



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

17 April 2021

### The past week

A quite week for members except for those that went across to the Mainland (the South Island) and took part in an event at the Christchurch marathon on Sunday morning. Their results are below.

### Club activities

#### *Mid-week / Sunday activities*

#### *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. Sunday mornings meeting times and venue vary so please keep in touch with your pack leader.

#### *Walkers*

Mid-week there is two meeting times: *Tuesdays*; 8.00am at Neil Hunt Park clubrooms, 5.30pm meet by 1231 Hinemoa Street (toilets). If not a regular with this group and wishing to join them contact Marieke - 027 4628572 *Thursday*; 8.00am by Planet Bike, Waipa Bypass Road, 5.30pm See Tuesday details above.

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

Not all groups (packs) are meeting at the Neil Hunt Park clubrooms so keep in touch with your pack leader re meeting places. Any queries can be directed to Paul Wollaston the 2021. [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com) or Ph 021 299 8488. You are now on the late entry fee for events on 8 May – the Rotorua marathon and associated events.

#### **The Club's winter season activities**

#### **What is the winter season about you may be asking?**

The earlier winter months are cross-country time with events taking place on farmland, reserves, and in the Redwoods. The later months is the road season to help get us ready for relay events. Relay events are a great way for all club members to be part of a team and build camaraderie.

These activities that have variety and adventure take place mainly on Saturday afternoons. Some may be Sunday mornings or an evening during the week. Activities other than Saturday are to allow child members that play their sports on Saturdays the chance to take part in our events as well as their parents. When there is no Sunday event listed the customary pack/group runs, in the main, leave from the Neil Hunt club rooms between 7.00am and 8.00am. Likewise, members organising midweek training runs usually on a Tuesday or Thursday evening leave from the same venue.

The winter committee has come up with a programme that has some new events as well as the old. There are even weekday evening events! The programme is in the final stages of being collated.

The winter months are most enjoyable. Don't be afraid to come and give some or all of the events a go! The first event kicks off Saturday 1 May but if you want a weekly event before then head off to the Saturday morning (8.00am) 5km Puarenga Park run. Visit [www.parkrun.co.nz](http://www.parkrun.co.nz) for details, registration etc.

## Daylight Savings

Now that daylight savings has left us evening runner/walkers (and even early morning ones) please note for your own safety and the public whether they are a motorist, cyclist or pedestrian need to see you. It is strongly recommended that some form of Hi Vis vest is worn when out on the streets etc. Also, note that on evenings there is a high volume of traffic in and out of the Neil Hunt Park cul-du-sac so take care in this area - run/walk single file. Some of the traffic travel far faster than what they should in this area!



## The traditional Champagne Breakfast

This is scheduled for Sunday 2 May at Skyline Stratosphere. If attending please contact Paul Wollaston (the Running Clinic convenor) [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com) or Ph 021 299 8488 to book in. **Those in the running/walking clinic please advise attendance via your pack leader(s)**

The package is:

- Return Gondola and Fully Cooked Breakfast Buffet:
- Adult @ \$38.00incl GST per person / Child @ \$19.00incl GST per person (5-14yrs) / Under 5 FOC
- Adults to receive 1 glass of bubbles or Orange Juices in Stratosphere
- Guests dine from the main breakfast buffet
- Assemble at bottom of gondola at 8am so seated by 8.30am, depart no later than 10.30am
- On arrival at Skyline guests receive 1 drink ticket and wrist band.
- Dress-up theme for the morning is "Tokyo Olympics"

## Coach development workshop

This workshop is being held on 23 May 2021 (9.00am to 5.00pm) at Cambridge – venue to be advise. If interested please contact Louise Young, Athletics Waikato BOP Development officer on 021 1254 228 or email [louisey@athleticswbop.org.nz](mailto:louisey@athleticswbop.org.nz)

## Registration

Subscriptions for the Club's financial year commencing 1 April 2021 can now be paid and will cover the period April 2021 to 31 March 2022

Registrations can only be accepted "online" through the Club Registration Website Portal. To access this Portal please click the link below

[Lake City Registration](#)

- If you are an **Existing member**, click on "login" (on menu bar) and select "Renew".

Check 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

## Results

### Christchurch Marathon and associated events – 11 April 2021

#### *Marathon*

Stephen Parker	Overall 81st	24th 40-49	3.09.05
Andy Twiddy	Overall 89th	28th 40-49	3.15.27

#### *Half Marathon*

Matt Parsonage	Overall 23rd	3rd 40-49	1.17.17
Noreen Crombie	Overall 321st	8th 50-59	1.44.38
Peter Bloore	Overall 1163	9th 70 plus	2.34.41
Rachael Wright	Overall 1197th	290th 20-39	2.39.43

#### *10km*

Will O'Connor	Overall 6th	4th 20-39	32.24
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### 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

##### Adults running singlet

\$35.00

##### Adults short sleeve walker's tee

\$35.00

##### Junior (children) singlets

Size 2 to 12     \$30.00

Size 14 plus     \$35.00

##### Supporting clothing

Zip hoodie     \$55.00

Track suit     \$90.00