35.16
Dennis Hunt	M65	6km	36.51
Adrian Lysaght	M40	10km	38.59
Andy Twiddy	M40	10km	39.02
Kerry Robinson	M50	10km	39.17
Chris Corney	M50	10km	39.33
Steve O'Callaghan	M35	10km	39.52
Peter Vyver	M75	6km	40.25
Rhonda Herring	W50	6km	40.28
Alan Crombie	M50	10km	41.34
Mike Bray	M60	10km	42.03
Greg Martin	M50	10km	43.02
Luanna George (walk)	W55	6km	44.19
Siobhan Griffiths	W45	10km	44.43



**Road championships**

**Sunday 25 August 2019 - St Peters School, Cambridge**

**Notes:**

**Late entry fee:** applies on all entries after Wednesday 21 August. On the day entry (cash only) close 10.45am (Sunday) for \$10.00 per person.

**Early entry:** On line entry can be made at <https://2019wbpr.eventdesq.com/>

**Facilities /parking:** Toilets are close to the start/finish area. Parking is in the Robb Sports Centre car park – take the first after entering the school grounds

through the main gates. Athletes and supporters are asked to bring their own food and drinks.

**Prize giving:** will be on site at the conclusion of events.

**Ages:** Are at 31 December 2019 except master's grades which is age on the day. Results will be recorded in their respective categories.

**Eligibility:** To take an AWBOP championship placing athletes including master's grades must be registered as a competitive AWBOP athlete. Social registered athletes and non-registered athletes may complete but are ineligible for an AWBOP championship placing.

**AWBOP team to ANZ road championships, Bruce Pulman Park Auckland, Sunday 15 September 2019:**

The AWBOP team will be selected from those entered at close of entries for the championships. Athletes are to enter themselves via [www.athletics.org.nz](http://www.athletics.org.nz) before the early entry closing date – 4 September 9.00am. Late entry is accepted till 10.00am Monday 9 September for an extra \$20.00 entry fee.

**Order of events:**

<b>Event 1</b>			
11:00am	Under 12 Girls/Boys	2.5 km	\$10.00
11:00am	Under 14 Girls/Boys	2.5 km	\$10.00
11:00am	Under 16 Girls/Boys	4 km	\$10.00
<b>Event 2</b>			
11:40am	Under 18 Women	5 km	\$12.00
11:40am	Under 18 Men	5 km	\$12.00
11:40am	Under 20 Women	5 km	\$12.00
11:40am	Masters Women (35 plus yrs)	5 km	\$12.00
11:40am	Under 20 Men	7.5 km	\$12.00
11:40am	Masters Men (35 plus yrs)	10 km	\$15.00
11:40am	Senior Men (20-34 yrs)	10 km	\$15.00
11:40am	Senior Women (20-34 yrs)	10 km	\$15.00

**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)