



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

GUFF SHEET

5 September 2020

The past week

Locally on Saturday it was out to the Blue Lake for the Minster Cup (10km runners estimated time) and the 5km estimated time for the Kerrison Trophies - one for a runner and the other for a walker. After the initial downpour there was very little wind, although the temperature was slightly chilly. Welcome to the new faces and those not seen for some time. Thanks to Matt for marking the course and collecting the markers and those who assisted at the finish line. The trophy winners are:

Minster Cup – Matt Parsonage
Kerrison Trophy (run) – Sarah Lei
Kerrison Trophy (walk) – Jeanene Lysaght

The full results are below.

At the Athletics New Zealand cross-country championships renamed Athletics New Zealand cross-country Challenge because of Covid 19 restrictions, club member Hannah Gapes made it to Dunedin for the event held on the Chisholm Links golf course. For this she was rewarded with first place in the women under 18 5000 metres, winning this grade by almost 30 seconds ahead of the second placer. Well done Hannah – a reward for all the training you have put in.

Club activities

This Saturday 5 September – The Club road championships. These will be held out at Waingaehe Park, Hannahs Bay, with the first event commencing 1.30pm. Please note that most events do not start at the finish line on Cooper Avenue so you need to be there well before the listed start time. To get to the finish line on Cooper Avenue, head out along Te Ngae Road until Robinson Avenue is reached (McDonalds are on the corner) and then drive down Robinson until Cooper is reached. Programme details are below. Duty officers: The winter season sub-committee.

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.

Friday evening 11 September – The second Night 5km Forest Run. There is a shorter distance of 2-3km for children. Registration is at the Neil Hunt Park clubrooms prior to 6.00pm. Event start is 6.15pm. Bring a headlamp or torch and appropriate clothing for the weather. No entry fee payable. **Depending** on the Covid situation the social time after the event may not be held. Duty Officers: Winter season sub-committee. If running or walking to the start on the Long Mile Road/Tarawera corner, please use the crossing on Tarawera Road.

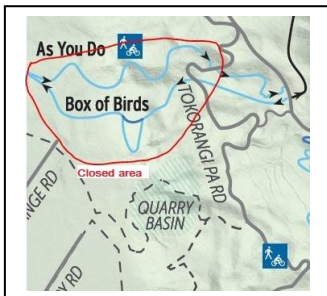
Saturday 19 September - No club event.

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, 029 348 2849



Whakarewarewa Forest

There is tree work and track building, plus a bridge progressing along the Tokorangi Face of the Forest. Work is still 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

Minster - Kerrison Cups 10km, 5km, 1.5km

Estimated time event

Blue Lake, Rotorua - 29 August 2020

1.5km run	Time
Ryan Lei	7.59
George McGregor	8.03

10km run	Time	Estimate	Difference
Matt Parsonage	38.55	38.30	+ 0.25
Adrian Lysaght	41.15	46.00	- 4.45
Chris Corney	46.05	48.10	- 2.08
Russel Clarke	46.30	49.00	- 3.30
Faith McGregor	55.19	62.00	- 6.41
Campbell Horn	56.49	58.00	- 1.11
Paul Woolaston	65.23	70.00	- 4.37
Peter Bloore	77.35	75.00	+ 2.20
Michael Ludbrook	84.02	90.00	- 5.58
Peter Vyver	87.02	76.00	+ 11.02

5km run	Time	Estimate	Difference
Jessica Lamb	24.45	26.30	- 1.45
Trevor Ogilvie	28.24	30.00	- 1.16
Lillian Muir	29.25	30.00	- 0.35
Sarah Lei	29.59	29.37	+ 0.22
Andrew Smith	30.51	32.00	- 1.09
James McGregor	32.34	40.00	- 7.26
Kathryn Murphy	32.53	40.00	- 7.07
Kathy Howard	33.57	27.47	+ 6.10
Ruby Arefin	36.48	40.00	- 3.12
Amber Lysaght	37.06	34.00	+ 3.06
Dee Horne	37.40	42.00	- 4.20
Rina Joy	37.41	40.00	- 2.19
Mady Lane	49.44	40.00	+ 9.44

5km walk	Time	Estimate	Difference
Jeanene Lysaght	53.49	49.50	+ 3.59
Rob Colledge	60.51	70.00	- 9.09
Deryck Shaw	67.30	81.00	-13.30



Road Championships

This 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) - Start on Lee Road

Distance 2000 metres

Boys and girls – under 12

Boys and girls – under 14

Distance - 5000 metres – Start on Lee Road

Under 18 - women and men

Under 20 - women

Masters women – (35 plus)

WALK

Distance – 5000 metres – Start on Lee Road

Walk - All grades

Race 2

RUN

2.00pm

Distance - 3000 metres - start by finish line on – Cooper Avenue

Under 16 – boys and girls

Race 3

RUN

2.20pm

Distance 7300 metres - Start on Lee Road

Men – under 20

Masters men - 65 plus

Distance 10,000 metres – Start on Lee Road

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.