



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 July 2020

### The past week

No formal weekend events other than the customary pack runs/walks. Some from the clubrooms others from venues decided by your pack leader. Looking at the Park Run results a number from the club took the opportunity to run the 5km event on the Sulphur Flats. It is noted that there were a number of PBs turned in by members.

### Club activities

**This Saturday 11 July** – The annual River Trial Trot is on the banks of the Waikato River down Atiamuri way. It's a great chance to run/walk in an area we only visit once a year. This is a great fun event, so please support it! It just requires some thinking as well as running or walking. Intrigued – then go along and find out what the event is about. It's a team's event so the more that attend naturally more teams. As well as the Saturday afternoon option there is a "virtual" event on offer - see below.

Duty officer, Adrian Lysaght, instructions are below.

On Saturday meet at the Neil Hunt Park clubrooms at 12:45pm for organizing carpools and getting driving/event instructions, leaving at 1:00pm. It will take about 35mins to drive the 43km to reach the Atiamuri end of the Waikato River Trails, just off State Highway 1, where the event will start. Upon arrival everyone will be divided up into teams.

#### **This is how the event works:**

Each person will accumulate points for their team by running or walking within a 30 minute time limit a set distance of their choice from the following options: 2.5, 3.0, 3.5, 4.0, 4.5, 5.0, 5.5, 6.0, 6.5 or 7.0km. Afterwards, on the way home we will stop at the Bull Ring for refreshments and prize giving. This event is suitable for anyone, including children, who can cover 2.5km or more within 30 minutes on gentle well-formed scenic trails. There is also a smaller 1.5km event for younger children (parental supervision required).

Contact Adrian Lysaght (027 615 3496) or [adrian.lysaght@xtra.co.nz](mailto:adrian.lysaght@xtra.co.nz) if you have any questions.

**"Virtual Event option"**: If you can't make it this Saturday and want to do the event before or after as a "virtual event" please read the instructions below.

Attached is a map showing how to get to the start, which is on Ongaroto Rd, at the Atiamuri end of the Waikato River Trails, just off State Highway 1. From the road you should see the sign that the river trails start here. It is an out-and-back course. Starting from the large sign with the map of the river trails, you have 30 minutes to run or walk along the trail to collect a coloured tag for whatever distance you want to do and get back to the start (the distance signs with the coloured tags are already out on the course). You need to record your exact time, and text or email to Adrian your time, the colour/distance of the tag you got, your name and let Adrian know if you walked the entire distance. (027 615 3496), [adrian.lysaght@xtra.co.nz](mailto:adrian.lysaght@xtra.co.nz)

Distance choices are as follows:

Token colour	Turnaround at, km	Total distance, km	Pace, km/min
Pink	1.25	2.5	12:00
Red	1.5	3	10:00
Orange	1.75	3.5	08:34
Yellow	2	4	07:30
Green	2.25	4.5	06:40
Blue	2.5	5	06:00
Purple	2.75	5.5	05:27
Black	3	6	05:00
Grey	3.25	6.5	04:37
White	3.5	7	04:17

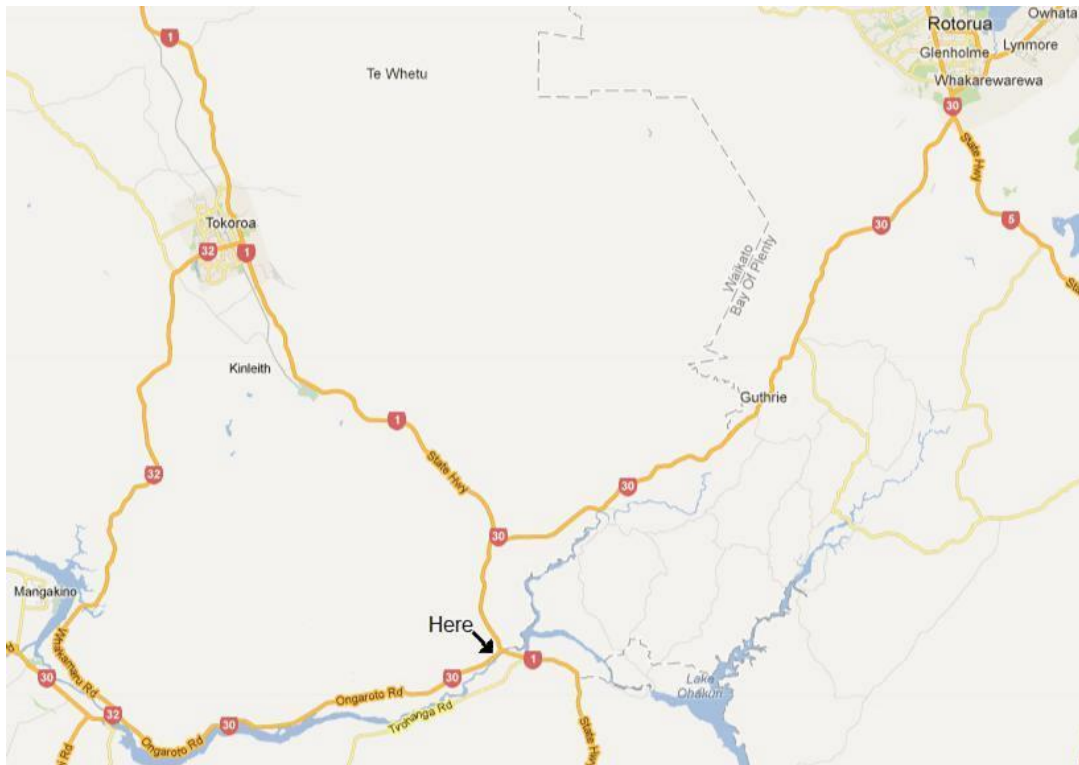
Points are awarded as follows:

5	if walking
1	per km
5	if 1st for that ribbon colour/distance
3	if 2nd for that ribbon colour/distance
1	if 3rd for that ribbon colour/distance
-5	if late back (>30 minutes)

Examples:

- If I was a runner and the 2nd person back with a white ribbon within 30 minutes I would get 10 points (7+3) for my team.
- If I was a walker and the 4th person back with a blue ribbon within 30minutes I would get 9 points (5+4) for my team.
- All participants' points are totalled for their respective teams and the team with most the points is the winner.
- Adrian will randomly assign people that do it as a virtual event to the teams chosen on Saturday.
- He will accept entries from now up to 8pm on Tuesday 14 July.

Event location



## Club's winter programme

The updated winter season's programme is now on the Club's website [www.lakecity.co.nz](http://www.lakecity.co.nz)

## 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.

## Misplaced at the club cross-country event

Adrian has misplaced his watch at the above event. Should you have picked it up please contact him at [adrian.lysaght@xtra.co.nz](mailto:adrian.lysaght@xtra.co.nz)

## Athletics Waikato BOP winter season dates

- Hamilton Hawks open cross-country event is **18 July** at Minogue Park, Hamilton. Meeting place is next to the miniature railway, at the end of Tui Avenue, Hamilton. The course covers a 3 km lap and/or a 2 km lap, with a 1 km lap for the younger juniors. It is a challenging course with some hills and it can be wet and muddy. Suits Spikes or Trail shoes (or bare feet for the brave). This course was used for the National championships a few years back. The age grades will be sorted by age on the day, so if you are a junior or master's runner, when you register please make sure you put your age.

### Time table:

**1.00** onwards - Register

**1.30** - Under 10 Boys/girls (1 km), Under 12 Boys/girls (2 km)

**2.00** - Under 14 and Under 16 Boys/ girls (3 km)

- Under 18 Boys (6 km)

- Under 18 Girls (5 km)

- Under 20 Men (6 km)

- Under 20 Women (5 km)

- Senior Men 20-39 (9 km)

- Senior Women 20-34 (6 km)

- Masters Men 40-49, 50-59, 60+ (6 km)

- Masters Women 35-49, 50-59, 60+ (5 km)

Visit Hamilton City Hawks website for more details and to register online prior to the event. Please wear your club singlet as this is an open event to all Waikato Bay of Plenty Athletic clubs. Bring a plate and hot water flask along for afternoon tea at Minogue Park.

- The Athletics Waikato BOP cross-country champs have moved to 1 August at Waipuna Park, Tauranga
- The Athletics Waikato BOP road champs are scheduled for Sunday 25 August at St Peters, Cambridge

- 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

- It is to be noted that the Athletics New Zealand Road championships have been rescheduled to Saturday 7 November.
- New Zealand Road relay championships – this event is scheduled for Saturday 3 October at Fielding.



### 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 site) 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

#### Costs

<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