



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)  
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Clubrooms: Neil Hunt Park,  
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07 345 9362

## GUFF SHEET

8 May 2021

### The past week

Saturday afternoon saw the commencement of the Club's winter programme when those in attendance headed along the footpath of Te Ngae Road and then into the Forest for a 3 or 4km run or walk. Thanks, to those that sacrificed their exercise to make the event happen. The results are below.

Those that attended the traditional champagne Breakfast at Skyline Skyrides had an enjoyable low-key morning. Thanks to Paul Wollaston for organising the function.

The clinic and those taking part in an event next Saturday commenced their wind down (tapering) this past week.

### Volunteers for this coming weekend - Saturday

There are still a few volunteer positions "vacant" for this Saturday's event. Adrian Lysaght is still looking for 3 or 4 adults to assist with marshalling in the Sala Street/Te Ngae Road area on the day (Saturday 8 May). He is also looking for three "tail end Charlies". One for the half marathon in the Forest. Two for the full marathon around the Lake. The first half of the full marathon ends at Marama Point with the second naturally at the finish line in the Gardens. Each can be biked or walked. If biking the first section of the marathon you and your bike can come back in the pick-up bus that brings those back that don't make the 1.00pm cut off. A cell phone is required for all 3 positions.

If you can assist (even for a couple of hours) please contact Adrian at 027 615 3496 urgently.

### Club activities

#### Saturdays

*Let's take a look at what's on the calendar the next few Saturdays!*

**This Saturday 8 May** - Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. Incorporates the Club, Athletics Waikato-BOP and New Zealand Master grade marathon championships. No Club event this day. For those still to enter note that online entry closes Thursday 6 May 12.00pm.

**Saturday 15 May** - This day has become a double header with AM and PM events on the calendar.

*First up is the AM one:*

This is an After Marathon catch-up at the Neil Hunt Park clubrooms - 8.30am-11.00am. 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 \$5 for guests, Lake City Club members FREE. We hope to have a coffee cart there - otherwise pick up a coffee on the way from parkrun to the breakfast! Showering facilities available. For catering purposes, please respond if you are coming to [sianbremner@hotmail.com](mailto:sianbremner@hotmail.com) or via the Facebook event on the clubs Facebook page by Thursday 13<sup>th</sup> May.

*Secondly the PM one:*

Wanting to have a sleep in after all the early Sunday morning rises, then head out for a romp at the Hannahs Bay Reserve later in the day. Meet 1.45pm at the reserve at the end of Willow Ave for event briefing with a 2.00pm start. This is a great event to get rid of those “marathon legs” and is suitable for all; runners, shufflers, walkers, the young, the in between and those getting on in years. Duty officer: Matt Parsonage 021 0586189.

In the main Saturdays are where the club’s winter season activities happen, with most of them scheduled for the afternoon. There are occasions when an event is held on a Sunday morning or on a week day evening. As mentioned above the first event has been held.

The winter months are most enjoyable. Don’t be afraid to come and give some or all of the events a go. The programme is now on the club’s website under cross-country or pick up a copy from the Neil Hunt Park clubrooms.

### **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. 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 town 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***

The day all have been putting time on their feet the last 16 or 17 weeks is with us this coming Saturday. Good luck to all which ever event you are in. You’ve put the money in the bank, now draw it out on Saturday. Other words you will reap the benefit of all the hours spent on your feet out in the Forest or latterly the streets of the City.

If you are still making a decision “will I, or will I not enter” please note the following. Online entry closes Thursday 6 May but you can enter at the Energy Events Centre -2.00pm to 9.00pm Friday (7 May) or event day from 6.30am to 8.00am. Naturally for a substantial fee.

## **2021 New Zealand Road Relays**



This event will be held on Saturday October 2 from Christchurch on the iconic Takahe to Akaroa course. Lake City Athletic Club is looking to send up to six teams to this event. It is open to all club members aged over 14 years old. To be eligible for a team a club member will need to:

- Register as a club member (at least social membership) by 31/05/21.

- Pay a \$200 deposit to the club by 31/05/21 (refer to DEPOSIT INSTRUCTIONS below).
- Compete in selection races during the cross-country and road season (these races have yet to be decided).

First of all, though, we need to confirm what grades we will have teams competing in (JM, JW, SM, SW, MM35, MW35, MO50, MO60, and/or Social). To do this we need club members to volunteer as team organisers. If you would like to organise a team for a grade, can you contact Adrian Lysaght ASAP ([adrian.lysaght@xtra.co.nz](mailto:adrian.lysaght@xtra.co.nz) or 027 6153496). If no one puts their hand up to organise a team for a grade then we won't be sending a team in that grade.

### **DEPOSIT INSTRUCTIONS**

The \$200 deposit needs to be paid by 31/05/21 into the Lake City bank account 03-1552-0095487-000 and must include the following details:

- Particulars: you first name
- Code: your surname
- Reference: NZRELAY

It is important to note that this \$200 deposit will not cover the full cost. Therefore, when selection is confirmed (late August/early September) individuals will be required to pay the difference. Depending on whether or not funding applications are successful or not, this could be as much as an additional \$100.

## **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. These are rolling in – thank you.

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**

<b>Winter Season Trout Fly - 1 May 2021</b>			
			11 21.21 George McGregor
			12 22.13 Sheryl Pearson
1=	14.06	Keira Murphy	13 24.55 Luka Parsloe
1=	14.06	Bruce McGregor	14 24.59 Amberley Parsloe
3=	14.44	James McGregor	15 25.00 Colin Parsloe
3=	14.44	Liam McGregor (bike)	16= 29.22 Eildith Ferguson
5=	16.03	Megan Grant	16= 29.22 Euan Ferguson
5=	16.03	Sian Twiddy	18 29.23 Alan Ferguson
7	16.48	Mateo Rodriguez	19 34.21 Alan Twiddy
8	17.22	Rachael Wright	20 34.26 Katharine Twiddy
9	17.51	Michael Rodriguez	21 34.28 Eddie Twiddy
10	21.01	Gareth McHale	

<b>4km</b>			9	24.56	Tristan Parsloe
1	14.24	Matt Parsonage	10	25.20	Hannalie Parsloe
2	16.51	Russell Clarke	11	25.38	Kathryn Murphy
3	17.13	Adrian Lysaght	12	25.59	Kaycie O'Connor
4	18.20	Faith McGregor	13	37.13	Peter Vyver
5	20.06	Paul Wollaston	14	38.24	Megan Sperry
6	21.20	Hamish McGregor	15	38.26	Chrissie Aratema
7	22.15	Dee Horne			
8	24.01	Kathy Howard			



### 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