



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

21 November 2020

### The past week

65 from the Children's section of the Club headed to Porritt Stadium, Hamilton, on Saturday for the Fairfield club's ribbon day. The word is that a huge stack of ribbons came back to Rotorua. Well done to all. This side of the Club is really humming.

This Monday evening just past, saw a huge turnout of youngsters at the Stadium's Field 2 when they held their weekly athletic session. For once the weather treated them kindly. Their Thursday evening training/coaching sessions are also being well attended.

Last Wednesday evening saw Senior Track and Field being held with a number of the regulars in attendance. Their results are below.

### Club activities

#### Juniors (children) weekly summer athletics

**Monday evenings** – from 4.45pm at Field 2 of the Rotorua Stadium, Devon Street West the above section of the Club is in action. 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 next Ribbon Day is this Saturday 21 November at Te Awamutu and then on the on Saturday 28 November the Club's "Day" at the Stadium's Field 2. If you can assist Kelly and her committee in some way on the 28<sup>th</sup> please contact Kelly on 027 882 6484

## Colgate Games

Details of these Games are now out – both North and South Island fixtures. If looking at taking your youngsters to these Games please catch up with Kelly as she has details on entry requirements etc. Also refer to the club's children's sections Facebook page.

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.

### *Senior track and Field*

These Wednesday evening sessions for those 15 plus are underway. Meeting time is 6.00pm with the first event kicking off at 6.15pm sharp. Events on offer **this Wednesday 18 November are:**

60 metres – Discus

200 metres - 1500 metres run or walk

The following Wednesday 25 November on the programme are:

100 metres – Javelin

200 metres – 1 mile run nor walk

Parking is off Devon Street West, towards the Pukehangi Road end. Head thru the Stadium's Kakariki Gate and then park in behind the Stadium's main grandstand's fence line 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.

Results from last Wednesday are below.

For the seasons full programme visit the club's website – [www.lakecity.co.nz](http://www.lakecity.co.nz)

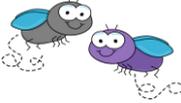


### Trout Fly summer series

Below are listed the dates and details of the forthcoming Trout Fly summer series.  
The next event is this Thursday 19 November.



**This summer's Trout Fly series**



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

Casual "drop-in" event every 2nd Thursday

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

2020	2021
19th November	7th and 21st January
3rd and 17th December	4th and 18th February
	4th and 18th March

## Lake City Breakfast

**Saturday, December 5, 2020 at 9:30am**  
Neil Hunt Park Clubrooms

Lake City are hosting a post- Parkrun breakfast. Come join us for food (bacon, eggs, hash browns, sausages), coffee and chats. All are welcome. Cost is \$5 for the food **but free for Lake City Club members**. We are hoping to have a coffee cart there - otherwise pick up a coffee on the way from parkrun to the breakfast! For catering purposes, please respond via the Facebook page or email Sian at [sianbremner@hotmail.com](mailto:sianbremner@hotmail.com)



## Athletics Waikato BOP

If wishing to view the summer senior and children's handbooks visit Athletics Waikato BOP website [www.athleticswaikatobayofplenty.org.nz](http://www.athleticswaikatobayofplenty.org.nz) Those attending senior meets please note the following that some AWBOP Champs events have been moved from the main championships programme. The steeplechase will be held on 23 January, the 5000m on 30 January.

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 next Open Meet is this Saturday 21 November – 3.00pm to 5.30pm – at Porritt Stadium, Hamilton.

The programme is:

**Track** - 3.00pm - 300/400m Hurdles: 3.30pm - 1500m: 3.45pm - 60m: 4.00pm - 200m: 4.20pm - 2000m Steeplechase 762mm (SW, MW, U20W, U18W, U16 M/W, MM60 plus): 4.35pm - 2000m Steeplechase 838mm (U18M): 4.50pm - 2000m Steeplechase 914mm (SM, U20M, MM35-59: 5.10pm - 400m

**Field** - 3.00pm - Long Jump/Discus: 4.00pm - High Jump/Hammer

### **This Sunday 22 November**

#### **Toi's Challenge – Whakatane**

Visit Whakatane Athletic and Harrier Club's website for event details. **Note** entries online close 9pm Thursday 19 November 2020. Late entries will be taken at registration - Saturday 21 November between 4pm and 6pm and Sunday 22 between 6.30am and 7.30am, at Clubrooms next to start/finish area. Please note this is a "Cup free" event so, you will need to take you own water supply with you out on the course.

#### **Rotorua Running Festival**

This is also the day of the Running Festival here in Rotorua. Event details etc can be found by visiting [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz)

## **Lake City Athletic Club**

### **Is set to undertake a new strategic planning project**

Over the next few months, we will be creating a strategic plan to ensure the club is better positioned to meet the challenges of an ever-changing world.

We want to hear from members and the community to find out what we can do to make our club better.

There is an opportunity NOW to put forward your thoughts and ideas on the future of the club at these upcoming events:

- Trout Fly, Thursday 19 November – post event at Neil Hunt Park clubrooms
- Children's Athletics, Monday 23 November – Rotorua International Stadium No 2
- Open invitation strategic planning session facilitated by Sport Bay of Plenty, Tuesday 24 November – Lake City Athletic Clubrooms, Neil Hunt Park- 7pm-9pm. We hope to have the bar open for this.

If you can't make any of these, you can still contribute through an online survey. Click here to complete this short questionnaire.

<https://forms.gle/nrVQQbq7DF5BBDvw9>

**The Lake City Athletic Club has some exciting times ahead!**

# Results

Senior Track and Field - 11 November 2020

Field 2 – Rotorua Stadium

<b><u>100 metres</u></b>		
Russell Clarke	M35	14.9
Sam Rossiter	M20	15.2
Elliot Castle	B11	17.4
Chole Vedder	G15	14.1
Lillian Muir	G15	14.6
<b><u>400 metres</u></b>		
Russell Clarke	M35	68.0
Gisele Howard	G16	68.7
Lillian Muir	G15	60.2
Elliot Castle	B11	85.5
<b><u>1 Mile</u></b>		
Russell Clarke	M35	6.07.2
Adrian Lysaght	M45	7.04.7
Elliot Castle	B11	7.17.1
Lillian Muir	G15	8.45.0
Gisele Howard	G16	9.29.1
Chole Vedder	G15	9.29.4
<b><u>Shot Put - different weights thrown</u></b>		
Russell Clarke	M35	6.34
Sam Rossiter	M20	6.56
Elliot Castle	B11	5.72
Adrian Lysaght	M45	4.82
Lillian Muir	G15	6.45
Chole Vedder	G15	6.43
Gisele Howard	G16	7.46
Kelly Albrecht	W35	7.48

## 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.



## Club Uniforms

If you wish to purchase an item from the Club's wardrobe (singlet, tee shirt, hoodie, track suit etc) please contact one of the following to arrange a time to make the purchase

For adults

Sarah Wiwarena 027 347 8115 - Pam Kenny (when she is on site)

Matt Parsonage - 021 0586 189

For children's singlets

Kelly Albrecht (027 882 6484)

Payment to be made at the time of purchase. Please bring the correct change or proof that you have made the payment

### Costs

<b>Adults running singlet</b>	\$35.00
<b>Adults short sleeve walker's tee</b>	\$35.00
<b>Junior (children) singlets</b>	
Size 2 to 12	\$30.00
Size 14 plus	\$35.00
<b>Supporting clothing</b>	
Zip hoodie	\$55.00
Track suit	\$90.00
Beanie	\$18.00
Youth pullover hoodie	\$15.00