



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

GUFF SHEET

29 August 2020

The past week

The 30th Annual General Meeting of the Lake City Athletic Club Inc was held last Wednesday evening. The attendance was the smallest for a number of years but the required quorum was met.

Sunday saw a number from the Club head to St Peters School, Cambridge, for the Athletics Waikato BOP road championships. Because of the Covid 19 restrictions the atmosphere at the event was very different from past events - No spectators: No prizegiving (medals being posted the respective clubs): Everyone leaving immediately after their race: The need to sign in before competing, using the contact tracing poster or sign in sheets displayed at the venue: Supporters, parents not allowed near the start/finish area and the course.

Club members results are below. Full results can be found by visiting AWBOP website.

Club activities

Annual General Meeting

The following made themselves available to be a Club executive member or officer of the Club and were elected.

Patron	Graeme Dennett
President	Rob Colledge
Vice President	Pam Kenny
Secretary	John Marten
Treasurer	John Marten
Club captain	Matt Parsonage
Executive members	Kelly Albrecht Adrian Lysaght Russell Clarke Sian Twiddy Shaun O'Donnell Will O'Connor

Events

This Saturday 29 August - Meet 1.45pm by the Blue Lake Ski Club clubrooms for 2.00pm start of the Minster Cup 10km (run) and 5km estimated time run/walk There is a shorter distance for younger grades.

What you need to do is to sign in with your estimated time for the distance you are running or walking prior to the 2.00pm start time. The course is one (1) lap of the Blue lap for the 5km, and two (2) laps for the 10km.

Trophies at state are: The Minster Cup for the 10km run is for a pre event financial club member who is closest to their estimated time: The Kerrison Trophies – one for a runner and one for a walker over the 5km distance who are closest to their estimated time and are a pre event financial club member. No watches to be worn.

If you can assist with marking the course, marshaling or recording please contact Matt on 021 0586 189.

Athletics New Zealand Cross-country, Dunedin. Event details on Athletics NZ Website. Please check this site out for updates on the event. Good luck to those club members attending.

Adults Track and Field - Monday 7 September a meeting is being called for those interested in forming a group to control the adults (15 years plus) forthcoming Wednesday evening track and field activities of the Club. The meeting is being held at the Club's Neil Hunt Park clubrooms at 7.30pm.

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 5 September - Club road championships. These will be held out at Waingaehe Park, Hannahs Bay with the first event commencing 1.30pm. Duty officers: The winter season sub-committee. Programme details are below.

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

Neil Hunt Park - Clubrooms Closed

**Covid 19 Coronavirus
Alert Level 2 Restrictions**

New cases of this Virus involving community transmission have been established resulting in the imposition of Government restrictions. We have moved back into Alert Level 2 conditions effective from midday 12 August 2020. The Clubrooms will therefore be closed whilst Level 2 conditions apply. Please do not attempt to use your PIN Code for access.
John Marten, Secretary, 029 3482949



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! There has been no advice that the above tracks are now open weekdays.

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.

Results

Athletics Waikato BOP Road Champs – St Peters School, Cambridge - 23 August 2020

Places listed are actual grade placings - ** denotes AWBOP medal winners

Under 14 Girls - 2.5km

Boh Ritchie	Hawks	8.49	1st
Sahara Katene		11.15	8th
Amber Lysaght		11.43	9th

Under 16 Woman – 4km

Lulu Johnson	Tauranga	14.42	1st
Anja Crombie		16.49	7th

Women Under 18 - 5km

Jemima Antoniazzi	Hawks	20.13	1st
Jessica Lamb	** silver	20.57	2nd

Masters Women – 5km

65-69

Kathy Howard	** gold	27.06	1st
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Senior Men -10km

Samuel Tanner	Tauranga	32.37	1st
Will O'Connor	** bronze	37.01	5th
Ephraim Sisay		40.52	9th

Masters men - 10km

35-39

Matt Parsonage	** gold	33.51	1st
Iain MacDonald	** silver	35.40	2nd

40-44

Sjors Corporaal	** gold	33.44	1st
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45-49

Dean Chiplin	Cambridge	34.55	1st
Adrian Lysaght	** silver	37.44	2nd

50-54

Glenn Sexton	Hawks	38.18	1st
Kerry Robinson	** silver	39.56	3rd
Alan Crombie		43.12	6th

Dave Cronshaw		40.55	
Bruce Edwards	** gold	41.03	1st

Senior Women – 10km

Alice Mason	Tauranga	36.01	1st
Sue Crowley	** bronze	38.13	5th
Megan Grant		43.34	7th
Noreen Crombie		48.03	8th

Club Road Championships programme

Saturday 5 September 2020

Waingaehe Park, Hannahs Bay, Rotorua

Please note not all events start at the finish line on Cooper Avenue

Order of events

Race 1

Run

1.30pm (Sharp)

Distance 2000 metres

Boys and girls – under 12

Boys and girls – under 14

Distance - 5000 metres

Under 18 - women and men

Under 20 - women

Masters women – (35 plus)

Walk

Distance – 5000 metres

Walk - All grades

Race 2

Run

2.00pm

Distance - 3000 metres

Under 16 – boys and girls

Race 3

Run

2.20pm

Distance 7300 metres

Men – under 20

Masters men - 65 plus

Distance 10,000 metres

Women – senior (20–34)

Men - senior (20-34)

Masters men - (35 to 64)

Notes

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Ages are as at 31/12/2020 except for Master grades, which is age on the day.

2. Members are only eligible to win championship places in their own grades, **and must be a paid-up financial member prior to the event** of the Lake City Athletic Club Inc. Visitors welcome.

3. There will be traffic on the course. We are in a residential area. All participants must take care. Run or walk within any cones on the course. Watch for vehicles backing out of driveways!

4. Please arrange for a family member to count your laps.

5. Marshalls for the course are required. This is part of the traffic management plan we have to implement. Also wanted are recorders etc at the finish line and people to set up the course etc. If you are not running or walking get involved by being a volunteer. Please contact Matt (021 0586 189) if you can assist.



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

For adults

Sarah Wiwarena 027 347 8115 and
Pam Kenny (when she is on site)

For children's singlets

Kelly Albrecht (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