



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

18 July 2020

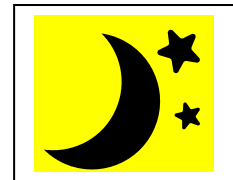
### The past week

It was down by the river side on Saturday when Adrian and his family hosted the annual River Trail Trot along the banks of the Waikato River near Atiamuri. As this was also a Virtual event the results are not currently available. If you took part “virtually” please email Adrian – [adrian.lysgaht@xtra.co.nz](mailto:adrian.lysgaht@xtra.co.nz) promptly your time. Others took part in the weekly Park Run.

### Club activities

This Saturday is free locally other than the Park Run. See Athletics Waikato BOP info below for the cross-country event Hamilton City Hawks are hosting on Saturday.

Friday evening 24 July we are having something different in the way of exercise. This is an evening run/walk which will involve a timed approx. 5km in the Forest. Also, on offer will be a shorter distance. It is being run like the summer Trout Fly series, with registration at the Neil Hunt Park clubrooms (5.45pm to 6.00pm) then heading to the start at the Tarawera Road end of Long Mile Rod. Please cross Tarawera Road at the designated crossing. The course will take in the Long Mile pathway and then a loop in the Forest to finish back where it started.



What you need to do other than getting excited, is to bring a head torch or hand held torch, clothing suitable for the weather and if you have one a hi vis vest. Littlies to have an adult accompany them. The bar will be open and people are welcome to bring their own takeaways. Hot chips will be available.

No charge, just roll up and take part in a fun event.

#### Sunday / Mid-week activities

##### *Runners*

On Sunday mornings, running groups (7.00am – some later) leave from the Neil Hunt Park clubrooms. This includes the Kia Tu Kia Ora Wellness Clinic members.

Midweek informal running groups leave the clubrooms between 5.00pm and 5.30pm on Tuesdays and Thursdays.

As not all runs including the Kia Tu, Kia Ora Wellness Clinic leave from the Neil Hunt Park clubrooms your pack leader(s) will advise your meeting point.

##### *Walkers*

Sunday mornings meeting times and venue vary so please keep in touch with your pack leader. Mid-week there is two meeting times: *Tuesdays*; 8.00am at Neil Hunt Park clubrooms, 5.30pm by the old Post office building Hinemoa Street. *Thursday*; 8.00am by Planet Bike, Waipa Mill Bypass Road. 5.30pm by the old Post office building Hinemoa Street.

#### 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.

Over 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

- **This Saturday 18 July** Hamilton Hawks open cross-country at Minogue Park, Te Rapa, 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.

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 club members. If you wish bring a plate and hot water flask along for afternoon tea at Minogue Park.

### **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)

- **The Athletics Waikato BOP cross-country champs** - have moved to 1 August and will take place at Waipuna Park, Kaitemako Road, Welcome Bay, Tauranga. Prizegiving will be at the venue at approx. 3.45pm. Entry can be made online by visiting AWBOP website. Closing date for online entry is **Wednesday 29 July**. On the day entry is available but with a \$5.00 late entry fee.

**Ages:** Most age grades are as at 31 December 2020, e.g. for under 14 you must be 12 or 13 on 31 December 2020. Master age grades are age on the day. Where races are combined the grades will be separated in the results

**Eligibility:** To be eligible for an AWBOP championship place athlete (including masters grades) must be a competitive registered athlete with AWBOP. Social and non-registered (unaffiliated) athletes may compete but are ineligible for AWBOP championship placings or medals. Child athletes please note that you must have registered for the new season starting 1 April 2020 to be eligible for the championships. Your previous summer membership from 2019/20 season has expired.

**Timetable - for AWBOP championships:**

Race	Start time	Grade	Distance	Entry fee
1	1.30pm	Non championship Under 10 Boys/Girls	1km	\$5.00
2	1.45pm	Under 12 Boys/Girls	2km	\$10.00
		Under 14 Boys/Girls	3km	\$10.00
3	2.30pm	Under 16 Boys/Girls	4km	\$10.00
		Under 18 Women	4km	\$12.00
		Under 18 Men	6km	\$12.00
		Under 20 Women	6km	\$15.00
		Masters Women – 35 plus	6km	\$15.00
		Masters Men – 65 plus	6km	\$15.00
		Under 20 Men	8km	\$15.00
		Masters men – 35-64	8km	\$15.00
		Senior Men - 20-34	10km	\$15.00
		Senior Women – 20-34	10km	\$15.00

**National cross-country champs:** Dunedin, Saturday 29 August. The Waikato BOP cross-country team will be selected from those entered at close of entries for the National championships. You must enter yourself into these championships via [www.athletics.org.nz](http://www.athletics.org.nz) before the entry closing date, 23 August, 11.59pm. No late entry will be accepted. Note an athlete subsidy of the NZ cross-country entry fee will be available for those selected to represent AWBOP. This is \$50.00 and may be received only by athletes who have entered the AWBOP 2020 cross-country championships.

- The Athletics Waikato BOP road champs are scheduled for Sunday 25 August at St Peters, Cambridge

## Athletics New Zealand

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



**LAKE CITY**  
Athletic Club<sup>INC</sup>

### 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

## Club championship certificates

In a box on the table inside front door of the Neil Hunt Park clubrooms are a large number of Senior championship certificates. Some go back a number of years. If your name is below or you know a recipient please uplift the appropriate certificate(s). The clubrooms are only open at certain times. Tuesday/Thursday evenings around 5.00pm to 5.30pm. Sunday mornings around 10.00am. There maybe people there between 7.30am and 8.00am on a Sunday morning.

J J Botha	Philip MacAlister
Steve Bradley	Ryan McLean
Tim Bosworth	Bjarni Leggett-Hilmarsdottir
Max Bragg	Carole Limbrick-Hill
Wiremu Brailey	Alan McGregor
Diane Bulled	Maree MacKenzie
Oliva Burman	Claire McKinlay
Chris Bycroft	Bruce Mabagos
Wayne Cameron (3)	Donnell Mansfield
Martin Carlyle	Brett Marvelly
Cameron Chandler	Eddie Meijer
Chris Corney	Aaron Miller
Debbie Cronin	Lorna Mills (3)
Scott Curran	Kathryn Murphy
Kelly Dalton	Peter Myers
Colin Davis	Aroho Niupalau
Jeannette Dekker	Lillian Muir
Erin Dender	Jesse Pakinga-Lawson
Tracey Dender	Craig Pollard (2)
Louise Donaldson	Mei Rakuraku Foster
Colin Earwaker	Debbie Raymond
Bruce Easton	Ruby Ryan
Bruce Edwards	Kate Rea
John Edwards	Annie Richards
Mathew Fisken	Sam Rossiter
Tania Fisken	Eillish Satchell (2)
Clay Fookes (2)	Fain Scailett
Ella Fookes	Julie Sharplin
Tegan Fookes	Alison Shirley
Deborah Gamman (2)	Leonie Smith
Christian Gamble	Larry Soutar
Hannah Gapes (2)	Andrew Stanley (2)
Anita Gibb	Hanna Stubbing
Alan Gordon	Zoe Stubbing
Claire Gower-James	Katie Tapsell
Megan Grant	Callum Taylor
Sharon Grinter	Marc Teakel
Lydia Hyde	Casey Thorby
Charlotte Hamilton	Barbara Tucker-Jamieson
Jurnee Hannah	Megan Twist
Ricky Haverkamp	Grant Unkovich
Sandy Herewini	Michael Voss
Steven Holloway	Keith Walmsley
Gisele Howard (4)	Leighton Warren
Rebecca Howard	Vicki Wheeler
Andrew Jamieson	Debbie White
Lauren Kearney (2)	Lewis Yetsenga
Kaye King	Thomas Yetsenga
Charlotte Lankshear	
Nic Leary (3)	
Ray Litchwark	