



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
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Clubrooms: Neil Hunt Park,  
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ROTORUA  
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## GUFF SHEET

13 March 2021

### Covid 19

It is respectfully suggested, that you scan the QR “poster” each time you are at the clubrooms, whether inside or outside the building. We are back to Level 1, but care still needs to be taken.

### Donation to the First Response unit

As you may be aware the First Response Unit based in Whakarewarewa Forest has lost its funding from ACC. As a Club we acknowledge the importance of the Unit to our community. Therefore, on behalf of our members, a donation from the Club has been made to support this invaluable service.



### The past week

An extremely quiet past week of club happenings namely because of the Covid Level 2 lockdown and the weather. The Thursday evening Trout Fly was put off until this coming Thursday: the impromptu Wednesday adults track and field meet was cancelled. Weather wise the only brave ones were the distance runners and walkers.

Sunday morning dietitian Cati Pearson spoke to participants involved with the Wellness Clinic on nutrition. This being well received.

At last, the children’s championship programme has got underway at Field 2 of the Rotorua Stadium, Devon Street West, this on Monday evening.

### Park run – this Saturday 13 March

8.30am – 10.30am - Lake City are hosting another post-parkrun breakfast. Come join us for food (bacon, eggs, hash browns, sausages muffins), coffee and chats. All are welcome.

Cost is \$5 for non-members and **free** for Lake City Club members. We will also have a coffee cart there for you to grab your favourite brew. Showering facilities are available for everyone to use if you wish.

For catering purposes, please respond if you are coming. By emailing [sinbremner@hotmail.com](mailto:sinbremner@hotmail.com) or respond to the Facebook event post.

## Club activities

### Juniors (children) weekly summer athletics

It is vital that Mums and Dads keep in touch via [lakecitychildrensathletics@gmail.com](mailto:lakecitychildrensathletics@gmail.com) or the children's facebook page for details of future activities.

### AWBOP championships

The Athletics Waikato Bop championships are at the Tauranga Domain on 13 March. Entries have closed and there is no late entry. 66 from the club have entered these championships.

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*



This Wednesday's programme is below.

#### 10 March

6.15pm: Pentathlon event – run, jump, throw and score points

The following Wednesday:

#### 17 March

- 10,000 metres championship - run or walk
- 5.30pm: Start for walkers and runners likely to take over 60 minutes to complete the event.
- 6.00pm: Start for runners likely to complete the event under 60 minutes.

Please supply your own lap recorder. It is important that you have someone to count your laps.

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. It takes a few minutes to walk up so allow a little extra Time.

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#### *Distance Runners (for the Kia Tu, Kia Ora Running/Walking Clinic see below)*

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 Kia Tu, Kia Ora Marathon Running/Walking Clinic***

Meet times are – Tuesdays and Thursdays just prior 5.45pm at the Neil Hunt Park clubrooms. Sunday mornings just prior to 7.30am at the clubrooms. As time rolls on not all groups (packs) will meet at the clubrooms. Some of the activities are now leaving from the Waipa Mountain Bike carpark so keep in touch with your pack leader re meeting places.

Any queries can be directed to Paul Wollaston the 2021 Clinic convenor. [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com) or Ph 021 299 8488.

### ***Forthcoming distance events in Rotorua***

*Copthorne Rotorua off Road half Marathon and associated events.* This club owned event has been postponed to Sunday 28 March. **The late entry cut off has been extended out to 17 March.**

As a number of those that volunteered to assist last Sunday are now unavailable the call is being made for others to fill the gaps – some 7 to 8 required. Please contact Pam at – [thekennys.nz@gmail.com](mailto:thekennys.nz@gmail.com) or 07 348 8448 if you can assist. It is vital that all positions requiring volunteers are filled so let's have your name on the list. Don't leave it to others to put their hand up, put yours up! Thank you.

*Rotorua Marathon and associated events.* These events are being held on Saturday 8 May. By visiting [www.rotoruarunners.co.nz](http://www.rotoruarunners.co.nz) event details

### ***Trout Fly summer series***

With last Thursday's event being cancelled this Thursday (11 March) is the next one in the series. There are two more events scheduled for the 18 and 25 March. Keep in touch with updates on this event via Facebook etc.

## **Athletics New Zealand track and field championships - rescheduled**

Athletics New Zealand is pleased to confirm a modified version of the Jennian Homes New Zealand Track and Field Championships will take place over two days in Hawke's Bay on Friday 26 and Saturday 27 March. This will feature senior and U-20 athletes but U-18 entrants will unfortunately not be able to take part due to logistical challenges.

Please note that entries will not re-open and that fields will be drawn from the original entry lists. For further information visit Athletics NZ website.

### **Whakarewarewa Forest – update**

Logging operations – these are still continuing within Whaka Forest and could be for another 8 weeks or so. Most of the operations are out the Green Lake way until at least the end of March with logging trucks using 8 Mile Gate and Green Lake Roads. Harvesting and trucking will be active between the hours of 4am-4pm Monday to Friday.

The following tracks/ roads will continue to be affected by this operation:

Baja – lower section closed (alternative exit open):

Stop/Go in place during operational hours on: 8 Mile Gate Road, Green Lake Road/ Forest Loop/ Black Walking Track (intermittent closures possible) SH5/ Te Ara Ahi Cycleway.

Timberlands requests that forest users please obey all signage, instructions and restrictions and respect the security officers – they are there for your safety.

**Lake Rotokakahi (The Green Lake)** - Recreational users (pedestrians and bikers) are requested not to use the Lake Front Road at any time. Access at both ends of the road have been closed off. Tikitapu Road is the alternative to get to and from the Blue Lake region. Bikers note that the Te Kōtuketuku track has been re-opened. The trail has been redirected with an exit up to Tikitapu Rd and no longer goes down to Lake Front Road. Sorry no pedestrians on this track.

## Waipa Mountain Bike car park — next weekend

Next weekend, 13/14 Mar, the New Zealand BMX championships are being held at their track adjacent to the mountain bike car park. This means that there could be a lot more traffic in the area.



### 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]
  - 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

**2021**

11th and 24th March