



# LAKE CITY Athletic Club INC

Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

Clubrooms: Neil Hunt Park  
off Tarawera Road,  
Lynmore, Rotorua

## GUFF SHEET 7 August 2010

### The winter months -

#### Cross Country, Forest and Road

Fog and mist greeted those that took part in the Mt. Ngongotaha event on Saturday.

Thanks Kerris, Chris and your helpers for a great afternoon.

We'll be back next year when hopefully there will be a clear view of the Rotorua region.

Results are herewith.

No local event this weekend, but a number from the club are heading to Waikanae to take part in the New Zealand cross-country championships. Good luck.

Saturday 14 August is the annual 3.3km relay around the streets of Matamata. Contact Chris Corney (348 8775) to advise your availability for a team. This must be done by this Sunday (8 August), as the teams need to be entered.

### Events over the next weeks

**This Sunday 8 August** – Meet 7.00am at the Neil Hunt Park club rooms, when groups of runners and walkers head off into Whaka Forest.

**Tuesday 10 August - For distance athletes** – 5.30pm at the Neil Hunt Park clubrooms running and walking groups meet.

**Thursday 12 August - For distance athletes** – 5.30pm at the

Neil Hunt Park clubrooms running and walking groups meet.

**Wednesday 18 August** – The Annual General Meeting of the Lake City Athletic Club Inc., 8.00pm at the Neil Hunt Park clubrooms. The agenda is on the reverse.

**Saturday 28 August** – 1km, 2.5km and 5km races out at Hannahs Bay. Meet 1.15pm at Waingaehe Park. Duty officer: Lindsay Foster 348 6818.

**Saturday 4 September** – a dash up and down Waipa Mill Road. Duty officer: Campbell Horn - 350 3266

### Events out of the Rotorua

**This Saturday August 7** – Athletics New Zealand cross-country championships – Waikanae.

**Saturday 14 August - Matamata** 3.3km relay around the streets of Matamata. If you have not given your name to Chris Corney, (348 8775) please do so promptly.

Team compositions:

5 man team - all male grades  
4 person super vets (60 plus – men and woman)

4 woman teams – all female grades  
3-person walk team – any gender  
3-person school/club team for under 12 and under 16

Start time 1.00pm at the Matamata Domain.

Senior members note this is the first chance to show where your fitness levels are for selection in a club team at the New Zealand Road Relay champs

**Saturday 21 August** - The Lakes Festival of Running at Tauriko Tauranga. This event is open to ANZ registered athletes, Club members and members of the public, the young and the old, and incorporates the Athletics Waikato BOP road running and race walking championships plus a

leisure/recreational 10km walk. ANZ registered athletes entry fee is discounted. The days programme is on the reverse together with entry details.

### **Results .....**

#### **6.4 Km Mountain run/walk - Saturday 31st July 2010 - Mount Ngongotaha from the closed gate to the top and return**

##### **6.4km approx.**

1. Duncan Smith	24.27
2. Jason Steyn Ross	24.48
3. Chris Corney	25.05
4. Sam Rossiter	26.43
5. Logan Marten	27.51
6. Siobhan Griffiths	27.56
7. Chris Browne	29.10
8. Michael Rossiter	31.36
9. Sjors Corporal (r/w)	31.41
10. John Harvey	32.54
11. Lindsay Foster	33.05
12. Peter Vyver	33.15
13. Toni Mills	34.40
14. Max Bragg	35.40
15. Jody Sexton	36.25
16. Martin Harris	38.16
17. Shannon Huxford	39.08
18. Germane Sheehan	39.20
19. Chris Kerrison	41.27
20. Sheryl Pearson	41.58
21. Phil Gulbransen	42.55
22. Mary Atwater	43.46
23. Vicky Wheeler	47.14
24. Karen Gordon	47.15
25. Mike Burkinshaw (w)	49.19
26. Merle Amos (w)	52.39
27. Helen Perkins (w)	52.42

##### **3km supporting race**

1. Allie Corporal	16.27
2. Zak Steed	19.44
3. Rachael Browne	20.15
4. Rachelle Cavanagh	23.12
5. Annette Henderson (w)	31.46
6. Kaya Corporal (w)	31.46

#### **Annual General Meeting -18 August 2010**

Part of the business to be considered at the AGM is a Members Resolution submitted by Sarah Biss. This is proposing a method of providing financial support to club athletes and coaches. Sarah has also prepared a document entitled "BACKGROUND TO THE RESOLUTION - LAKE CITY- MARKING OUT A COURSE". This document and the remit are available to Members as a PDF by e-mail. Any Members wishing to receive a copy, please contact Sarah at Phone 07 345 4878 or e-mail [biscuit9@slingshot.co.nz](mailto:biscuit9@slingshot.co.nz).

**PTO**



**Presents their day of road running and race walking at**

“The Lakes”, Tauriko, Tauranga

Saturday 21 August 2010

Hosted by Tauranga Ramblers – Tauranga

**Events are open to all runners and walkers and incorporates the 2010 Athletics Waikato BOP Road Running and Road Race Walk Championships, plus a 10km non judged walk**

**Order of events**

Start time	Grade	Distance	Entry fee	
			ANZ Reg	All other entrants
<b>Race Walk events</b>				
<b>Event No 1</b>				
11.00am	Men 20 (20-34 yrs)	10km	\$12.00	\$20.00
	Women 20 (20-34 yrs)	10km	\$12.00	\$20.00
	Masters Men (35 plus)	10km	\$12.00	\$20.00
	Masters Women (35 plus)	10km	\$12.00	\$20.00
	Men 19 (17,18,19 yrs)	5km	\$10.00	\$18.00
	Women 19 (17,18,19 yrs)	5km	\$10.00	\$18.00
11.00am	Non judged walk	10km		\$20.00

**Running events**

	Grade	Distance	Entry fee	
			ANZ Reg	All other entrants
12.30pm	<b>Event No 2 - Boys/girls 10 (10 &amp; under)</b>	2km	\$5.00	\$10.00
12.30pm	<b>Event No 3 - Boys/girls 12 (11, 12 yrs)</b>	2km	\$5.00	\$10.00
12.40pm	<b>Event No 4 - Boys/girls 14 (13, 14 yrs)</b>	3km	\$6.00	\$12.00
1.00pm	<b>Event No 5 - Women 16 (15,16 years)</b>	5km	\$8.00	\$14.00
1.00pm	<b>Event No 6 - Women 19 (17,18,19 yrs)</b>	5km	\$10.00	\$18.00
1.00pm	<b>Event No 7 - Masters women (35 plus)</b>	5km	\$12.00	\$20.00
1.30pm	<b>Event No 8 - Men 16 (15,16 yrs)</b>	6km	\$8.00	\$14.00
1.30pm	<b>Event No 9 - Men 19 (17,18,19 yrs)</b>	8km	\$10.00	\$18.00
1.30pm	<b>Event No 10 - Men 20 (20-34 yrs)</b>	10km	\$12.00	\$20.00
1.30pm	<b>Event No 11 - Women 20 (20-34 yrs)</b>	10km	\$12.00	\$20.00
1.30pm	<b>Event No 12 - Masters men (35 plus)</b>	10km	\$12.00	\$20.00

**Course location / Description:** 2km lap within “The Lakes” off State Highway 29, Tauriko, Tauranga. Turn off State Highway 29 to Takatimu Drive opposite the Toll Road, Tauriko, onto Lakes Boulevard to Double Road. Course flat with gentle undulations and one runnable hill per 2000 metre lap. 1km lap flat with gentle rises and

falls for walkers and younger grades. The non-judged walk is on a separate 3.3km lap course. **Traffic will be on the course – Care must be taken by all competitors and they must obey marshals.**

**Facilities:** No changing facilities available. Portaloos toilets will be close to start/finish area. Club tents can be placed in designated area. Parking to be in Double Road with pedestrian access to the course via bridge to Scoria Close and Landing Drive. There is no parking on the course proper.

**Prize-giving / Refreshments:** Prizegiving for the Athletics Waikato championship events will be on site at the conclusion of events. Athletes and supporters are asked to bring own food and drinks. Mobile coffee will be available to purchase at the venue.

**Registration:** Those who enter as ANZ registered athletes (including master graded athletes) must be fully registered with Athletics Waikato-Bay of Plenty, and must wear their 2010 registration patch on the front of their singlet to be eligible for a Championship placing and will pay a discounted fee. **All other entrants may compete upon payment of a premium entry fee and are ineligible for Athletics Waikato Bay of Plenty Championship placing.**

**Grades:** Where races are combined, the grades will be separated in the results.

**Ages:** Masters Ages are on the day, with results recorded in 5-year age groups. All other grades age is at 31 December 2010.

**Entries:** At time of entry please supply: ANZ rego number if you are a fully ANZ registered member: first name and surname: Date of Birth: Number of event entering. Entry fee to be paid at time of entry. **Cheques payable to Athletics Waikato Bay of Plenty Inc.**

**Closing date:** Entry to be with Pam Kenny, 3 Haratua Place Rotorua 3015, no later than 17 August. Entries after 17 August and on the day will be \$3.00 extra per person.

**Athletics Waikato-Bay of Plenty team to the National road championships - Christchurch:** The Waikato Bay of Plenty Cross Country team will be selected from those entered at close of entries for the National championships being **midnight 22 August 2010.**



**NOTICE OF ANNUAL GENERAL MEETING**

**THE 20<sup>TH</sup> ANNUAL GENERAL MEETING**  
of the

Lake City Athletic Club Incorporated will be held on:  
**Date:** Wednesday, August 18, 2010  
**Time:** 8.00pm  
**Venue:** Lake City Athletic Club, Neil Hunt Park, Tarawera Road, Rotorua  
**AGENDA**

- Minutes of the 19<sup>th</sup> Annual General Meeting
- President's Report
- Presentation of Financial Statements for the year ended 31 March 2010
- Election of Officers & 8 Executive Members
- Election of Club Handicapper & 2 Selectors
- Consideration of any resolution which may have been submitted prior to the commencement of the meeting
- General Business

All nominations for Officers of the Club must be in the hands of the Secretary for the Election of Officers prior to the commencement of the meeting.

Deanna Hape, SECRETARY

