



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

### 31 October 2020

### The past week

The formal activities of the Club's winter programme wound up on Saturday evening with a social function and prize giving. There are a number of certificates not presented and they will be at the Neil Hunt Park Club rooms for collection in due course.

The "Social" brainstorming session held last Wednesday evening had a good attendance with a number of activities being suggested and some of them in the planning stage.

Although last Monday was Labour Monday the children's section held their weekly club night at the Stadium's Field 2.

Many club members are taking advantage of the weekly Saturday morning Park Runs. Some excellent results being turned in by members.

### Club activities

#### Juniors (children) weekly summer athletics

**Monday evenings** - at Field 2 of the Rotorua Stadium, Devon Street West. 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 keep in touch via their facebook page.

#### 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



## Ribbon days

The first ribbon day for this summer is at Whakatane – Rex Morpeth Park – 10.00am, Saturday 7 November.

A big thanks to Phil Haines  
from



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

## Other Club Mid-week / Sunday 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.

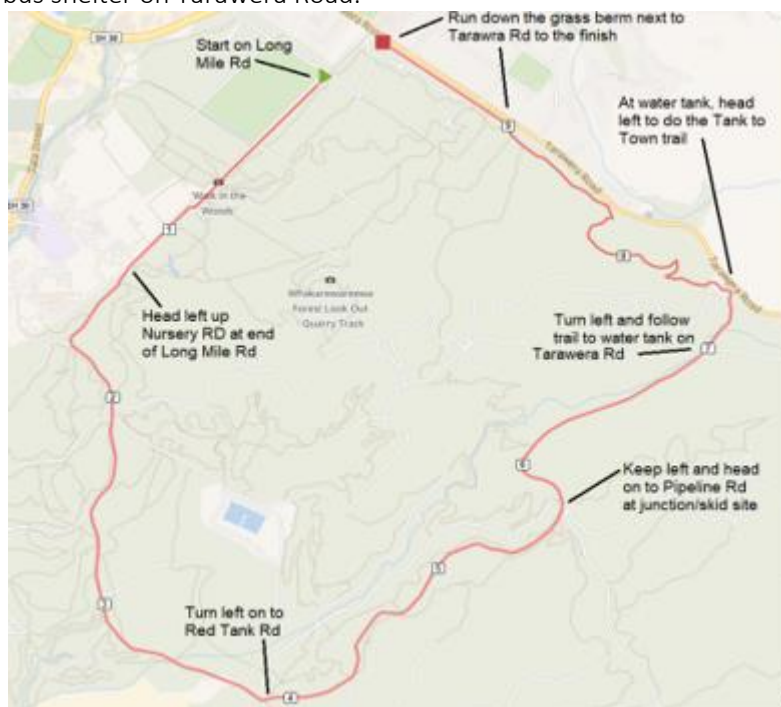
**Note:** As not all runs leave from the Neil Hunt Park clubrooms your pack leader(s) will advise your meeting point.

### *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*

Because of the track closure on part of the course being used for the virtual Forest 10km event, the cut-off date has been extended out for a week or so. Once you have completed the course please email your time to Matt at [matt1980@hotmail.com](mailto:matt1980@hotmail.com) Also advise him if you ran or walked the course. The event start is at the Pram Track on Long Mile Road and the finish at the bus shelter on Tarawera Road.



### **Senior track and Field**

These Wednesday evening sessions for those 15 plus will be commencing 4 November. Meeting time is 6.00pm with the first event kicking off at 6.15pm sharp. Parking is off Devon Street West, towards the Pukehangi Road end. Head thru the Stadium's Papawaka gate and then park in behind the Stadium's main grandstand and walk up the hill to Field 2. 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.

### **Trout Fly summer series**

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



**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

<b>2020</b> 5th and 19th November 3rd and 17th December	<b>2021</b> 7th and 21st January 4th and 18th February 4th and 18th March
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# Athletics Waikato BOP

Summer season handbooks now available. Please see below to download 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>

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## Putaruru Bell Meeting Porritt Stadium

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This Saturday - 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.

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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

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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	

### **Sam Johnson Throws Meet**

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

Competition fee \$5. 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.

### **Athletics Waikato BOP Officials 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.

## **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.

## **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.