



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park,
(off Tarawera Road) Lynmore,

ROTORUA

07 345 9362

GUFF SHEET

20 June 2020

The past weeks

It's great to be back to nearly a normal life style. Being able to run/walk in a pack/group and chat without having to ask "Sorry what did you say, I couldn't hear you, you are too far away" is great.

The second club "virtual" event, The Foster, Smyth, Lamason approx 10km has wrapped up. When the handicaps are applied to the times submitted the results etc will be published. Last Saturday's Okaro event was enjoyed by the 20 plus that headed out that way.



Neil Hunt Park Clubrooms

Access to the clubrooms is now available

Sanitizer is in the building - Please use it

Also wipe down all benches and tables before and after use.

There is product in the building for this purpose

The building is still to have its "spring clean"

Thank you for you for complying with the close down

John Marten - Secretary

Club activities

The winter season programme is now in the final stages of its revamp and hopefully is not too far away from being published in its entirety.

The next club event is the cross-country championships at the end of June - see below. Also coming up are some new events but we are awaiting confirmation that the areas we are seeking to use are available to us.

Club cross-country event

Sunday 28 June is the annual club cross-country championships at Boord Park, Devon Street West. The course is predominately flat with one hill per lap. Depending on what age category people fall into it's one lap for some, 2 for others, 3 for others and 4 for others. For those unfamiliar with cross country events there are a few things to be noted. They are:

Follow the marked course which will be marked with cones, arrows and tape - tape more so on corners. Where there are double cones or arrows run/walk between them: where there is a single cone/arrow you can run/walk 5 metres either side of them. Don't deviate off the marked course.

Come along and support the club and the volunteers that set up the course, record results etc. Instead of heading off into the Forest, come and run or walk in park like surroundings. There are no bogs but maybe a low rail fence or two to navigate and some longish grass.

Why is the event on Sunday morning? Because the Boord Park complex is used for youngster's winter sport on a Saturday.

Don't be overwhelmed by the word "championship". All abilities – runners and walkers – non club members are welcome!

The mornings programme is below.

Club cross-country championships programme

Sunday 28 June 2020

Boord Park and Westbrook playing fields
Devon Street West, Rotorua

Event briefing 9.45am by the toilet block

No running or walking on the actual playing fields: Children are their care givers responsibility:
Shoes to be worn: Sorry no dogs onto the playing fields

Ages are as at 31/12/2020 except for Master grades, which is age on the day

The programme is:

10.00am - 4000 metres (2 laps)

Boys/Girls	Under 16	(14, 15 yrs)
Women	Under 18	(16, 17 yrs)
Men	Under 18	(16, 17 yrs)
Women	Under 20	(18, 19 yrs)
Masters Women	35 plus	(35 plus yrs)
Masters Men	65 plus	(65 plus yrs)
Walkers	All grades	

10.45am - 2000 metres (1 lap)

Boys/Girls	Under 12	(5, 6, 7, 8, 9 10 and 11yrs)
Boys/Girls	Under 14	(12 and 13 yrs)

11.20am

8000 metres (4 laps)

Senior Men	20 plus	(20-34 yrs)
------------	---------	-------------

6000 metres (3 laps)

Senior Women	20 plus	(20-34 yrs)
Men	Under 20	(18-19 yrs)
Masters men	35 to 64	(35-64 yrs)

Notes

- Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. In the results Master athletes will be placed into their 5 years grades. i.e. 35 to 39 years, 40-44 years etc
- Members are only eligible to win championship places in their own grades, **and must** be a **paid-up financial member (prior to the event)** of the Lake City Athletic Club Inc.
- The wearing of your club singlet will be appreciated by those who have one.

Kia Tu, Kia Ora Summer Wellness clinic

The official re start of the clinic is **this** Sunday 21 June. Pack leaders/mentors can decide where their pack meets or runs and for how long. On the social side of the clinic from 2.00pm (21/6) there

is a “Survivors Party” at Annemarie’s. BYO refreshments, and togs. The dress code is “camo”. Bread and sausages will be supplied.

How about making the following Sunday morning run (28 June) in a park like setting? You can even have a sleep in as the you don’t need to be onsite before 9.30am. Details of the exercise are listed above. Even though the event is listed as a “championship” all are welcome - club member or not. Don’t be overwhelmed by the word “championship”. All abilities – runners and walkers. are welcome!

Athletics Waikato BOP winter season dates

There has been a number of changes to the dates of this winter’s AWBOP based events. These are as follows:

1. The Te Awamutu Golf course fun run and walk is now 4 July 2020. This event is at the Te Awamutu Golf course off Kihikihi Road. Entry is online only and close 4.00pm Thursday 2 July. There is no late entry. Further details and entry can be done by visiting Athletics Waikato BOP website.
2. Hamilton Hawks open cross-country event is 18 July at Minogue Park.
3. The Athletics Waikato BOP cross-country champs have moved to 1 August at Waipuna Park, Tauranga
4. The Athletics Waikato BOP road champs are scheduled for Sunday 25 August at St Peters, Cambridge
5. The Cambridge Half marathon etc scheduled for 13 September has been cancelled.

Should other changes come to hand they will be notified via the guff sheet. These changes mean that the club’s winter programme gets more amendments made to it.

Athletics New Zealand virtual events

Athletics New Zealand have another couple of virtual events for the month of June. These being the 2XU National Virtual 1k & 10k. Visit Athletics NZ website for more details. The events end 30 June.