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 **safeco** David Adams 08 8345 1588

 **ENDURA** SPORTS NUTRITION Chris Mehaffey 0407 776 547

DISCOUNT CITY CARPETS CONTRACT DIVISION Shaun Richards 0418 841 700

 **P.A.B. CARPENTRY** Paul Battistella 0419 832 722

 **GLENELG SPORTSPOWER** Dave McGlashan 0407 394 285
128 Jetty Rd, Glenelg

 **ZXU** Dave McGlashan 0407 394 285

 **Adelaide Fitness Solutions** Darren Roberts 0434 546 725

 **greenleaf flowers** Tricia Nixon 0409 676 983

 **WAKEFIELD SPORTS CLINIC** Anthony Meade 0407972490

 **TLC** Kent Dredge 0402 564 991
The Lifestyle Coaching
Wellth. Fitness. Fuel!

 **corporatefit** Nigel Pietsch 041 3399 453

FROM THE DESK OF THE
PRESIDENT



Lakers,

The Summit Half – 46 entrants !!!!

Participants and handicaps

Name	Start time
Peter Gray, Misty Mundy	7.45
Rita Bennink	7.45
Sophie Holt	7.53
Terry McConnell	7.55
JA Keplin	8
Robert Stevenson	8.02
Peter Lines	8.03
Darryl Tozer	8.05
Teresa Molyneux	8.06
Chris Goodrick	8.06.30
Martin Mancheff	8.07
Frank Bennink	8.07
Ben Pyman	8.07.30
Mary Mitchell	8.08
Daniell Hoare	8.09.30
Chris Grenvold	8.11
Sarah Calton	8.11.30
Kath Ayliff	8.12
Grantley White	8.14.30
Mark Kirtland	8.15
Steve Diamond	8.13.30
Shane Gosling	8.14
Tony Brady	8.14
Dan Kelly	8.14.30
Jane Rothe	8.15
Nathan Warburton	8.15.30
Diana	8.16
Ian Lord	8.16
Veronica Schleibs	8.16
Vincent Tremaine	8.16.30
Ian Berry	8.16.30
Shaun Richards	8.17
Cam Maher	8.17.30
James Levinson	8.20.30
Tom Jeffrey	8.20.30
Scott Hartwig	8.21.30
Alasdar Kingham	8.22
Steve Jones	8.22.30

A few things to remember

- The weather looks like it is going to be very nice, however this means it could be very cold in the morning. Remember if you want to take off some clothes along the way there will be support vehicles around to assist
- Please make sure you give yourself to get organised at the start, once the first runner is away then the times flow on from there- so set your alarm
- If you want a special drink such as Gatorade or a gel etc on the course that you don't want to carry then please bring it in a clearly marked sports drink bottle. Dani and Sylvia will be able to give you at a couple of drink stations along the way – so please make sure it clearly marked
- When running up Montacute hill last year we ran on the left hand side of the road on the verge- please don't drift into the middle of the road.
- When we turned onto the main road heading to Norton summit, please stay on the right hand side of the road facing the oncoming traffic
- Avoid running two abreast on the roads
- There will be a clue that you have to collect at the bottom of the corkscrew turnaround. You will need to let ANNA know this as you cross the line
- The finish line will be the park as per the maps (not the CFS as per last year)
- You will have to find your own way down the mountain to get back to your car, however I think there will be plenty of people to give you a lift.
- There will be buns, fruit and juice available at the finish line, with Coffees available from the Norton summit hotel across the road.
- Given the uphill nature of the run your calves can take a hammering so just be mindful of them
- Presentations will happen as soon as everyone is in.
- I think a few people are heading to the Marion hotel after the run for some lunch and a drink – if you are keen check with Bobby Edwards
- There will be a variety of support vehicles on the run if you get into trouble or need anything.
- There is a pick the winner competition that has been set up on the Lakers Forum, log on and tip your winner and while you are there why not log onto the velogames Lakers dream team competition (see lakers website for more info)
- Have fun it should be a great day

Dean Garratt	8.23
Stan Garland	8.23.30
Mason Barnes	8.26
Bob Edwards	8.29
Matt Fietz	8.30.00
Michael Keyte	8.32
Anthony Meade	8.35

Thanks to Nigel for organising the event this year.

Spare Clothing – a message from Rick

Lakers members: re Help for our Juniors

Most members may have noticed some recent new junior members (eg Jady, Amon, Emma etc) at Lakers cycling and running sessions. Can you please take a little time to speak to and encourage these juniors; on a Sat ride, please ensure that you encourage them, wait for them and monitor their efforts; generally make them feel very welcome and looked after.

They are very young and their efforts/talents are exceptional.

Their costs of cycling clothing are high, especially for winter riding. They would probably appreciate the use of extra cycle gear that some members may have and not use. maybe arm warmers, cycle shirts, cycle vests, rain jackets, gloves, mudguards; even maybe cycle shoes, cleats, pedals, pumps, lights may be appreciated.

Please contact Rick Daley (0402049598 or rick.daley2@gmail.com) who is prepared to receive/collect such gear and offer it to the juniors etc.

Event Listing

This is it so far: If you want to be on the list please send me an email tremaine.vincent@flindersports.com.au

Ironman Attendees				
Hawaii	Busselton	New Zealand	Port Mac	Peter Lines
09-Oct-2010	05-Dec-2010	05-Mar-2011	01-May-2011	
Nathan Warburton	Steve Sturm	Ian Berry	Kevin Carr	Ironman UK
Shaun Richards	Stan Garland	Tony Brady	Vincent Tremaine	Outlaw UK
Mary Mitchell	Naomi Hill	Ben Noll	Paul Battistella	Port Mac
Nancy Cullen	Grant Ironside	Colin Clarke	Grant Ironside	Canada
Griffe Weste	Dani Taylor	Kevin Duffy	Serin Robertson	Arizona, USA
	James Duffy	James Duffy	Griffe Weste	Mexico
	John Pidgeon		Ian Lord	
	Silvia Schweinger		Richard Prior	
	Andrew Short		Dave McGlashan	Mark Kirtland

	Mary Mitchell		Steve Jones	Roth - Germany
	Peter Takos		Grantley White	
	Kevin Duffy		Kevin Fergusson	
			Tristan Fergusson	
			Peter Lines	
5	12	6	14	6

Kirts is off to Germany in a couple of weeks and Kevin Duffy is off to somewhere in Easter Europe to compete.

As a result of popular pressure, if you have other events you would like listed then, within reason, I will add some more columns. If you are interested in a limited role in the Club's administration as the Event Keeper then please let me know and I will happily hand over this new job.

Annual General Meeting

If you want a bigger job then please consider one of these and let me know:

Position	TERM	Nominations to Date
Executive (Attends Meetings)	Years	
President (Not up for re-election)	2	Vincent Tremaine
Club Captain	2	Nathan Warburton
Secretary	2	
Treasurer (Not up for re-election)	2	Rick Daley
Social Manager	1	Sarah Calton
Marketing Manager	1	
Communications Manager	1	Cam Maher
Membership Manager	1	
Coaching Manager	1	
Junior Manager	1	
Event Manager	1	
Women's Manager	1	
Sub Committee (Meetings optional)		
Head Coach		Appointed by the Committee
Ride Coach	1	
Swim Coach	1	Grant Fergusson
Run Coach	1	Nigel Pietsch
Junior Coach	1	

Trip Coordinator	1	
Sponsorship Coordinator	1	
Elite Coordinator	1	
Social Organiser	1	Louise Mills
Social Organiser	1	Sam Sturm
Social Organiser	1	Sophie Holt
Website Coordinator	1	Cam Maher
Asset Manager	1	
Race Day Coordinator	1	

Stay safe out there – I loves you all !!

Vincent

Beloved President

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Thank you.