



Website: www.lakecity.co.nz
Email: info@lakecity.co.nz
Clubrooms: Neil Hunt Park,
(off Tarawera Road) Lynmore,
ROTORUA
07 345 9362

GUFF SHEET

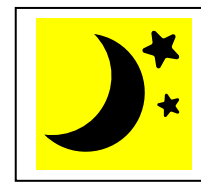
25 July 2020

The past week

Weather wise it has been a dismal week, but most managed to get a run or walk in between the showers and downpours. On Saturday a small number from the Club headed off to Minogue Park, Hamilton, for an open cross-country event, which no doubt would have been wet, slushy and muddy underfoot. Their results are below.

Club activities

This 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 Road. 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 lamp 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.

Note: 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.

The Club's winter programme

The updated winter season's programme is now on the Club's website www.lakecity.co.nz



P O Box 2136, Rotorua, 3040

THE 30th ANNUAL GENERAL MEETING

of

Lake City Athletic Club Incorporated

will be held on:

Wednesday, 19th of August 2020, 7.30pm

Lake City Athletic Clubrooms, Neil Hunt Park, Tarawera Road, Rotorua

AGENDA

- Apologies
- Minutes of the 29th Annual General Meeting
- President's Report
- Presentation of Financial Statements for the year ended 31 March 2020
- Subscriptions for the 2021-2022 financial year
- Election of Officers & 8 Executive Members
- Election of Auditor
- Consideration of any resolution which may have been submitted to the secretary in accordance with the Constitution and Rules.
- General Business

All completed nomination forms for Officers and Executive members of the Club must be given to the Secretary prior to the commencement of the election of officers.

John Marten, Secretary
Lake City Athletic Club

www.lakecity.co.nz Email: info@lakecity.co.nz

National Road Relay - Fielding - 3 October 2020

Those putting their name into the pool to be considered as a member of a club team at the above event should make themselves familiar with the selection policy etc which is detailed on the Club's website. Head to www.lakecity.co.nz and click on Adults' events – Cross-country - 2020 winter schedule - then the 2020 Cross-country and Harrier programme and scroll down towards the bottom for the info.

Putting your name into the pool does not mean automatic selection. There will be some cost involved for the event – this still to be determined.

When advising Kim please also advise your date of birth which is required should you make a team. This is part of the entry requirement so you can be placed in the correct category for fastest time purposes.

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.

Well over 200 have renewed their membership or joined as a new member.

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 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

- **The Athletics Waikato BOP cross-country champs** - Saturday 1 August 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 eligibility 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 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.

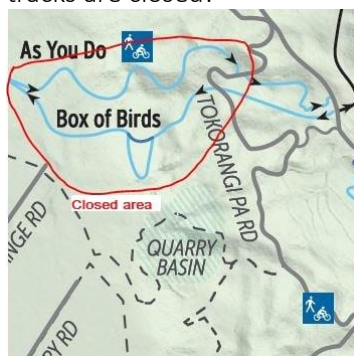
- The Athletics Waikato BOP road champs are scheduled for Sunday 25 August at St Peters, Cambridge

Athletics New Zealand events

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

Whakarewarewa Forest

There is tree work progressing along the Tokorangi Face of the Forest with work now happening around the As You Do and Box of Birds tracks. These tracks along with this section of the Forest Loop will be closed during work hours for the next few days. If the tape is up or closed banners are in place, the tracks are closed!



Results

Hamilton City Hawks cross-country, Minogue Park, Hamilton - 18 July 2020

Under 18 women - 5km

Charli Miller	Hawks	18.43	1st
Hannah Gapes		19.09	2nd

Men 20-39 - 9km

Tayler Reid	Tri NZ	28.48	1st
Matt Parsonage		31.13	3rd
Iain Macdonald		32.05	5th

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
 Steve Bradley
 Tim Bosworth
 Max Bragg
 Wiremu Brailey
 Diane Bulled
 Oliva Burman
 Chris Bycroft
 Wayne Cameron (3)
 Martin Carlyle
 Cameron Chandler

Chris Corney
 Debbie Cronin
 Scott Curran
 Kelly Dalton
 Colin Davis
 Jeannette Dekker
 Erin Dender
 Tracey Dender
 Louise Donaldson
 Colin Earwaker
 Bruce Easton

Bruce Edwards
John Edwards
Mathew Fiskén
Tania Fiskén
Clay Fookes (2)
Ella Fookes
Tegan Fookes
Deborah Gamman (2)
Christian Gamble
Hannah Gapes (2)
Anita Gibb
Alan Gordon
Claire Gower-James
Megan Grant
Sharon Grinter
Lydia Hyde
Charlotte Hamilton
Jurnee Hannah
Ricky Haverkamp
Sandy Herewini
Steven Holloway
Gisele Howard (4)
Rebecca Howard
Andrew Jamieson
Lauren Kearney (2)
Kaye King
Charlotte Lankshear
Nic Leary (3)
Ray Litchwark
Philip MacAlister
Ryan McLean
Bjarni Leggett-Hilmarsdottir
Carole Limbrick-Hill
Alan McGregor
Maree MacKenzie
Claire McKinlay
Bruce Mabagos
Donnell Mansfield
Brett Marvally
Eddie Meijer
Aaron Miller
Lorna Mills (3)
Kathryn Murphy
Peter Myers
Aroho Niupalau
Lillian Muir
Jesse Pakinga-Lawson
Craig Pollard (2)
Mei Rakuraku Foster
Debbie Raymond
Ruby Ryan
Kate Rea
Annie Richards
Sam Rossiter
Eillish Satchell (2)
Fain Scailett
Julie Sharplin
Alison Shirley
Leonie Smith
Larry Soutar

Andrew Stanley (2)
Hanna Stubbing
Zoe Stubbing
Katie Tapsell
Callum Taylor
Marc Teakel
Casey Thorby
Barbara Tucker-Jamieson
Megan Twist
Grant Unkovich
Michael Voss
Keith Walmsley
Leighton Warren
Vicki Wheeler
Debbie White
Lewis Yetsenga
Thomas Yetsenga