



Website: www.lakecity.co.nz

Email: info@lakecity.co.nz

Clubrooms: Neil Hunt Park,
(off Tarawera Road) Lynmore,

ROTORUA

07 345 9362

GUFF SHEET

8 August 2020

The past week

This past week it was either stay in the City and take part in the Saturday morning Park Run, or head off into Whaka Forest either Saturday or Sunday. Out of the City a very small number headed to Tauranga's Waipuna Park for the annual Athletics Waikato BOP cross-country champs, while on Sunday morning it was to the Taupo Half Marathon and associated events for others. The champ's results are below and as you will see three "golds" came back to the City. Well done!

Club activities

This 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:

- (a) Meet at the northern 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. There is a carpark on your left off Beaumont Road just prior to Parawai Road. Please don't park on resident's lawns.
- (b) 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.
- (c) Meet 1.45pm for briefing etc with the event starting at 2.00pm.
- (d) 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.
- (e) If you can assist with marshalling, course marking or recording of results please contact Matt on 021 0586 189.
- (f) Runners, walkers, the young and old welcome.

Sunday 16 August - Come and Explore Kinloch

Hosted by the Twiddy family on behalf of Lake City Athletic Club - 9.00 – 1.00pm – meeting at 9 Kenrigg Rd, Kinloch.

Come and explore the trails of Kinloch. Come with family or friends and use 9 Kenrigg Road as your base. Great opportunity to check out the half marathon course before the 6th September off road events. Check out the maps and plan your run. It could be a great opportunity to try the new 30km loop before the Rotorua marathon?

Hot soup and buns will be provided between 12.00 and 1.00pm

Please keep a look out on the facebook page for more information and it would be great if you could indicate your interest for catering purposes via facebook post or contact Sian via txt on 021129311

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

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 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.

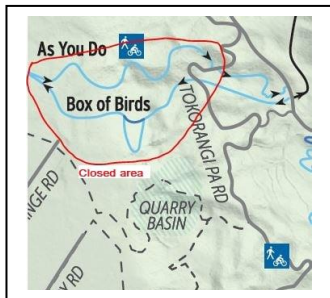
National Road Relay - Fielding - 3 October 2020

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 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.

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!



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 Inc

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

Athletics Waikato BOP winter season

- **Sunday 23 August** - The Athletics Waikato BOP road running champs will take place at St Peters School, Cambridge. Entry can be made online by visiting AWBOP website. Closing date for online entry is **Wednesday 19 August**. Entry after the 19th and on the day is an extra \$10.00 with late entry fee up to 10.45am on the day. No refund of entry fees will be made. Prizegiving will be at the conclusion of the last event. Bring your own food and drink.
- **Parking:** Please enter through the School's main gate and park at the Robb Sports Centre - take the first on the right through the school gates. The start/finish area is a short walk from the car park.

- **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	11.00am	Under 12 Boys/Girls	2.5km	\$10.00
		Under 14 Boys/Girls	2.5km	\$10.00
		Under 16 Boys/Girls	4km	\$10.00
2	11.40am	Under 18 Women	5km	\$12.00
		Under 20 Women	5km	\$12.00
		Masters Women – 35 plus	5km	\$12.00
		Under 18 Men	5km	\$12.00
		Under 20 Men	7.5km	\$12.00
		Masters Men – 35 plus	10km	\$15.00
		Senior Men - 20-34	10km	\$15.00
		Senior Women – 20-34	10km	\$15.00

National road champs: Auckland, Saturday 7 November 2020. The Waikato BOP 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. 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.

Athletics New Zealand events

New Zealand Road relay championships – this event is scheduled for Saturday 3 October at Fielding.

Results

Athletics Waikato BOP cross-country champs – Waipuna Park, Tauranga – 1 August 2020

Senior Men -10km

Hayden Wilde	Whakatane	31.45	1st
Sam Osborne		33.12	4th
Will O'Connor		37.19	8th

Women under 18 – 4km

Hannah Gapes		15.04	1st
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Girls under 16 - 4km

Lulu Johnson	Tauranga	15.03	1st
Anja Crombie		17.04	8th
Lillian Muir		20.39	13th

Masters men - 8km

35-39

Iain MacDonald		29.12	1st
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Masters women – 6km

60-64

Kathy Howard		35.30	1st
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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
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

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