



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

GUFF SHEET

22 August 2020

The past week

The scheduled Club event for the past weekend was based at Kinloch and hosted by the Twiddy family. The very small number that attended took the opportunity to explore new surroundings on a beautiful morning. Frost in the paddocks all the way down and even some still on the sides of the track out to Kawakawa Bay at midday.

Club activities

Annual General Meeting

It is confirmed that the Annual General meeting of the Lake City Athletic Club Inc will go ahead this Wednesday evening (19/8) with the appropriate social distancing. The agenda etc is towards the end of this publication.

Parawai Cycleway – virtual event

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 turnaround 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, with your time and distance. The time frame for this will be the month of August.

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. but here are the next few weeks of currently scheduled events. As these could change (dates, location, cancellation, or become a virtual event etc) please keep up to date via the Guff Sheet.

Saturday 29 August - Minster Cup 10km estimated time run. A shorter 5km estimated time run and walk for those not wishing to tackle the longer distance. Also, a shorter distance for younger grades. Meet 1.45pm by the Blue Lake Ski Club clubrooms for 2.00pm start.

Athletics New Zealand Cross-country championships, Dunedin. Event details on Athletics NZ Website. Please check this site out for updates on the event.

Saturday 5 September - Club road championships. Venue and details to be advised. First event commences 1.15pm. Duty officers: The winter season sub-committee

Friday evening 11 September – The second Night 5km Forest Run. Shorter distance of 2-3km for children. Registration at the Neil Hunt Park clubrooms prior to 6.00pm. Event start is 6.15pm. Bring a headlamp or torch. No entry fee payable. Event followed by BYO takeaways and social time at clubrooms Duty Officers: Winter season sub-committee.

Saturday 19 September - No club event.

Saturday 26 September - Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. Incorporates the Club, and Athletics Waikato-BOP marathon championships

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.

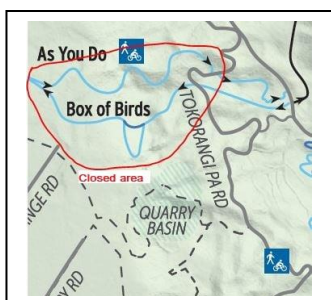
National Road Relay - Fielding - 3 October 2020

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 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

- **This Sunday 23 August** - The Athletics Waikato BOP road running champs will take place at St Peters School, Cambridge.
- **Note:** vans are being hired so that club members can travel together. Please contact Chris Corney (021 770 963) if you wish to take up this travel option.
- **Entry details:** Online entries will be reopened shortly. There will be no late entries and entries will close on **Thursday 20th August**. Updated programme and some more information can be found by visiting www.athleticswaikatobayofplenty.org.nz website. A further update will be provided shortly. There will be a cap on entries to ensure no more than 100 people on site at any one time. The timetable has been adjusted to space out events and prevent gatherings limit from being breached.
- **DUE TO COVID-19 IMPACT:** Please sign in before competing, use the contact tracing poster or sign in sheets displayed at the venue. Competitors in event #2 should stay away until the participants of race #1 have left (approximately 11.30am). There will be **no spectators allowed**. If you are a parent, then please stay away from the start/finish area and the course. You should send your child to the start/finish area a few minutes before their race. Everyone is to leave immediately after their race.
- **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.
- **Warm up:** is on the grass field next to the Sports Centre Car park. Please be mindful about not congregating in a group when warming up
- **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.
- **Prizegiving:** There will be no Prizegiving this year. Medals will be posted to the respective clubs.

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	12.15pm	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 ANZ Road

champ's 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 road championships



P O Box 2136, Rotorua, 3040

THE 30th ANNUAL GENERAL MEETING

of

Lake City Athletic Club Incorporated

will be held on:

This 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

2020 Rotorua Marathon /Half Marathon cut off times

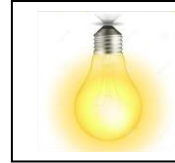
Below has been located on the Rotorua Marathon website. Please note the following – "Marathon Competitors need to be at the 23.5km mark (Ramada Resort) by 1.00pm, otherwise there will be a minivan for those that don't make the cut off and they will be taken to the finish line. Official event timing will 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.

Clubroom lights

It has been brought to the Executive’s attention that on many occasions a light or lights have been left on in the clubrooms. If you are the last to leave please ensure all lights are turned off and all doors securely locked – thank you.



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

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