



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

### 19 September 2020

### The past week

The final event of the night run/walk series was held last Friday evening. The numbers attending were down on the previous event but those that took part enjoyed a night time jaunt around the tracks of the Redwood Grove. Matt, again, was the course marker and was assisted with the collection of markers by those that took part. Thanks Matt and your helpers and those that timed, recorded etc on a rather chilly evening. Results are below.

At Hastings on the weekend, Para athlete, Lisa Adams, bettered her own world record (F37) when she threw the shot put 15.50 to eclipse the record she set (15.37) at Christchurch earlier this year. Well done Lisa!

### 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

The marathon and associated events are being held on Saturday 26 September. This means 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](mailto: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	<b>2.00pm to 5.30pm</b> Forgotten E Ticked Scan bib number Merchandise sales  <div style="background-color: yellow; text-align: center; padding: 2px;">This shift has been filled</div>	<b>5.15pm to 9.30am</b> Forgotten E Ticked Scan bib number Merchandise sales  <div style="background-color: yellow; text-align: center; padding: 2px;">This shift has been filled</div>
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#### Saturday 26 September (Event day)

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

## Club activities

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

**This 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. This event is going ahead. 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. More details nearer the event.

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

**Juniors summer athletics** – at Field 2 of the Rotorua Stadium, Devon Street West



**LAKE CITY**  
*Athletic Club* INC

### **Athletics - Monday Clubnights**

Running, jumping and throwing for ages 2-14 year olds.  
This is fun, entry-level based training for everyone,  
and includes lots of practical co-ordination skills.

We have a few different age group sessions:  
(Which are based on the age they will be on 31st December 2020)

**Pēpi/Tiny Tots: ages 2-4**  
4.45pm-5.30pm

**Tēina/Juniors: ages 5-9**  
4.45pm-5.45pm

**Rangatahi/Youth: ages 10-14+**  
6pm-7.15pm

Summer athletics runs through term 4 and term 1  
and the following fees are the total cost for registering  
ages 2-6 year olds - \$25  
ages 7-14 year olds - \$57

Registrations are ONLINE ONLY through the membership portal at  
[www.lakecity.co.nz](http://www.lakecity.co.nz)

All registrations must be done by Friday 9th October,  
prior to the start date of 12th October

Please join the Lake City Children's Athletics Facebook page  
for updates, information and communication

Feel free to email [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com)  
If your child is wanting to compete, they will require a club singlet which is \$35

## 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 club's 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.

## Neil Hunt Park clubroom access

There are a number of people that have access to the above clubrooms that are no longer financial with the Club. Those that fall into this category will have their access number removed in the forthcoming days.

### Results

**Night run/walk 11 September 2020**

**Redwoods Grove, Rotorua**

**5km**

Matt Parsonage	20.30
Hannah Gapes	23.13
Russell Clarke	24.21
Jess Lamb	26.15
Daniel Gapes	29.28
Megan Clarke	32.58
Graeme Pearson	38.53
Dee Horne (walk)	66.20
Ruby Arefin (walk)	66.32