



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  
07 345 9362

## GUFF SHEET

11 September 2021

### The past week

Again, another muddled week. Events postponed, events cancelled, the uncertainty of attendance at the Takahe to Akaroa relays etc. etc.

58 took part in the virtual club road champs held between 21 August and 1 September 2021 on varying courses around the city. Results are below.

Although not her specialty event Lisa Adams placed a creditable 7th in her F38 discus at the 2020 Paralympics Games in Tokyo with a distance of 29.69.

### This coming week



P O Box 2136, Rotorua, 3040

**THE 31<sup>st</sup> ANNUAL GENERAL MEETING**  
of  
**Lake City Athletic Club Incorporated**

will be held on:

**Monday 13 September, 7.30pm**

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

### **AGENDA**

- Apologies
- Minutes of the 30<sup>th</sup> 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](http://www.lakecity.co.nz)  
Email:  
[info@lakecity.co.nz](mailto:info@lakecity.co.nz)

## Activities

Please abide by the Covid rules that are in place at the time you are exercising Keep to your bubble. Thank you.

**No 1:** The Club's Annual General Meeting that was scheduled for last Wednesday (18 August) has now been scheduled for Monday 13 September. See the agenda above

**No 2:** Access to Neil Hunt Park Clubrooms. The clubrooms are still in lockdown mode. **Please do not attempt to use your PIN Code for access** - John Marten, Secretary, 029 348 2849

**No 3:**



**RESCHEDULED DATE** - Sunday October 17. All existing registrations will remain active for October 17. For the Health & Safety of Aotearoa this event will only go ahead at COVID Alert Level 1. If the event is unable to run at the new date, or if any registrant is unable to attend the new date, registrations will roll over to the 2022 event. Please register your interest either by using the sign in sheet at the Club (once open) or email Sian at [sianbremner@hotmail.com](mailto:sianbremner@hotmail.com) to take part in a Lake City Team. Please see below on how to register your interest in being part of a team.

**REQUIRED** - Marshalling volunteers to help on at the event from 8.30am for about 4 hours. Please contact Phil Gulbransen on 027 382 8424 or email [philgulbransen@gmail.com](mailto:philgulbransen@gmail.com)  
*Phil*

*Gulbransen*

### **If you would like to participate, please read below**

If you are a current financial member and would like to participate in a Lake City relay team, please indicate this by either filling in the form found at the club rooms (when they are open) or by emailing Sian at [sianbremner@hotmail.com](mailto:sianbremner@hotmail.com). Club selectors will place you into an appropriate team. Team lists will be available the week prior to the event on Facebook and in the Guff sheet.

Please print clearly

Age groups

Masters – 35 or over in the day (men and women)

Senior – Under 35 on the day (men and women)

Youth- Year 9 – 13 (school years)

Primary - Year 8 and under (school years)

Please email the following details

Full name

Age group

Walk/Run

Gender

Contact phone number

If you require more information on the event, please check the event out on our club web page.

*Sian Twiddy*

**No 4:** Athletics New Zealand Road championships, have been moved out to Sunday 7 November via Gate 2, 125 Mystery Creek Road, Ohaupo. Note that entry cut off is 31 October 11.59pm. No late entries are accepted. Visit Athletics NZ website for details etc.

**No 5:** 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](mailto:amy.victoria@outlook.com)



Lazy Sneaker Collection sites now open! Drop off your Lazy Sneakers at the box inside the Lake City Athletic Club rooms or the blue bin in the St. Mary's School office (when both are open). Donated shoes can be of any size or type, they need to be:

1. Clean
2. In good condition
3. And have at least a year's worth of life left -

*Amy McMahon*

**No 6**: Cambridge half Marathon and Athletics New Zealand half marathon championships have been rescheduled to Sunday 21 November. For updates go to Athletica NZ website and click on the events site.

**No 7**: Athletics Waikato phot finish course. A photo finish operator training course will be held on 18th September (Covid levels permitting) starting at 10am. Depending on the number of people present and amount of practice each would like to get with the camera, the course could take 2 - 4 hours. This is a beginner course to make sure attendees understand how to set up the equipment at Porritt and confidently record images and sync them with meet manager files to produce results. Charles Annals will be running the course.

If you are interested in attending the course then please reply and let me know so we can update our list of people coming. This is a great opportunity to get trained in an important and rewarding role.

Steve Rees Jones

Phone: 07 858 5392/021 2676997

Email: [administrator@athleticswbop.org.nz](mailto:administrator@athleticswbop.org.nz)

## Results

### Virtual Club Road Champs Held between 21 August and 1 September 2021 on streets around the city

#### 5km Walk

Neil Butler	32:39	M70
Jodie Hickson	38:52	W45
Matt Parsonage	42:41	MM40
Rach Wright	43:51	SW

#### 2km

Kingston Ryan	7:09	U14 B
Cody Shilton	8:20	U14 B
Tyla Albrecht	8:29	U14 G
Hannah Hickson	8:40	U14 G

#### 3km

Bella Wyatt	12:19	U16 G
-------------	-------	-------

#### 5km

<u>U18/20 W</u>		
Jessica Lamb	20:10	U20 W

Anja Crombie	20:10	U18 W
Gisele Howard	20:28	U18 W
Kaitlyn Lamb	23:34	U20 W

Masters Women

Siobhan Griffiths	20:58	MW45
Noreen Crombie	21:48	MW55
Sian Twiddy	23:52	MW45
Kerryn Barker	24:10	MW45
Andrea Gallaher	24:23	MW50
Sarah Lei	25:35	MW45
Dee Horne	27:14	MW55
Kathryn Murphy	29:34	MW50
Sarah-Jane Caudwell	30:33	MW55

**8km**

Masters Men 65+

Trevor Ogilvie	35:55	MM70
Phil Gulbransen	41:31	MM65
Peter Bloore	52:12	MM70

**10km**

Senior Men

Michael Voss	29:47	SM
Casey Thorby	31:22	SM
Will O'Connor	34:40	SM
Joe Gallaher	38:17	SM
Lawrence Lickfold	39:31	SM
Leigh Reynolds	40:18	SM

Masters Men (35-64)

Sjors Corporaal	31:10	MM40
Iain Macdonald	32:40	MM35
Matt Parsonage	32:45	MM40
Adrian Lysaght	37:46	MM45
Jason Cameron	37:51	MM50
Stephen Parker	38:33	MM45
Alan Ferguson	38:40	MM35
Alan Crombie	39:46	MM50
Chris Corney	40:05	MM55
Andrew Twiddy	40:14	MM40
Andrew Hickson	41:19	MM45
Greg Malcolm	42:19	MM50
Fred Shilton	43:15	MM45
Bruce Edwards	43:53	MM55
Daniel Gapes	45:46	MM50 (non-club member)
Russell Clarke	45:49	MM35
Gaine Petterson	46:52	MM45
Chris Lord	48:41	MM55
Paul Wollaston	54:36	MM55

Senior Women

Sue Crowley	41:10	SW
Megan Grant	41:21	SW
Amy McMahon	42:21	SW
Tenecia Hingston	56:37	SW
Megan Dwyer	57:53	SW
Kaycie O'Connor	1:03:55	SW
Rach Wright	1:05:26	SW
Judith Meek	1:18:48	SW