



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

## GUFF SHEET

10 July 2021

### The past week

Saturday saw 20 from the club head to Taupo's Spa Park to take part in the annual North Island cross-country championships with number of top three places coming back to Rotorua. Results of club members are below. The full results can be obtained you googling Taupo Harriers and then clicking on North Island cross-country championships. Well done to all who took part.

The numbers at the Wednesday evening skills sessions at Ray Boord Park are gradually increasing with those attending enjoying the sessions. A number of people don't seem to know where Ray Boord Park is. It's beside Devon Street West in the region of Smallbone Park and the International Stadium.

### Club activities

**This 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 to sign in with your estimated time. 2.00pm is event start time. Duty officers: Matt Parsonage and the Winter season sub-committee. Call Matt on 021 0586 189 if you can assist as a marshall, course set up or at the finish line.

**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 weekend, note it will be there on the 24<sup>th</sup>, with a couple of road crossings. Volunteers are being called for – marshalls, recorders, time keepers, pack in and pack out people. Contact Pam on 07 348 8448 or [thekennys.nz@gmail.com](mailto:thekennys.nz@gmail.com) if you can assist. This is a big day so let's put on the usual Lake City well organised event! **To date two members have indicated their assistance – many more are needed.**

*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.*

**Wednesday 18 August** – this is the evening of the Club's Annual General Meeting, 7.30pm at the Neil Hunt Park clubrooms. Note the date in your diary.

One of the items on the Agenda at each Annual General Meeting is the election of an Executive Committee for the ensuing year. The constitution requires the Club to elect the following officers at each AGM: Patron, President, Vice-President, Secretary, Treasurer, Club Captain, and in addition to these officers, - 8 Executive Members.

The relevant Nomination forms for each of these positions are accessible from the Club Website and are also at the Clubrooms on the table just inside of the front door.

If you have a desire to be part of the "Club Administration Executive" and being one of the Officers or Executive members, please make your interest known, and arrange completion of a Nomination form, prior the AGM.

Please do not hesitate to contact any of the existing Executive members if you have any matter you would like to discuss.

## 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: Boord Park, Devon Street West**

**When:** Every **Wednesday evenings - 5:30pm — 6:30pm** – now 6 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](mailto:physeder77@gmail.com)

Come and support this very worthwhile and beneficial activity.

Limited to 20 people - well short of this number at the moment

### North Island Cross-country championships

**Spa Park, Taupo – 3 July 2021**

<b>Under 12 Girls – 2000 metres</b>		
Kaylee Earl (Hatea)	1st	7.56.2
Claire Randell	9th	8.34.4

<b>Under 14 Girls – 3000 metres</b>		
Scarlett Robb (Auckland City)	1st	11.25.5
Sahara Katene	16th	13.03.3
Arwen Barker	21st	13.51.7

<b>Under 16 Girls – 3000 metres</b>		
Jamie Dunnett-Welch (Napier)	1st	11.08.0
Bella Wyatt	27th	12.52.8

<b>Under 18 Women - 4000 metres</b>		
Boh Ritchie (Hamilton Hawks)	1st	14.31.9
Poppy Martin	3rd	15.01.9

<b>Under 20 Women – 4000 metres</b>		
Hannah Gapes	1st	13.51.6
Jessica Lamb	11th	16.39.4

<b>Senior women – 5000 metres</b>		
Susannah Lynch (Olympic Wgtn)	1st	17.46.2
Megan Grant	10th	20.40.0

Rachael Wright	21st	34.13.9
<b>Master's women 45-49 – 5000 metres</b>		
Michelle Hopkins (North Harbour)	1st	21.18.4
Kerryn Barker	7th	25.07.9
<b>Master's women 70-74 – 5000 metres</b>		
Kathy Howard	1st	28.51.3
<b>Under 16 Boys – 3000 metres</b>		
Luca Evett (Wgtn Harriers)	1st	9.44.1
Heath Lash	19th	10.49.0
<b>Men under 18 – 5000 metres</b>		
Jack Hunter (Athletics Wairarapa)	1st	19.06.6
Casey Thorby	7th	17.00.1
<b>Senior men – 9000 metres</b>		
Matthew Taylor (North Harbour)	1st	28.50.2
Michael Voss	4th	29.05.5
Sjors Corporal	6th	29.35.1
<b>Master's men 35-39 – 6000 metres</b>		
Rodwyn Isaacs (Pakuranga)	1st	19.57.6
Iain MacDonald	2nd	20.49.4
<b>Master's men 40-44 – 6000 metres</b>		
Matt Parsonage	1st	21.25.3
Andrew Twiddy	4th	23.53.2
<b>Master's men 45-49 – 6000 metres</b>		
Dean Chiplin (Cambridge)	1st	31.34.4
Jason Cameron	7th	23.33.0
<b>Master's men 70-74 – 6000 metres</b>		
Trevor Ogilvie	1st	29.29.1

## 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



## 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
<b>Adults running singlet</b>	\$35.00
<b>Adults short sleeve walker's tee</b>	\$35.00
<b>Junior (children) singlets</b>	
Size 2 to 12	\$30.00
Size 14 plus	\$35.00
<b>Supporting clothing</b>	
Zip hoodie	\$55.00
Track suit	\$90.00