



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
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Clubrooms: Neil Hunt Park,  
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ROTORUA  
07 345 9362

## **GUFF SHEET**

### **24 October 2020**

### **The past week**

A relaxing week for most with only the virtual 10km Forest event on the programme for distance members.

A number from the children's section headed to Tauranga on Sunday for the Athletics New Zealand Community Road Show thus learning about the intricacies of throwing, jumping, sprinting etc. Described by an attendee as a great day, which no doubt will benefit all attending.

Even though it was rather damp on Monday evening the weekly children's section went ahead.

### **Club Social committee brainstorming get together**

If you have enthusiasm, experience or ideas around what social events you would like to see Lake City provide here is your chance to put them forward. Come and share your ideas in a very informal way. Would love to see a range of members and get things rolling for what is left of the 2020 year and look towards 2021 and beyond.

- When – This Wednesday 21 October
- Time – 7.00pm
- Venue – Lake City Club Rooms, Neil Hunt Park

### **Club activities**

#### **Juniors (children) weekly summer athletics**

**Monday evenings** - at Field 2 of the Rotorua Stadium, Devon Street West. There are important details on the Children's section facebook page regarding this section. Registration for this section have already closed because of being oversubscribed. Below is the parking map for events. Follow the red arrows and park in the car park area, and then walk across the playing field to open gate and the athletics track. Contact [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com) or as mentioned above their facebook page if further information is required.

#### **Thursday evenings - Development/Coaching sessions:**

**4.30-5.30pm:** "jump into it" with Mariah (high jump and Long Jump)

**5pm-6pm:** "throw it about" with Dave (Shotput and Discus)

**6pm:** "Run it out" with Will (Run Session)

**Where:** at the same venue as the Monday evening sessions

Any member, 7 years and older, are welcome to attend these sessions at the track



A big thanks to Phil Haines from



who is sponsoring the children's  
athletics Player of the Day  
certificates for third year in a row!  
17 x free kids pita's going out each  
week

### Children's Ribbon days

The first ribbon day for this summer is at Whakatane – Rex Morpeth Park - Saturday 7 November

### Other Sunday / Mid-week activities

#### *Distance Runners*

On Sunday mornings, running groups (7.00am – some later) leave from the Neil Hunt Park clubrooms. Midweek informal running groups leave the clubrooms between 5.00pm and 5.30pm on Tuesdays and Thursdays.

**Note:** As not all runs 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 at the Neil Hunt Park clubrooms *Thursday*; 8.00am by Planet Bike, Waipa Mill Bypass Road. 5.30pm at the Neil Hunt Park clubrooms.

#### *The Club's final winter event*

See below for details of the prizegiving and social function this Saturday evening. Check out when you have to RSVP your attendance by.

#### *Trout Fly summer series*

Below are listed the dates of the forthcoming Trout Fly simmer series.



The Club's winter season's prize giving and social is being held

**This Saturday 24 October 2020**

At the Neil Hunt Park clubrooms

**4pm to 5pm** - mix and mingle social time  
(Bar will be open)

**5pm to 6pm** - BBQ

**Entry fee:** Each family to bring a salad

The Club is providing the meat for the BBQ

RSVP no later Thursday 22 October

By contacting **Sian** – at [sianbremner@hotmail.com](mailto:sianbremner@hotmail.com),

respond to the Facebook event  
or leave names on list at the clubrooms

**Booking is essential**



### **Senior track and Field**

These Wednesday evening sessions for those 15 plus will be commencing early November. The season's programme is currently being formatted. Those aged 10-14 are welcome to attend, but cannot not take part in senior sections championship programme when it commences in the New Year.

## **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.

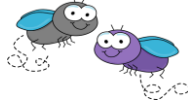
Registrations can only be accepted "online" through the Club Registration Website Portal. To access this Portal please visit the club's website – [www.lakecity.co.nz](http://www.lakecity.co.nz) and click on the link – **Lake City Registration**.

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.



**This summer's Trout Fly series**



**For the whole family**  
Walker's Joggers and Runners

Casual "drop-in" event every 2nd Thursday  
**starting – 5 November**

Registration at the Club's Neil Hunt Park clubrooms 5:45pm

Event starts 6:15pm on the dot

- Costs: \$5 for adults, \$3 for children – you don't need to be a club member to take part
  - Your choice of 3km or 5km run, jog or walk (or both)
  - Course winds through the picturesque Sulphur Flats area
- Includes a free refreshment, juice/soft drink for kids plus BBQ sausages afterwards
- Great family event [young children must be accompanied though]
- Good starting point towards January's 10km, ½ or Marathon Clinics
- Find new motivation with us – Stop trudging the footpath by yourself. Come and join in!
- **FREE CLUB MEMBERSHIP\*** if you complete 8 out of 10 events.  
Eligibility – only if you have **never** been a Lake City Athletic Club member

Dates

**2020**

5th and 19th November

3rd and 17th December

**2021**

7th and 21st January

4th and 18th February

4th and 18th March

## **Athletics Waikato BOP Officials Training Day**

**Saturday 31 October, Sport Bay of Plenty, Tauranga.**

Athletics NZ's Officials Development Officer, Trevor Spittle, has offered to do some officials training for Athletics WBOP in the lead up to the NZ Secondary Schools T&F Championships in Tauranga in December. He has made himself available for a full day's session on Saturday 31st October, at the Sport BOP offices in Tauranga.

He will cover the general rules, track, throws and jumps, with the presentation starting at 9.30 sharp. Finish time is likely to be 5pm. The C grade written assessments will be available for attendees to take home to complete, as the day will be too long to complete them at that time. This training session is aimed at those wishing to gain the beginners C gradings for track, jumps and throws, not for those progressing to B or A grade.

Trevor is New Zealand's most experienced international official, and has a wealth of knowledge gained from his many trips to big competitions. Like most of us, he started helping out when his children started with athletics and he has a good understanding of how to help the new officials get started. This is a great opportunity to learn from one of the best.

The cost to attend is \$15-00. Clubs are encouraged to cover this cost for their members.

If you are interested in attending please notify Steve Rees-Jones at Athletics Waikato by Monday 19th October by email to [administrator@athleticswbop.org.nz](mailto:administrator@athleticswbop.org.nz) including your name, club and contact details.

More details will be forwarded to those interested in attending.

**AWBOP** – summer season handbooks now available. Please see below to down load the respective copies.

The summer senior handbook is now available

online: <https://athleticswaikatobayofplenty.org.nz/wp-content/uploads/2020/09/Summer-handbook-2020-2021-V1.pdf>

Please note some important changes. Some WBOP Champs events have been moved from the main championships. The steeplechase will be held on 23<sup>rd</sup> January, the 5000m on 30<sup>th</sup> January and the walks at the Putaruru Bell on 31<sup>st</sup> October. Also note that entry to Open Meetings will now be online only with no entries on the day. Entries to close the Thursday prior to the event.

The Children's Summer handbook is now available

online: <https://athleticswaikatobayofplenty.org.nz/wp-content/uploads/2020/09/2020-21-Childrens-HandbookV1.pdf>

## **Sam Johnson Throws Meet**

**Sunday 8th November at Porritt Stadium, Hamilton.**

Competition fee \$5. All throwers of all ages and stages are welcome.

Programme:

10am OPEN Javelin

11am OPEN Women's Shot Put + OPEN Men's Discus

12 OPEN Women's Discus + OPEN Men's Hammer

1pm OPEN Women's Hammer + OPEN Men's Shot Put

Note that start times may slightly differ depending on entry numbers so please be early to get the warm up you may need.

## **Official training day**

There is an upcoming, jumps and throws officials training course at Cambridge on Sunday 22 November, starting at 9am. Cost \$15 per head. Contact Heather O'Hagan at [heathersohagan@gmail.com](mailto:heathersohagan@gmail.com) by deadline Friday 13 November if you are interested in attending.

## Putaruru Bell Meeting Porritt Stadium

31 October - 2.00pm to 5.30pm at Porritt Stadium, Hamilton

Team entries by clubs directly to [mhyre.oman@gmail.com](mailto:mhyre.oman@gmail.com), individual online entries will open shortly

### Putaruru Bell Team Competition Rules

Teams Up to 7 in a team. A Club may enter more than one team, but each team must have a name. Eligibility Team members must all be Registered and with the same Club. Team members may be any age/gender. Each competitor must compete in the same grade throughout the day. Events Each competitor may compete in a maximum of 4 events for their team. Individuals may compete on the day but are restricted to 4 events also. Points will be allocated in every event for each age group (U18, U20, Senior, Masters) for both Men and Women. 1st = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1pt.

Team entries to be in by midday Friday before competition i.e. Friday 8th November.

Entries to be sent to Mhyre Oman at [mhyre.oman@gmail.com](mailto:mhyre.oman@gmail.com)

THE WINNER WILL BE THE TEAM WITH THE HIGHEST POINTS

Track	Field
2.00 80/100/110m Hurdles	2.00 Shot/Triple Jump
2.20 800m	3.00 Discus/High Jump
2.50 100m	4.00 Javelin/Long Jump
3.15 3000m	4.30 Hammer
3.45 400m	
4.00 2000m Walk/3000m Walk (incl. WBOP Champs – 2000m U16, 3000m other grades)	
4.30 200m	
5.00 1500m	

## Athletics New Zealand road championships

**Saturday 7 November 2020 - Bruce Pulman Park, Papakura**

For entry details etc head to the Athletic NZ website and click on “News” and the scroll down the events until NZ Road Race champs is reached. Note entries close 1 November at 11.59pm and that no late entries will be accepted.

## Long Mile Road closure

We have been advised by the Council that Thursday the 22 October Midday to 9pm the end of Long Mile Road will be closed for a filming project. Walkers will be able to use the Redwoods Memorial track to access the forest. Bikers will need to wait for a lull in filming and will be let through. Probably best to access the forest at another point during this time. The closed section is from the bus/horse park through to the Scion/Nursery Road gate. Security staff and signage will be in place to manage this.

Also, the rāhui is still place around the Tank 2 Town track. Please promote not using this area if you are putting out any public messages.

