



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

GUFF SHEET

15 May 2021

The past week

Well, it's over for another year! That is the Rotorua marathon and its associated events. Thanks to those from the club that volunteered over the weekend, some both days, others either Friday or Saturday. Congratulations to all that took part. A number from the club were on the podium or were a spot prize winner. Well done!

Club activities

Saturdays

What's on the calendar the next few Saturdays!

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

First up is the AM one:

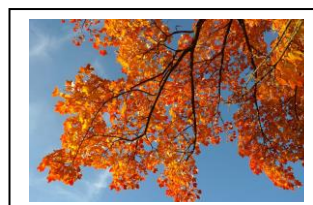
This is an After Marathon catch-up at the Neil Hunt Park clubrooms - 8.30am-11.00am. Lake City are hosting a post-parkrun breakfast. Come join us for food (bacon, eggs, hash browns, sausages), coffee and chats. All are welcome. Cost \$5 for guests, Lake City Club members FREE. We hope to have a coffee 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 or via the Facebook event on the club's Facebook page by Thursday 13th 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 Avenue 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. Matt will need some helpers so contact him if you can assist.

Saturday 22 May - The Novice, Veteran and Costello Cup races for those aged 15 plus is a sealed handicap (mass start) event of about 7km on road and cross-country. There are some hills, fences, and maybe some woolly animals (sheep) etc to negotiate, but don't be put off. A shorter distance event is on the programme for younger grades and those not wishing to tackle the longer distance.



It's a great afternoon out in a reserve area where the trees are getting their autumn colours. The event start is on the green area of the corner of Moncur and Old Taupo Road. Briefing is just prior to the 2.00pm start time. Come along and run or walk in an area that you may not have been too previously.

For the event to succeed the course has to be marked. Results taken etc. Contact Matt if you can assist - 021 0586189.

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. Members of the marathon clinic, please contact your pack leader for times, venues, days etc as to where you are continuing your exercise.

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

Thanks to Paul Wollaston who has convened this year's clinic. Well done, Paul. In the region of 70 who trained with the clinic took part in an event on Saturday. Another, well done to all. Results can be found by visiting Athletics New Zealand website, clicking on the competition bar and scrolling down to the 8 May and the Marathon. No doubt you have been checking out that the results.

2021 New Zealand Road Relays

Please read below - it is an update

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 (see DEPOSIT INSTRUCTIONS below).
- Compete in selection races during the cross-country and road season (see the Lake City winter season programme).

Below are the team organisers for the various grades we are looking to enter teams in. It is recommended that you register your interest in going to Road Relays by contacting the team organiser for the grade applicable to you. If we have too few/too many people for a specific grade then we will look at sending combined composite and/or social teams instead/as well.

Grade	Organiser	Phone	Email
Junior Women (14-19)	Jason Cameron	021 465274	jason@victoryevents.co.nz
Senior Women (20-34)	Rach Wright	021 672 624	rachwright154@gmail.com
Masters Women (35+)	Sian Twiddy		sianbremner@hotmail.com
Senior Men (17-34)	Will O'Connor		william.oconnor2@gmail.com

Masters Men (35-49)	Matt Parsonage	021 0586189	matt1980@hotmail.co.nz
Masters Open (50+)	Chris Corney	021 770963	chris-donna@xtra.co.nz

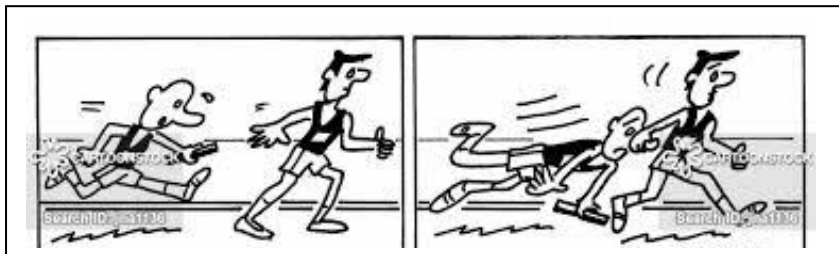
The Club Coordinator for Road Relays is Adrian Lysaght (email adrian.lysaght@xtra.co.nz or message/phone 027 6153496). Contact him if you have any questions about Road Relays.

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



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