



Website: www.lakecity.co.nz
Email: info@lakecity.co.nz
Clubrooms: Neil Hunt Park,
(Off Tarawera Road) Lynmore,
ROTORUA
07 345 9362

GUFF SHEET

7 August 2021

The past week

This past Thursday evening the club hosted another of their night runs in the Redwoods. In the region of 20 took part and then returned to the Neil Hunt Park clubrooms for some BYO eats etc. Thanks to those that organised the event and those that took part.

Saturday morning it was the “club takeover” of the Puarenga Park Run, when club members managed and organised the event.

Club activities

This Saturday 7 August - We are now moving into what is known as the road season, when the “roadies” dust off their shoes. * The first road event is the Ngongotaha Cycleway 3, 5 and 10km time trial. Start time is 2.00pm at southern end of Parawai Road, Ngongotaha. Note to get to the start line allow extra time as you may need to go along State Highway 5 to Western Road, into Ngongotaha Village and then back to Parawai Road. Volunteers are required, marshalls, course set up, recording etc. Please contact Matt on 021 0586 189 if you can assist.

What does the * mean! It denotes this is an event where club selectors will be observing the fitness of those club members who have put their name forward for selection of a club team at the New Zealand Road Relay Championships on the Takahe to Akaroa course. Also, the Cycle way event is a good opportunity to race on the road as a lead up to the Waikato BOP Road Race on Sunday 22 August at Mystery Creek, Ohaupo.

Even though we moving into the road season there's one more cross-country event on the calendar. This being the Athletics New Zealand championship event at Dunedin this Saturday. Entries have closed. Best wishes to those heading south.

Like, June and July August is another busy month. As well as this Saturday's event mentioned above, the following are scheduled for the rest of the month. Some locally others out of the city.

Saturday 14 August - The Lake Okaro fun run/walk. A lap of the lake south of Rotorua is 2.3km and can be done once, twice, thrice or even 4 times. More on the location etc next week

Sunday 22 August - * Athletics Waikato BOP Road championships via Gate 2, 125 Mystery Creek Road, Ohaupo. Enter online by visiting www.athleticswaikatobayofplenty.co.nz Entries close 17 August with no late entry accepted. Full club uniform to be worn - black shorts and club competition singlet.

Saturday 28 August – * locally is the Lake City Road championships out at Waingaehe Park, Hannahs Bay.


In between all the exercise, Wednesday, 18 August, is the evening of the Club's Annual General Meeting, 7.30pm at the Neil Hunt Park clubrooms. If you have not already done so note the date in your diary. The meeting's agenda is below.

One of the items on the Agenda at each Annual General Meeting is the election of an Executive Committee for the ensuing year. The constitution requires the Club to elect the following officers at each AGM: Patron, President, Vice-President, Secretary, Treasurer, Club Captain, and in addition to these officers 8 Executive Members are required.

The relevant Nomination forms for each of these positions are accessible from the Club Website and are also at the Clubrooms on the table just inside of the front door.

If you have a desire to be part of the “Club Administration Executive” and being one of the Officers or Executive members, please make your interest known, and arrange completion of a Nomination form, prior the AGM. All positions need to be filled – from the President, through to Executive Members.

Please do not hesitate to contact any of the existing Executive members if you have any matter you would like to discuss.



P O Box 2136, Rotorua, 3040

THE 31st ANNUAL GENERAL MEETING
of
Lake City Athletic Club Incorporated

will be held on:
Wednesday, 18th of August 2021, 7.30pm
Lake City Athletic Clubrooms,
Neil Hunt Park, Tarawera Road, Rotorua

AGENDA

- Apologies
- Minutes of the 30th Annual General Meeting
- President's Report
- Presentation of Financial Statements for the Year ended 31 March 2021
- Subscriptions for the 2022-2023 financial year
- Election of Officers & 8 Executive Members
- Election of Auditor
- 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 Inc
W: www.lakecity.co.nz
Email:
info@lakecity.co.nz

Sunday - 12 September 2021



The banner features a red background on the left with the text "Rotorua's Forest Relay Is Back!" in white cursive. To the right is a photograph of a forest path. Further right is a circular logo for "REDWOODS FOREST RELAY" with "SINCE 1979" at the bottom. To the right of the logo is a white box containing the text: "RUN OR WALK COMPETITIVE OR SOCIAL", "Sunday 12 September 2021", "Register now!", and the URL "https://events.onetime.sport/event/945".

Register now at <https://events.onetime.sport/event/945>

Mid-week / Sunday activities

Distance Runners

On Sunday mornings, running groups (7.00am – some later) leave from the Neil Hunt Park clubrooms. Midweek informal running groups leave the clubrooms between 5.00pm and 5.30pm on Tuesdays and Thursdays. **Note:** As not all runs leave from the Neil Hunt Park clubrooms your pack leader(s) will advise your meeting point. Keep in touch with them.

Walkers

Mid-week there is two meeting times: *Tuesdays*; 8.00am at Neil Hunt Park clubrooms, 5.30pm meet by 1231 Hinemoa Street (toilets). If not a regular with this town group and wishing to join them contact Marieke – 027 4628572. *Thursday*; 8.00am by Planet Bike, Waipa Bypass Road, 5.30pm See Tuesday details above.

The Marathon Running/Walking Clinic

The various groups or packs are meeting at various times and days – some maybe just the weekend. Check out times, places etc with who was your clinic leader for details. Don't waste the fitness you have built up over the past weeks. Come and join the club activities especially the Saturday ones.

Training and Skill sessions

Where: Ray Boord Park, Devon Street West

When: Wednesday evenings - 5:30pm — 6:30pm – now 3 weeks total)

Concentrating on Balance, Flexibility, Agility, and Co-ordination drills

Organised by Kim Stevenson: Athletics NZ Accredited Coach

If interested contact Kim: Phone or Text: 021 00822590.

Email: physeder77@gmail.com

Come and support this very worthwhile and beneficial activity.

Limited to 20 people - well short of this number at the moment

Road Relays Update (Takahe to Akaroa)

It is now 9 weeks until the 2021 New Zealand Road Relay Championships take place on the Takahe to Akaroa course on Saturday October 2, so those going need to be starting training now if they have not already. The Lake City club members in the table below will make up the six teams we are entering. All will need to allow for travelling on the Friday October 1, and therefore take this day off from work. We will enter the following teams (team organiser in brackets):

Junior Women (Jason Cameron)	Senior Women (Rachael Wright)
Senior Men (Will O'Connor)	Masters Men 35-49 (Matt Parsonage)
Masters Open 50+ (Chris Corney)	Composite team (Sian Twiddy)

To enable the Club Selectors to decide on the make-up of these teams it is important that those going compete in as many of the selection events as possible. These are the selection events:

Ngongotaha Cycleway Time Trial (this Saturday August 7)
Athletics Waikato BOP Road Championships at Mystery Creek (Sunday August 22)
Club Road Championships at Hannahs Bay (Saturday August 28)
Athletics New Zealand Road Championships at Mystery Creek (Saturday September 5)

In addition to the \$200 deposit already paid, some further payment will be required before the vent once costs are confirmed. This will likely be less than \$100 per participant. Due to sponsorship from Mercury, this will not be required for the Junior Women.

For any questions regarding Road Relays contact Adrian Lysaght, phone 027 6153496 or email

Adrian Lysaght	Dave Cronshaw	Joe Gallaher	Russell Clarke
Alan Crombie	Dee Horne	Judith Meek	Shaun Wyatt
Alan Fergusson	Ephraim Sisay	Kaycie O'Connor	Sian Twiddy
Andrew Hickson	Esther O'Sullivan	Laurence Lickfold	Sjors Corporaal
Andy Twiddy	Fred Shilton	Matt Parsonage	Steve Parker
Anja Crombie	Gaine Petterson	Megan Clarke	Sue Crowley
Amy McMahan	Gisele Howard	Megan Grant	Tenecia Hingston
Bella Wyatt	Greg Malcolm	Michael Voss	Tony Broadhead
Bruce Edwards	Hannah Gapes	Noreen Crombie	Trevor Ogilvie
Casey Thorby	Iain McDonald	Phil Gulbransen	Will O'Connor
Chris Corney	Jason Cameron	Poppy Martin	
Chris Lord	Jessica Lamb	Rachael Wright	

Have you got LAZY SNEAKERS lying around at home? Gathering dust? Donate them!



Lazy Sneakers is a sneaker bank project collecting pre-loved, good conditioned sneakers from the community. These are then distributed for FREE so people can play, participate and reach their potential. Lazy Sneakers was created by Maia, who was only 12, when she noticed her friends couldn't participate in sport because they didn't have the right footwear. She started the sneaker bank in Wellington in 2018 and now there are sites and ambassadors popping up around the country. Lookout for the donation box at the club rooms (coming soon) and start gathering up your lazy sneakers! Keep an eye on the LCAC Website, Guff Sheet and Facebook for updates. For more info check out the Lazy Sneakers Website, or contact LCAC Member Amy on amy.victoria@outlook.com

Amy McMahon

Club Registration

Subscriptions for the Club's financial year commencing 1 April 2021 can now be paid and will cover the period April 2021 to 31 March 2022.

Registrations can only be accepted "online" through the Club Registration Website Portal. To access this Portal please click the link below

Lake City Registration

- If you are an **Existing member**, click on "login" (on menu bar) and select "Renew".

Check your current details are correct and update if necessary and then complete with a Credit Card Payment

If you have forgotten your password, please select "Forgotten my password" from the Login page and follow instructions to reset it.

- If you are a **new member**, click "Registration" and fill out the form. Complete the registration with a Credit Card Payment



LAKE CITY
Athletic Club INC

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
For adults
Sarah Wiwarena 027 347 8115 - Pam Kenny (when she is on site)
Matt Parsonage - 021 0586 189
or children's singlets
Kelly Albrecht (027 882 6484)

Payment to be made at the time of purchase. Please bring the correct change or proof that you have made the payment

Costs	
Adults running singlet	\$35.00
Adults short sleeve walker's tee	\$35.00
Junior (children) singlets	
Size 2 to 12	\$30.00
Size 14 plus	\$35.00
Supporting clothing	
Zip hoodie	\$55.00
Track suit	\$90.00