



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

GUFF SHEET

22 May 2021

The past week

This past week, for many was a recovery time from the previous weekend. Saturday saw the double header when the Post Run Park run breakfast and the followed by the romp out at Hannahs Bay in the afternoon were held.

A big thanks to those that hosted the breakfast and set the course and recorded etc out at Hannahs Bay - results are below. Some headed to the Hawkes Bay for an event.

Left, at the Energy Event Centre on Marathon day in the room upstairs was a weather proof dark coloured jacket and a cooler bottle. Please call 07 348 8448 (the Kennys) if you think either of them are yours.

Club activities

What's on the calendar the next few Saturdays!

This Saturday 22 May - The Novice, Veteran and Costello Cup races for those aged 15 plus is a 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. The very young should have an adult accompany them.



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. Parking is up on the Old Taupo Road green area by the motor camp. It's only a few minutes to walk to the start/finish. Don't be late!

Don't worry about the fancy titles in the first sentence. There's a way to establish the trophy winners. It's not about the first across the finish line!

Just a note: To be a trophy winner you need to be a current club financial member prior to the event, but all are welcome, non-members, runners, walkers and participants of all abilities. Let's have 50 plus out enjoying a run or walk, whether wet or fine. Yes, we do wet, windy or sunny.

Once the exercise bit is finished there will be afternoon tea at 379A Old Taupo Road. Please bring a plate of goodies to share.

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

It's a great afternoon out in a reserve area where the trees are getting their autumn colours. So, come along and have a romp out in the semi countryside!

The winter months are most enjoyable. Don't be afraid to come and give an event 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.

Saturday 29 May – is a non-club event day, but you can head out of town for the Tauranga cross country races at Waipuna Park, Kaitemako Road, Welcome Bay. Races of varying distances and for all grades from under 10 to the aged are scheduled. The programme, entry details etc can be located by visiting AWBOP website - www.athleticswaikatobayofplenty.org.nz



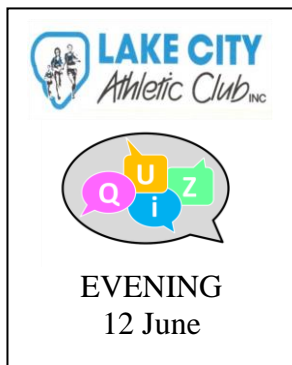
On the day entry is accepted for an additional \$5.00 on the fee listed on the programme.

This is one of the few "open" cross-country events on the calendar, so please support it as it may go the way of many of many other events i.e., not being held.

Looking a few weeks ahead

This is another double event day/evening on Saturday 12 June.

First up in the afternoon is the traditional Foster, Smyth, Lamason cross-country event. More on this in the coming weeks. The afternoon event is followed by a social evening.



When - Saturday June 12

Time – From 6.30pm, but Quiz will begin at 7pm.

Theme – Christmas: **Cost** – FREE but please bring a plate of food along for a shared supper.

Location – Lake City Athletic Clubrooms, Neil Hunt Park, Lynmore

Teams - to be made up of 6 members

Present swapping - If you would like to be involved in present swapping at the end of the evening, please bring a gift of up to \$5 to be placed anonymously under the tree.

Bar - There will be a cash bar available.

Limited tables - are available so please contact Chris Lord to secure your spot - 021994214 (please leave a message) or chris.lord@dulux.co.nz

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 various groups or packs are meeting at various times and days – some maybe just the weekend. Check out times, places etc with who was your clinic leader for details. Don't waste the fitness you have built up over the past weeks. Come and join the club activities especially the Saturday ones.

2021 New Zealand Road Relays

Note when your deposit needs to be paid and how to do so

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

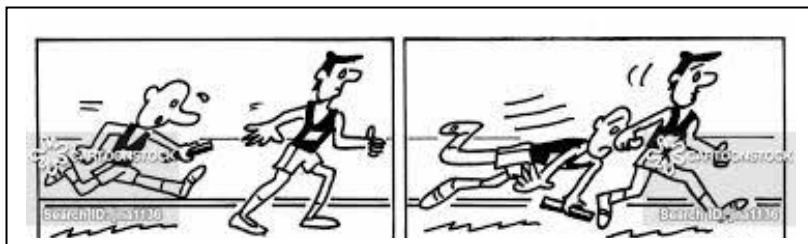
The Club Coordinator for Road Relays is Adrian Lysaght (email adrian.lysaght@xtra.co.nz or message/phone 027 6153496). Contact him if you have any questions about Road Relays.

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: **Time is running out to get your deposit paid.**

- Particulars: your 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.



Club 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

Hannahs Bay Reserve – 15 May 2021

1 lap		
	Tracey Bjarnesen (pram)	10.00
	Gareth McHale	12.01
	Nikau Werahiko	13.35
	Louise Lord	15.45
	Alan Ferguson (pram)	19.06
	Eilidh Ferguson	19.06
	Euan Ferguson (in pram)	19.06
	Colin Parsloe	19.59
	Amberley Parsloe	19.59
	Mal McHale	23.00
2 laps	Keira Murphy	17.57
	Hannah Hickson	20.10
	Kaysey O'Connor	20.17
	Jason Chapman	21.33
	Sheryl Pearson	24.49
	Chris Lord	No time
	Tenecia Hingston (pram)	32.12

3 laps	Megan Grant	18.45
	Sian Twiddy	24.22
	Erin Barklay	27.56
	Jodie Hickson	27.56
	Tristan Parsloe	28.50
	Rachael Wright	29.09
	Hannalie Parsloe	29.39
	Peter Vyver	42.20
4 laps	Leigh Reynolds	24.23
	Carl Fischer	27.49
	Carlote Barklay	31.28
5 laps	Andrew Twiddy	34.35



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