



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

GUFF SHEET

5 December 2020

The past week

At Field 2 of the Stadium on Saturday was the Club hosted Ribbon Day. This was well attended by club athletes and athletes from across the Waikato BOP region. Go to the children's facebook page and to view the photos.

A big thank you to Kelly and her team of helpers for putting on the event - on the day, pre and post event. Reports have been complementary for the event organisation and the facilities. Well done all!

Due to the weather conditions on Monday the children's evening athletics were cancelled. The Seniors last Wednesday evening also took a rain check, likewise the Thursday evening training sessions.

It was off to Hamilton's Porritt Stadium on Saturday for a small number of club athletes. 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 or keep in touch via their facebook page.



Relay Championships / Ribbon Day

A large number of teams across the club's children ages are attending the Athletics Waikato BOP children's relay championships at Porritt Stadium, Hamilton this coming Saturday. Enjoy the day.

The final 2020 ribbon day is on Saturday 19 December at the all-weather track of Tauranga Domain.

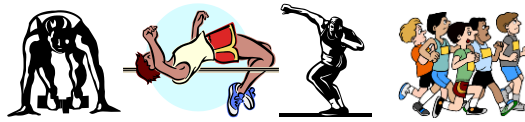
A big thanks to Phil Haines
from



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

Wednesday evenings - Senior Track and Field - Field 2 - the Stadium, Devon Street West



Meeting time is 6.00pm with the first event kicking off at 6.15pm sharp. **This Wednesday 2 December** is the Pentathlon evening.

What is this about? It's where 5 events are contested – 100m, Long jump, Shotput, Discus and 1 mile. Points are awarded for each performance (best performance in field events) and these are then age scaled to get age placings. You don't have to take part in all events, but naturally the more you contest the bigger chance of becoming the overall winner. Come and take part in only one event if you wish! All welcome. It's a great evening with plenty of banter and rivalry.

The following Wednesday (9 December) on the programme is 60 metres, Long jump, 800 and 3000 metres run or walk.

The Wednesday evening 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.

For the seasons full programme visit the club's website – www.lakecity.co.nz

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

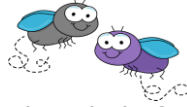
Sunday mornings meeting times and venue vary so please keep in touch with your pack leader. Mid-week there is two meeting times: *Tuesdays*; 8.00am at Neil Hunt Park clubrooms, 5.30pm at the Neil Hunt Park clubrooms. *Thursday*; 8.00am by Planet Bike, Waipa Mill Bypass Road, 5.30pm at the Neil Hunt Park clubrooms.

Trout Fly summer series

Below are listed the dates and details of the forthcoming Trout Fly summer series. The next event is this Thursday 3 December.



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

3rd December
17th December

2021

7th and 21st January
4th and 18th February
4th and 18th March

Lake City Breakfast

This Saturday, December 5, 2020 - 9:30am

At the 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



Athletics Waikato BOP activities

To view the summer senior and children's handbooks visit Athletics Waikato BOP website 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.

There are no more opening meetings scheduled for 2020. Also note that entry to Open Meetings is now be online only with no entries on the day. Entries to close the Thursday prior to the event.

Forthcoming events are:

- This Sunday (6 December) there is a Masters track and field meeting, 12 noon at Tauranga Domain.
- 1 January the Tauranga Twilight track and field meeting which includes the Athletics Waikato BOP 3000 metres track champs. There are events for children.
- Boxing Day (26 December) is the annual King and Queen Mountain race - up and down Mt Maunganui.

Details of programmes and how to enter can be found by visiting www.athleticswaikatobayofplenty.org.nz website.

From 11 to 13 December the New Zealand Secondary School track and field champs are being held at Tauranga Domain. If you have 2/3 hours (or more) to spare pop over and see some great competition.

Results

Open Track and Field meeting Porritt Stadium, Hamilton - 28 November 2020

400 metres

Olivia Hala	Tauranga	1st	62.45
Gisele Howard		4th	65.69

High Jump

Josie Taylor	Hamilton	1st	1.75
Chole Vedder		5th	1.55

Triple jump

Gisele Howard		1st	10.21
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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 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.