



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

GUFF SHEET

14 August 2021

The past week

It was out to the Ngongotaha Cycle way for Saturday's event – the first of the events where fitness is being observed of those that are seeking to head to the New Zealand Road relay - the Takahe to Akaroa event. Thanks to club captain Matt for the course marking and those who volunteered their time to record etc. Results are below.

Two club members headed to Dunedin for the New Zealand Cross-country champs held on Chisholm Golf course on Saturday. Both were rewarded for their trip south. In form Hannah Gapes took out her Under 20 6000 metres in 22.18. Iain Macdonald came back with a silver from his Masters 35-39, 8000 metres – 28.03 – the winner Rodwyn Isaacs (Auckland) in 27.34. Congratulations.

Club activities

This 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.

To get to the meeting point on Okaro Road the simplest way is to travel south on State Highway 5, (the road to Taupo) until the intersection of State Highway 38 is reached (the road to Murupara). Head along SH 38 until you get to Okaro Road on your left and drive along until the picnic area on your right is reached. Meet time is 2.00pm with event start 2.15pm.

This is a great afternoon out in an area the you may not have been too. If you wish bring a cuppa and some eats for afterwards.

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. Order of events etc are below.

10:45am	Under 12 Girls/Boys	2 km	\$10.00
10:45am	Under 14 Girls/Boys	3 km	\$10.00
11:15am	Under 16 Girls/Boys	4 km	\$10.00
11:15am	Under 18 Women	5 km	\$12.00
11:15am	Under 18 Men	6 km	\$12.00
11:15am	Under 20 Women	5 km	\$12.00
11:15am	Masters Women (35 plus yrs)	5 km	\$12.00
11:15am	Under 20 Men	8 km	\$12.00
11:15am	Masters Men (35 plus yrs)	10 km	\$12.00
11:15am	Senior Men (20-34 yrs)	10 km	\$15.00
11:15am	Senior Women (20-34 yrs)	10 km	\$15.00

Saturday 28 August – * locally is the club's Road championships out at Waingaehe Park, Hannahs Bay.

Annual General Meeting

Yes, the wording below re the AGM is what has been there for a number of weeks, but have you read them? If not please do so.

Wednesday, 18 August, is the evening of the Club's Annual General Meeting, 7.30pm at the Neil Hunt Park clubrooms. 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. **A number of the current Executive and officers have completed a nomination form, but two crucial positions to date have no nominations i.e the President and Secretary.**

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

Required - Marshalling volunteers to help on 12 September for the Redwoods Forest Relay (Red Stag)

Volunteers are required to assist with marshalling for the event from 8.30am for about 4 hours. Please contact Phil Gulbransen on 027 382 8424 or email philgulbransen@gmail.com before 1 September if you can assist - thank you.

Phil Gulbransen



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

Club 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. This week is the last of these sessions

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

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:

- 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 event 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 McMahon	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

Results

Ngongotaha Cycleway Dash – 7 August 2021

2.4km

	Grade/Age	
Luka Parsloe	9	17.41
Amberley / Colin Parsloe		17.50

3.00km

	Grade/Age	
Arwen Barker	12	13.15
Claire Randell	11	14.16
Leah Barker	10	16.29
Rachael Wright	W20	18.07

5.00km

	Grade	
Andy Twiddy	M40	18.22
Poppy Martin	W18	18.37
Megan Grant	W20	19.35
Amy McMahon	W20	20.37
Judith Meek	W20	21.01
Bella Wyatt	W16	21.26
Anja Crombie	W18	22.02
Andrea Gallagher	W50	23.48
Justine Randell	W40	23.54
Phil Gulbransen	M65	24.09

Dee Horne	W55	25.27
Sarah Jane Caudwell	W55	30.12
Neil Butler (walk)	M70	32.22
Shona Sorenson	W60	34.43

10.00km

	Grade	
Adrian Lysaght	M45	38.18
Bryn Parry	M40	39.28
Peter Caudwell	M55	39.32
Alan Crombie	M50	39.40
Andy Hickson	M45	41.33
Shaun Wyatt	M40	41.57
Fred Shilton	M45	43.43
Noreen Crombie	W55	45.38
Russell Clarke	M35	48.52
Kerryn Barker	W45	48.52
Luanna George	W55	54.54
Tenecia Hingston	W20	55.46
Megan Clarke	W20	57.29
Tristan Parsloe	11	65.46
Hannelie Parsloe	W45	66.08

**River Trail Trot Results,
17/07/21.**

Place	Name	Time	Distance (m)	Distance Points	Placing Points	Walking Points	30min+ Penalty	Total Points
1	Amber Lysaght*	22:15	4000	4	5			9
2	Conor Lysaght	25:59	5500	5.5	5			10.5
3	Russell Clarke*	26:05	5500	5.5	3			8.5
4	Adrian Lysaght*	27:11	7000	7	5			12
5	Megan Grant*	27:16	5500	5.5	1			6.5
6	Rachael Wright	27:42	4000	4	3			7
7	Sarah Jane Caudwell	27:58	4000	4	1			5
8	Jason Steyn-Ross	30:31	6500	6.5	5		-5	6.5
9	Peter Caudwell	30:37	7000	7	3		-5	5
10	Trevor Ogilvie	33:25	7000	7	1		-5	3

*: Not done on the event day, August 17. Done as a "virtual" run on another day.

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