



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

15 August 2020

### The past week

It was out to the Parawai Cycleway, Ngongotaha, on Saturday for club members. 31 took part in either the 3km, 5km or 10k events on offer. The results are below. As usual a number assisted with course marking, results etc – thank you.

### Club activities

#### Parawai Cycleway – virtual event

For those who could not make it on Saturday, there is the option to do this as a virtual run (using the spray-painted start/finish line and turnaround points). The start finish line is on Parawai Road by the 50km sign, with the turn-around for each distance (3, 5, or 10km) marked on the course as you head towards Kawaha Point Road. If you do this in your own time as a virtual run, contact Matt on 0210586189 or [matt1980@hotmail.co.nz](mailto:matt1980@hotmail.co.nz), with your time and distance. The time frame for this will be the month of August.

#### This 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](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.

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.

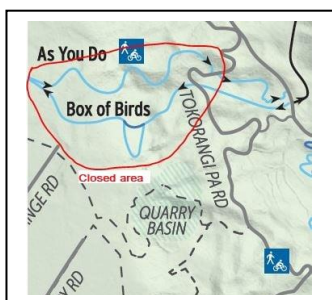
## National Road Relay - Fielding - 3 October 2020

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.

## 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 and surrounds. 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!

## 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.
- **Note: vans are being hired so that members can travel together. Please contact Chris Corney (021 770 963) if you wish to take up this travel option.**
- **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](http://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



**LAKE CITY**  
Athletic Club INC

## 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  
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	Track suit	\$90.00
Beanie	\$18.00	Youth pullover hoodie	\$15.00



**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

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## **2020 Rotorua Marathon /Half Marathon cut off times**

Below has been located on the Rotorua Marathon website. Please note the following – "Marathon Competitors need to be at the 23.5km mark (Ramada Resort) by 1.00pm, otherwise there will be a minivan for those that don't make the cut off and they will be taken to the finish line. Official event timing will cease at 5.00pm. Those crossing the finish line after this time will be deemed not to have finished and will not be eligible for a finisher's medal." Event start time for runners is 8.00am followed by walkers at 8.05am

Half Marathon competitors please note – “Entrants need to be at the 5km mark by 9:35am otherwise they will be asked to turn around at that point to make their way back to the finish by completing the 10km event instead. Official event timing will cease at 5pm. Those crossing the finish line after this time will be deemed not to have finished and will not be eligible for the finisher's medal”. Runners start time is 8.15am and walkers 8.30am.

## Results

### Parawai Cycle Way Dash - 8 August 2020

Name	3km approx.	Time
Lillian Muir		15.19
	<b>5km</b>	
Hannah Gapes		19.37
Megan Grant		20.44
Anja Crombie		22.12
Gisele Howard		22.13
Trevor Ogilvie		22.13
Sian Twiddy		24.12
Dee Horne		25.59
Campbell Horn		26.15
Kathryn Murphy		26.29
Rina Joy		28.02
Tina Oakes		30.59
Neil Butler	(walk)	32.53
Angie Smith-Bigwood	(walk)	50.19
Chant Aun	(walk)	57.35
Steve Parker	<b>10km</b>	36.47
Adrian Lysaght		37.13
Leigh Reynolds		37.30
Bruce Edwards		38.17
Kerry Robinson		38.31
Dave Cronshaw		39.23
Alan Ferguson		39.40
Hamish Worboys		39.42
Chris Corney		40.38
Russell Clarke		42.14
Andy Twiddy		43.08
Daniel Gapes		43.42
Siobhan Griffiths		44.15
Alan Crombie		45.37
Noreen Crombie		47.26
Megan Clarke		55.50