



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
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Clubrooms: Neil Hunt Park,  
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## GUFF SHEET

27 June 2020

### The past week

The second club “virtual” event, The Foster, Smyth, Lamason has wrapped up with results still to be finalised. They should be available for weeks publication.

### Club activities

#### Club cross-country event

This Sunday 28 June is the annual club cross-country championships at Boord Park, Devon Street West. The course is predominantly 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 /Westbrook 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

#### This 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)
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#### **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**

1. 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
2. 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.
2. The wearing of your club singlet will be appreciated by those who have one.

## **Club membership**

Subscriptions for the financial year commencing 1 April 2020 can now be paid and will cover the period 1 April 2020 to 31 March 2021.

Nearly 200 have renewed their membership or joined as a new member. When in a position to do so it would be appreciated those that have not done so, do so - thank you.

Registrations can only be accepted "online" through the Club Registration Website Portal. To access this Portal please visit the clubs website – [www.lakecity.co.nz](http://www.lakecity.co.nz) and click on the link – **Lake City Registration**.

If you are an **existing member** click on "login" (on menu bar), and select "Renew". Check that 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.

## **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. To date no programme etc has been seen.


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

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.

It is to be noted that the Athletics New Zealand Road championships have been rescheduled to Saturday 7 November.



### Club Uniforms

If you wish to purchase an item from the Club's wardrobe (singlet, tee shirt, hoodie, track suit etc) please contact one of the following to arrange a time to make the purchase

Sarah Wiwarena 027 347 8115 and  
Annemarie Gallagher 027 622 9688  
Pam Kenny (when she is on sight) for adults

The children's singlets are available from Kelly  
(027 882 6484)

Payment to be made at the time of purchase  
Please bring the correct change

<b>Costs</b>	
<b>Adults running singlet</b>	\$35.00
<b>Adults short sleeve walker's tee</b>	\$35.00
<b>Junior (children) singlets</b>	
Size 2 to 12	\$30.00
Size 14 plus	\$35.00
<b>Supporting clothing</b>	
Zip hoodie	\$55.00
Youth pullover hoodie	\$15.00
Track suit	\$90.00
Beanie	\$18.00