



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

24 April 2021

### The past week

The customary pack runs were the only club activities for members this past week, other than the Saturday morning Park Run.

At the New Zealand Mountain Running Championships, at Alpine Grind, Coronet Peak (Queenstown) on Saturday, Sjors Corporaal was third overall in 1:17:41 and first master grade runner. Jono Jackson, Auckland, was the overall winner in 1.15.46 followed nearly two minutes later by Andy Good of Christchurch. The course had an elevation of 1122m and a descent of 1089m and was raced over three laps of 4.43km - total distance 13.29km. Well done, Sjors!

### 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 clinic convenor. [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**

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 still in the final stages of being collated.

The first Saturday afternoon event is on 1 May. Register 1.30pm at the Neil Hunt Park clubrooms for a 3km or 4km over the summer Trout Fly course that was used the last few weeks of the series. Youngsters to be accompanied by an adult. 2.00pm event start. Afternoon tea provided courtesy of the Club. Duty Officers: the winter season sub-committee.

The winter months are most enjoyable. Don't be afraid to come and give some or all of the events a go

## 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). Payment is to be made no later than 25 April. The payment can be direct credited to the account number quoted in the latest Clinic newsletter, or given to your pack leader. Make sure you quote your name(s) plus what the direct payment represents.



If not, a running clinic member please give money and name (in an envelope please) to one of the clinic pack leaders, or contact Paul at either of his above contacts. Everyone welcome.

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



### 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