



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

GUFF SHEET

12 September 2020

The past week

It was out to Hannahs Bay for the club road championships on Saturday. The sun shone with a slight breeze off the Lake. A big thanks is extended to Matt and those that helped him, for the course set up and dismantling. Also, thanks to those who recorded and marshalled. 38 took part and their results are below. A number of PB's were tuned in – well done all.

Apologies to Iain MacDonald whose results at the Athletics New Zealand cross-country championships renamed Athletics New Zealand cross-country Challenge were missed from last week's guff sheet. Iain came home second in his master's men (35-39 8000 metres) in 29.40. Congratulations Iain.

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. As we have moved back into Alert Level 2 condition the Clubrooms will be closed whilst Level 2 conditions apply.

Please do not attempt to use your PIN Code for access. Recently there has been three call outs to the security firm who monitor the alarm system (\$65.00 each time) over the closed period because the PIN code pad has been tampered with. This may not necessarily have been done by club members. John Marten, Secretary, 029 348 2849

Rotorua Marathon and associated events

At the time of going to "press" the marathon and associated events are being held on Saturday 26 September. Time has come for club members to indicate their availability to help with some of the various tasks on Friday afternoon/evening (25 September) and Saturday during the events. Below is a summary of where assistance is required. Please study it and either call 07 348 8448 or email thekennys.nz@gmail.com to advise where you can assist and which timeframe. By volunteering, even if you are walking or running on the day is a great way to be involved in the atmosphere of the activities.

Friday 25 September

Duties at the Energy Events Centre – Govt Gardens	2.00pm to 5.30pm	5.15pm to 9.30am
	Forgotten E Ticked Scan bib number Merchandise sales	Forgotten E Ticked Scan bib number Merchandise sales
	This shift has been filled	6 people required

Saturday 26 September (Event day)

Duties (on the course)	6.00pm to 12 noon Marshalling at Archway 4 to 6 required	11.45am to 5.00pm Marshalling at Archway 4 to 6 required
Duties at Energy Events Centre/ Finish line- Govt Gardens	6.00am to 9.00am Forgotten E ticket Scan bib numbers Merchandise sales 3 required 6.00am to 9.00am Front desk at Energy Events Centre 2 required	
Duties (on the course)	8.00am to 1.00pm Marathon Tail end Charlie to Marama Point – 23km approx. This shift has been filled	1.00pm to 5.00pm Marathon Tail end Charlie from Marama Point to finish line - 20km approx. 1 person required. Person will be bused to Marama Point
On the day – Half Marathon	9.00am – rest of the day Finish line duties 4 required There is likely to be some “jobs” to be done for the “half” etc.	Details unknown at the moment

Club activities

This Friday evening 11 September – The second Night 5km Forest Run/walk. There is a shorter distance of 2-3km for children. Please note that registration is now at the corner of Tarawera and Long Mile Roads prior to 6.00pm. Event start is 6.15pm. Bring a headlamp or torch and appropriate clothing for the weather. No entry fee payable. The social time after the event is unlikely to be held because of the Covid 19 restrictions. Duty officers: Winter season sub-committee.

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 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. A decision on the days event is being made on 17 September. Check out the Rotorua Marathon website for up to date details

Saturday 3 October – Athletics New Zealand road relay championships- Fielding. Club teams are in the process of being selected

Saturday 10 October -The Forest 10km Handicap run or walk, including the Steph McHale Cup for females. This is a virtual event to be done between 8 –18 October. Start point is at the Pram Track off Long Mile Road with finish at bus shelter on Tarawera Road. Shorter distance event for younger grades and those not wishing to tackle the longer distance will be held. More details nearer the event.

Saturday 24 October - Winter Season's prize giving and social function. Details to be advised

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

**Club Road championships – Waingaehe Park, Hannahs Bay, Rotorua
5 September 2020**

Membership status to be confirmed to establish respective age group placers

Name	Age grade	Time
2000 metres - Run		
Liam McGregor	Boy 5	20.15

George McGregor	Boy 8	20.02
Bruce McGregor	Boy 10	8.47
Elliott Castle	Boy 11	8.41
Arwen Barker	Girl 11	9.11
Claire Randell	Girl 10	9.26
5000 metres - Run		
Jessica Lamb	Woman 18	21.02
Gisele Howard	Woman 18	22.38
Sian Twiddy	Women 40	22.43
Siobhan Griffiths	Women 45	21.30
Kerryn Barker	Women 45	23.53
Sarah Lei	Women 45	24.35
Dee Horne (6km)	Women 55	31.22
Kathy Howard	Woman 65	26.53
3000 metres - Run		
Anja Crombie	Girl under 16	11.52
Bella Wyatt	Girl under 16	12.03
Lillian Muir	Girl under 16	13.14
7.300 metres - Run		
Phil Gulbransen	Men 65	36.39
Trevor Ogilvie	Men 70	34.12
Campbell Horn	Men 70	38.05
Peter Bloore	Men 70	47.45
Peter Vyver	Men 75	55.00
10000 metres - Run		
Will O'Connor	Senior Men	34.00
Ephraim Sisay	Senior Men	36.53
Ruby Avefin	Senior Men	53.08
Morgan Ball	Senior Women	40.53
Megan Clarke	Senior Women	56.03
Amy Bray	Senior Women	63.33
Matt Parsonage	Men 35	33.46
Alan Ferguson	Men 35	38.05
Iain MacDonald	Men 35	40.54
Russell Clarke	Men 35	43.35
Andy Twiddy	Men 40	39.20
Adrian Lysaght	Men 45	37.06

Tony Broadhead	Men 50	39.13
Bruce Edwards	Men 55	40.17
Mike Bray	Men 60	43.19
Graeme Pearson	Men 60	45.16