



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

1 August 2020

### The past week

The first of the Friday evening run/walk series was held on a slightly chilly evening, but pleasant for running/walking. The event took in the Long Mile footpath to the Redwoods Visitors Centre and tracks (mainly Mokopuna) in the Redwood Grove. All taking part enjoyed the event. The exercise was finished off with chips and beverages and social time at the clubrooms. Thanks to all that took part, Matt for marking the course, and those that handled the results etc. Results are below. Roll on the next night event. Don't miss out on this fun event.

### Club activities

**Saturday 8 August** – Is the first Club road event of the winter, this being the Parawai cycle-way dash. The distances are 3,5, or 10km. Event details are:

- Meet on the southern end of Parawai Road which is second on the right off Beaumont Road, Ngongotaha. Beaumont Road is the second on your right is just past the around-about on the main road into Ngongotaha. Please don't park on resident's lawns.
- The run/walk will start on the cycle-way just off Parawai Road and will be an out and back course on the cycle-way and won't cross any roads.
- Meet 1.45pm for briefing etc with the event starting at 2.00pm.
- This is a good event to test your fitness for forthcoming road events i.e. AWBOP road champs (23 August) and the Club's road champs (5 September), so dust off your road shoes and come and take part.
- If you can assist with marshalling, course marking or recording of results please contact Matt on 021 0586 189.

#### 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](http://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, 19<sup>th</sup> of August 2020, 7.30pm**

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

**AGENDA**

- Apologies
- Minutes of the 29<sup>th</sup> 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 Inc  
[www.lakecity.co.nz](http://www.lakecity.co.nz) Email: [info@lakecity.co.nz](mailto: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](http://www.lakecity.co.nz) and click on Adult 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 Stevenson 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.

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 1 August - The Athletics Waikato BOP cross-country champs** 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 **this Wednesday 29 July**. On the day entry is available but with a \$5.00 late entry fee. Good luck to those from the club taking part.

**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.

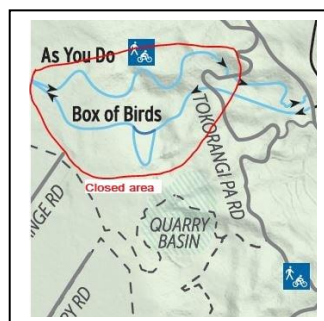
- The Athletics Waikato BOP road champs are scheduled for Sunday 25 August at St Peters school, Cambridge

## 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. If the tape is up or closed banners are in place, the tracks are closed!



## Results

**Club Night Run - 24 July 2020 - Long Mile and Mokopuna tracks, in the Redwoods**  
**Short course - 2km approx.**

Keira Murphy	11.01
Edward Twiddy	11.02
Sian Twiddy	13.55
Sheryl Pearson	15.53
Euan Ferguson	16.04
Eilidh Ferguson	18.44
Jayne Ferguson	18.44

**Long course – 5km approx.**

Matt Parsonage	20.02
Leigh Reynolds	21.14
Alan Ferguson	21.27
George Allan	24.40
Russell Clarke	25.25
Siobhan Griffiths	25.30
Daniel Gapes	27.05
Hannah Gapes	27.06
Graeme Pearson	29.00
Andy Twiddy	31.25
Chris Lord	31.28
Kathryn Murphy	32.37
Rina Joy	34.58
Megan Clarke	35.10
Rachael Wright	40.11
Dee Horne	43.45
Judith Meek	44.07
Kara Iasona (walk)	58.03