



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 31 August 2019

### *The past week:*

It was over to St Peters School, Cambridge on Sunday morning for the Athletics Waikato BOP road championships where 25 from the club took part with some excellent performances being turned in. 5 gold, 10 silver and 1 bronze medals came back to Rotorua. Well done all. Results are below.

Mid-week here in Rotorua was the club's Annual General Meeting which was well attended and over in around 45 minutes. All must be happy with the way the club is being conducted as there was no discussion on club matters.

The incoming committee is:

President: Rob Colledge  
Vice President: Pam Kenny  
Secretary: John Marten  
Treasurer: John Marten  
Club captain: Matt Parsonage

Executive members:

Kelly Albrecht, Rusty Clarke, Annemarie Gallagher, Adrain Lysaght, Will O'Conner, Shaun O'Donnell, Sian Twiddy, and Sarah Wiwarena.

Patron: Graeme Dennett

Life membership was accorded to John Marten for his services to the sport and club. John has been associated since 1963 via the former Rotorua Athletic and Harrier Club and Ngongotaha Track club and currently the Lake City Athletic Club.

As well as being a competitive member he has turned his hand to the administration aspect of the club on a number of occasions. 1983 and 1984 as Treasurer: 1992 until 1999 Treasurer duties again: From 2014 he has held the position of both Treasurer and Secretary for the Lake City Club a task that he has fully thrown himself into.

On the competitive side of things John has taken part in cross-country and road events, marathons etc outside of Rotorua and locally. He became

member of the Rotorua Marathon Survivors Club 1984 and has 18 Rotorua marathons to his name.

The awarding of Life membership is well deserved. Congratulations John.

Athletics New Zealand approved Long Service awards to the following club members for their 20 years plus contribution to the club and sport in some manner. Badges were by President Rob, to Chris Corney, Shaun O'Donnell, Kathy Howard and Robyn Skelton. Congratulations to all.

Club member Rinus Adriaansz believes the occasion might arise where a member needs medical assistance and has purchased a Defibrillator which he wished to donate to the Club. This donation was made at the AGM and was greatly appreciated by those in attendance at the meeting. Thank you Rinus for this very generous donation.

### *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 31 August - Minster Cup 10km** estimated time run out at the Blue Lake. There is a shorter 5km estimated time run and walk for those not wishing to tackle the longer distance. Also, there is a shorter distance for younger grades. Meet 1.45pm by the Blue Lake Ski Club clubrooms and estimate your time for the distance you are doing.

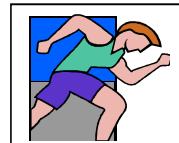
The actual event start time is 2.00pm. No watches to be worn and as there are trophies at stake to be a winner of one of these you must be a current financial club member.

Duty officers: Winter sub-committee. Please contact Matt at 021 0586 189 if you can assist with course marking etc.

### *The following weekend:*

**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 for **middle and long/ultra-distance running**. 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.

### Looking further ahead:

**Saturday 14 September** - No club event but feel free to organize a pack run from the clubrooms or head along to the 8.00am Park Run behind MIGS Gym 200 Te Ngae Road. Please wear your club uniform. Runners and walkers are catered for. If you have not taken part in the event previously you must pre-register. Go to [www.parkrun.co.nz](http://www.parkrun.co.nz) to do so.

**Sunday 15 September** - Athletics NZ road championships, Bruce Pulman Park, Auckland. Visit Athletics NZ website for event and entry details.

**Cambridge half marathon and associated events** - The half marathon incorporates Athletics Waikato BOP half marathon championships are on Sunday 15 September. Event details etc can be found by going to Cambridge Athletic and Harrier club's website.

### 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.

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

More on this matter in the coming weeks. Stay tuned!

## RESULTS

### Athletics Waikato BOP Road championships – St Peters School, Cambridge – 25 August 2019

<b>Under 12 Girls</b>	<b>2.50 km</b>		
Eleanor Pugh	Tauranga	1st	10.06
Amber Lysaght		2nd	11.58
<b>Under 16 Boys</b>	<b>4.00km</b>		
Ian Pugh	Tauranga	1st	14.24
Ronan Griffiths		2nd	15.10
<b>Under 16 Girls</b>	<b>4.00km</b>		
Mia Fletcher	Ham Hawks	1st	16.19
Gisele Howard		4th	17.43
Lillian Muir		6th	19.36
<b>Under 18 Women</b>	<b>5.00km</b>		
Chari Miller	Ham Hawks	1st	17.47
Hannah Gapes		2nd	19.27
<b>Senior Women</b>	<b>10.00km</b>		
Sally Gibbs	Tauranga	1st	38.39
Megan Grant		2nd	42.16
<b>Masters men</b>	<b>10.00km</b>		
<b>35-39</b>			
Matt Parsonage		1st	34.51
<b>40-44</b>			
John Charlton	Cambridge	1st	37.11
Adrian Lysaght		2nd	37.46
Andrew Twiddy		4th	38.00
<b>45-49</b>			
Dean Chiplin	Cambridge	1st	35.09
Stephen Parker		2nd	36.35
Brad Griffiths		7th	41.17
<b>50-54</b>			
Tony Broadhead		1st	37.42
Kerry Robinson		2nd	38.19
Chris Corney		4th	38.43
Alan Crombie		7th	40.56
Greg Malcolm		8th	41.26
<b>55-59</b>			
Chris Smith	Ham Hawks	1st	36.39
Dave Cronshaw		2nd	41.33
Bruce Edwards		4th	42.51
<b>60-64</b>			
Chris Keith	Ham Hawks	1st	40.08
Mike Bray		3rd	41.35
<b>75-79</b>			
Peter Vyver		1st	1.19.58
<b>Masters Women</b>	<b>5.00km</b>		
<b>40-44</b>			
Vicki Rees-Jones	Cambridge	1st	20.09
Sian Twiddy		2nd	22.29
<b>45-49</b>			
Siobhan Griffiths		1st	20.52
<b>Senior Men</b>	<b>10.00km</b>		
Michael Voss		1st	31.04
Iain Macdonald		2nd	33.56
Carl Fischer		5th	35.39