



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

GUFF SHEET

19 June 2021

The past week

A busy past Saturday with the annual Foster, Smyth, Lamason event up in the countryside above the city during the afternoon and the quiz in the evening at the Neil Hunt Park clubrooms. Both were very successful. The afternoon event trophy winners are: **Foster Shield** – Andy Twiddy: **Smyth Trophy** Erin Jeffrey: **Lamason Trophy** - Marieke Wass

Thanks to those you volunteered their time at one or both events. A very special thanks to the farm manager of the Paiaka Trust and the Trust for allowing the use of the farmland.

Club activities

This 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. Why Sunday morning? Because the ground is not available on Saturday.

Now, don't be put off by the word champs! All abilities and ages are catered for - runners and walkers.

The programme is below. Please contact Matt on 021 0586 189 if you can assist with course marking, marshalling, recording etc. It will be an early start for the collection of gear and then the course marking.

CLUB CROSS-COUNTRY CHAMPIONSHIPS

All abilities welcome – runners and walkers – non club members

This Sunday 20 June 2021

**Boord Park and Westbrook playing
fields
Devon Street West, Rotorua
Event briefing 9.45am**

No dogs allowed on the green areas: No running or walking on the actual playing fields: Children are their care givers responsibility - we are by the Utuhina Stream and a busy road: Shoes to be worn: Ages are as at 31/12/2021 except for Master grades, which is age on the day

10.00am

4000 metres (2 laps)

Boys/Girls	Under 16	(14, 15 yrs)
Women	Under 18	(16, 17 yrs)
Men	Under 18	(16, 17 yrs)
Women	Under 20	(18, 19 yrs)
Masters Women	35-49	(35 plus yrs)
Masters Women	50 plus	(50 plus yrs)
Master's men	65 plus	(65 plus yrs)
Walkers	All grades	

10.45am
2000 metres (1 lap)

Boys/Girls	Under 12	(10, 11 yrs etc)
Boys/Girls	Under 14	(12 and 13 yrs)

11.10am
6000 metres (3 laps)

Senior Women	20 plus	(20-34 yrs)
Men	Under 20	(18,19 yrs)
Masters Men	35 to 64	(35-64 yrs)

8000 metres (4 laps)

Senior Men	20 to 34	(20-34 yrs)
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Notes:

1. Each race time represents a group of races. Entrants will be separated in the results to establish grade and grade placing. Master athletes into their 5 years grades. i.e., 35 to 39 years etc
2. Members are only eligible to win championship places in their own grades, **and must** be a **paid-up financial member (prior to the event)** of the Lake City Athletic Club Inc.
3. The wearing of your club uniform will be appreciated

Rules: The following need to be taken into account when participating: **The course:** Follow the marked course which will be marked with cones, tape and arrows. Where there are double cones or arrows, double taped run/walk between them: where there is a single cone/arrow you can run/walk 5 metres either side of them. Do not deviate off the marked course.

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. More on this in the coming weeks.

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.

New Zealand Secondary Schools cross-country
championships

Best wishes to secondary school club members taking part in the NZ Secondary Schools cross-country champs at Hawera on the weekend - 19/20 June.

Cross-country event out of Rotorua

Saturday 3 July – the popular North Island cross-country championships, Spa Park, Taupo. Head to Athletics Waikato BOP website (www.athleticswaikatobayofplenty.org.nz) for entry details which are under the Competition banner on the home page.

Training and Skill sessions



Where: Board Park, Devon Street West

When: Every Wednesday from 23rd June 5:15pm — 6:15 pm - 8 weeks total)

Concentrating on Balance, Flexibility, Agility, and Co-ordination drills

Organised by Kim Stevenson: Athletics NZ Accredited Coach

If interested contact Kim: Phone or Text: 02100822590.

Email: physeder77@gmail.com

Limited to 20 people.

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

Foster, Smyth, Lamason – 12 June 2021

Paiaka Trust Farmland – Rotorua

3.3km – 1 lap - run

		Finish time	Handicap	Net time
Mason Webb	Tauranga	17.07		
Cody Shilton	Lake City	17.16		
Arwen Barker	Lake City	17.18		
Anja Crombie	Lake City	17.41		
Keira Murphy-Borough	Lake City	23.08		
Ashleigh Randell	Lake City	23.10		
Claire Randell	Lake City	23.11		
Justine Randell	Lake City	23.12		
Rachael Wright	Lake City	24.24		
Sarah-Jane Caudwell	Visitor	24.45		
Kaycie O'Connor	Lake City	25.32		
Jason Chapman	Visitor	31.30		
Rosie Chapman	Visitor	35.17		
Rachel Chapman	Visitor	35.18		

3.3km - 1 lap – walk

Doris Bragg	Lake City	56.51		
Nella Strickland	Visitor	56.52		

6.6km - 2 laps – run

Andrea Neal	Tauranga	35.19		
Peter Vyver	Lake City	1.09.14		

9.9km –3 laps - Run

Sjors Corporaal	Lake City	35.50	0.00	35.50
Matt Parsonage	Lake City	40.55	4.30	36.25
Andy Twiddy	Lake City	43.26	9.30	31.56
Jason Cameron	Lake City	46.34	10.30	36.04
Peter Caudwell	Visitor	47.17		
Alan Crombie	Lake City	47.56	11.30	36.26
Fred Shilton	Lake City	49.22	15.30	33.52
Mark Handley	Tauranga	50.03		
Amy McMahon	Lake City	50.32	16.00	34.32
Jessica Lamb	Lake City	51.34	16.30	35.04
Trevor Ogilvie	Lake City	51.40	18.00	33.40
Gavin Smith	Tauranga	55.03		
Kerryn Barker	Lake City	57.31	22.30	35.01
Russell Clarke	Lake City	58.26	17.00	41.26
Phil Gulbransen	Lake City	59.24	22.30	36.54
Erin Jeffrey	Lake City	59.59	26.30	33.29
Sian Twiddy	Lake City	1.00.05	24.00	36.05
David Parker	Visitor	1.00.15		
Luanna George	Lake City	1.04.15	15.30	34.15
Megan Clarke	Lake City	1.04.24	25.00	40.24
Campbell Horn	Lake City	1.04.27	23.00	41.27
Michelle Parker	Lake City	1.08.05	26.00	42.05
Max Bragg	Lake City	1.26.22	45.30	40.52

9.9km - 3 laps – walk

Marieke Wass	Lake City	1.27.01	52.00	35.00 **
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