



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

GUFF SHEET

3 July 2021

The past week

A well-marked course greeted 30 when they took part in the Jackson Park/Tihi Reserve ramble on Saturday. This was an informal event, some doing 1 lap, others 2,3, or 4 with no times being taken. A challenging course was laid out with plenty of ups and downs. Thanks to Matt and his helpers that made the event happen.

Club and out of town activities

This Saturday 3 July (out of town) – The North Island cross-country championships at Spa Park, Taupo. Entry and event details are on Athletics Waikato BOP website which are under the Competition banner on the home page - www.athleticswaikatobayofplenty.org.nz

No local event other than the 8.00am Park Run.

Saturday 10 July (locally) – The Minster Cup 10km estimated time run out at the Blue Lake. 2 laps of the Lake for the main event. A shorter 5km (1 lap of the Lake) estimated time run and walk for those not wishing to tackle the longer distance. Also, a shorter distance for younger grades. Meet 1.45pm by the Blue Lake Ski Club clubrooms for a 2.00pm start. Duty officers: Matt Parsonage and the Winter season sub-committee

Saturday 17 July (out of town) - River Trail Trot, Atiamuri - details of this club event to be advised nearer the day. Duty officer; Adrian Lysaght 027 615 3496

Saturday 24 July (locally) – This day, the



cross- country championships

are being held here in Rotorua on nearly the same course as the club champs were. Those that wanted the hill the other Sunday, note it will be there on the 24th. In due course volunteers will be called for – marshalls, recorders, time keepers, pack in and pack out people. Contact Pam on 07 348 8448 or thekennys.nz@gmail.com if you can assist. This is a big day. Let's put on the usual Lake City well organised event!

*Please note entry is online by visiting Athletics Waikato BOP website and then clicking on to the championship banner. Also note that there is **no late entry** and that entry cut off day is Tuesday 20 July.*

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. See details of these above.

Training and Skill sessions



Where: Board Park, Devon Street West

When: Every Wednesday evenings - 5:30pm — 6:30pm – now 7 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: 021 00822590.

Email: physeder77@gmail.com

Come and support this very worthwhile and beneficial activity.

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

Photo finish operators

Athletics Waikato BOP currently has a shortage of people trained to act as photo finish operators at Porritt Stadium, Hamilton for the upcoming track and field season. This does leave them in a position where they may have difficulty hosting meetings. Therefore, there is a need to train more operators. If anyone is interested in training for this role, please let the Centre Administrator (details below) know. Most meetings are on Saturday afternoons between 3pm and 5pm. This would not be a commitment to do every meeting as we want to build up a pool of operators, so that each person would only have to attend a couple of meetings a year.

Get in touch if you want any more information about this role. Steve Rees-Jones, Executive Officer, Athletics Waikato Bay of Plenty, Phone: 07 858 5392/021 2676997.
Email: administrator@athleticswbop.org.nz They are planning to having some training days in the lead up to the season start in October for anyone who is interested.



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