



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

GUFF SHEET

5 June 2021

The past week

It was either the Saturday morning Park Run or over to Tauranga for their annual cross-country event if you wanted an organised event on what turned out to be a very wet day. The results of those that headed to Tauranga are below.

Club activities

The Club calendar for the month of June is very full, so let's take a look at what's scheduled for the next few weeks.

This Friday 4 June - Come along and join us for an impromptu evening run or walk in the Redwoods. Meet at the Lake City club rooms at 5:45pm, for a 6pm start. The course is a 4km loop, which you can complete as many times as you want, within 1 hour. Then head back to the club rooms for post event dinner and a drink. You can pick up takeaways, or have hot soup and bread rolls, which will be provided. Make sure you bring along your head torch! Kids welcome with supervising adult. Come and try something different with social time to follow.

Now to the following weekend – Saturday 12 June. This is double event afternoon /evening. First up in the afternoon is the Foster, Smyth, Lamason cross-country event which is being held on the Paiaka Trust farmland at the top of Uthina Road. The event is a mass start, (sealed handicap) approx. 10km over the fabulous farmland that has been made available to us.

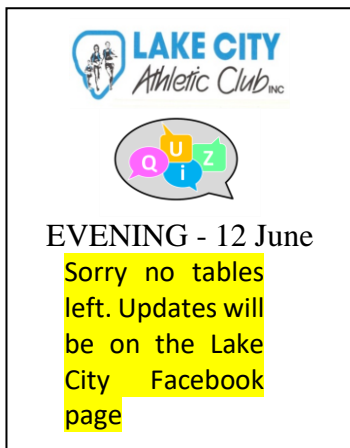
The event has three trophies at stake for pre-event financial members. They are the Foster Shield for males: The Smyth Trophy for females and the Lamason Trophy for walkers. Pre event the club handicapper will do his sums and arrive at handicap for each participant in the 10km event that the trophies are attached to. He will then deduct this from the finish times recorded to get the respective winners.

There will be a shorter distance event for the younger grades (14 and under) and those not wishing to tackle the 10km.

Event start time is 2.00pm sharp. Next week will be instructions relating to the event: Rules re driving up the farm track: dos and don'ts while on the property etc. Plus, the call for helpers.

This is a great chance to have a run or walk over true cross-country that takes in a great view of the city and its surrounds.

Now to the evening event at the Neil Hunt Park club rooms.



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 - sorry no tables left.

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

Sunday morning 20 June – Yes, it’s a Sunday morn so come and have your Sunday exercise at this event, which is the annual club cross-country champs at Boord Park, Devon Street West. Now, don’t be put off by the word champs! All abilities and ages are catered for. More details in the coming weeks

Saturday 26 June - To round off the month of June, there is the Jackson Park/Tihi reserve cross-country relay with a 1.45pm meeting time at Jackson Park, Springfield Road.

Whew! A, busy few weekends ahead.

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. Keep in touch with them.

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 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

The cut-off date (31 May) has passed for the payment of deposits etc. See previous guff sheets for the details.

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.

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

Tauranga cross-country – 29 May 2021- Waipuna Park, Welcome Bay

Senior Men - 8060 metres

Josiah Ney (Cambridge)	1st	27.43
Ephraim Sisay	4th	30.54

Senior Women – 4060 metres

Anneke Grogan (Tauranga)	1st	15.00
Megan Grant	5th	17.37
Rachael Wright	7th	28.12

Under 16 Girls – 2950 metres

Ella Smart (Matamata)	1st	11.53
Bella Wyatt	5th	12.45

Under 12 Boys – 2060 metres

Nathan Theron (Papamoa)	1st	8.15
Declan Albrecht	5th	10.28

Under 12 Girls - 2060

Soibhan Cameron (Tauranga)	1st	8.57
Brooklyn Shaw	5th	10.34
Keira Burborough-Murphy	6th	10.57

Boys under 10 - 950 metres

Marcus Ryan	1st	4.06
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Women under 20 – 4060 metres

Hannah Gapes	1st	14.36
Jessica Lamb	4th	17.53

Boys under 16 -2950 metres

Elliott Pugh (Tauranga)	1st	10.14
Heath Lash	4th	10.44

Girls under 14 – 2950 metres

Eleanor Pugh (Tauranga)	1st	11.41
Tyla Albrecht	11th	14.34

Boys under 14 -2950 metres

Sam Rickerby (Auckland)	1st	11.09
Kingston Ryan	9th	13.00

Master's men 35-64 – 8060 metres

Sjors Corporaal	1st	26.57
Iain Macdonald	3rd	29.21
Matt Parsonage	5th	30.04
Andy Twiddy	13th	33.40
Alan Crombie	16th	35.08

Women under 18 – 4060 metres

Boh Ritchie (Hamilton)	1st	15.31
Anja Crombie	6th	19.21

Master's men 65 plus - 6060 metres

Gavin Smith (Tauranga)	1st	28.18
Trevor Ogilvie	2nd	30.14

Clubrooms key pad holders

Please note the following:

Each holder's use of their keypad number is reviewed annually to ensure compliance with the rules and conditions. These can be found by going to the club's website and logging into Documentation which is on the tab About Us

Once a keypad number holder becomes nonfinancial in excess of two (2) months from 1 April of each year, or has not met the participation and volunteering requirements access to the clubrooms may be removed.

Now that 2 months has passed key pad holders that have access to the club room will be reviewed.