



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

GUFF SHEET

24 July 2021

The past week

Let's hope that this coming weekend weather wise is not like the past one which forced The River Trail Trot to be held last Saturday to become a "virtual event", although the word is that some members headed down to the banks of the Waikato River on Saturday afternoon. See below for details of the virtual event.

Club activities

River Trail Trot: Due to the bad weather on Saturday July 17 we have decided to make this a virtual event for the rest of the school holidays (ends Monday July 26) so that you can all do it in your own time when the weather is hopefully a bit nicer. Instructions are in the Guff Sheet here: <https://lakecity.co.nz/.../2021/07/Guff-Sheet-2021-07-17.pdf> Basically you have 30 minutes to get to a distance marker of your choice, grab a coloured "ribbon" at that marker, and get back to the start (it is an out and back course). The photo below shows the start/finish point. Remember to record your time. Your time and distance/ribbon colour must be emailed (adrian.lysaght@xtra.co.nz) or texted (027 6153496) to Adrian by the end of July 26. Once the results are compiled, we will let you know if you were on the winning team or not in the following Guff Sheet



It will take about 35mins to drive the 43km to reach the Atiamuri end of the Waikato River Trails, just off State Highway 1, where the event will start. This event is suitable for anyone, including children, who can cover 2.5km or more within 30 minutes on gentle well-formed scenic trails. There is also a smaller 1.5km-event for younger children (parental supervision required). It just requires some thinking as well as running or walking.

Take a trip down Atiamuri way and go for a trot along the Waikato River Trails.

This Saturday 24 July (locally) – This day is the



Cross-country

championships are being held here in Rotorua at Ray Boord Park, Devon Street West, and hosted by the Club on nearly the same course as the club champs were. Those that wanted the hill a few weeks back, note it will be there this Saturday, plus a couple of road crossings. And, if the rain keeps up a lot of slushy surface water areas. A true old-fashioned cross-country. Come and enjoy, but remember there is no entry after this Tuesday. See below.

Please note entry is online by visiting Athletics Waikato BOP website and then clicking on to the championship banner. Note that there is no late entry and that entry cut off day is this Tuesday 20 July. Those from the club taking part please wear your club uniform – singlet and black shorts

Pam or Dennis will be in touch with those that have kindly volunteered their time on the day.

It's a big day so let's put on the usual Lake City well organised event!

Order of events

Race	Start time	Grade	Distance
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No 1	1.30pm	Boys/girls U14 (12,13 yrs)	3000 metres = 1 x 1000m + 1 x 2000 lap
No 2	1.50pm	Boys/girls U12	2000 metres = 1 lap
No 3	2.15pm	Boys/girls U16 (14,15 yrs)	4000 metres = 2 laps
		Women U18 (16,17 yrs)	4000 metres = 2 laps
		Youth Men U18 (16,17 yrs)	6000 metres = 3 laps
		Masters' women (35 plus)	6000 metres = 3 laps
		Women U20 (18,19 yrs)	6000 metres = 3 laps
		Masters' Men (65 plus)	6000metres = 3 laps
		Junior Men U20 (18, 19 yrs)	8000 metres = 4 laps
		Master's Men (35-64 yrs)	8000 metres = 4 laps
		Senior Men (20 - 34 yrs)	10000 metres = 5 laps
		Senior Women (20-34 yrs)	10000 metres = 5 laps

Course description: The course is a **2km lap** (with a 1km lap for the 3km). Good cross-country with firm footing but with occasional slightly rough underfoot patches plus a 20-metre hill per lap. If wet, the course may be slushy with some surface water.

Thursday 29 July - An evening run in the Redwoods – Registration at the Neil Hunt Park clubrooms prior to 6.00pm. Event start is 6.15pm. Bring a headlamp or torch. No entry fee payable. Event followed by BYO takeaways and social time at clubrooms Duty Officers: Winter season sub-committee and social committee - contact Matt at 021 0586 189 if you have a query.

Saturday 31 July – 8.00am the Puarenga Park Run, behind Migs Gym 200 Te Ngae Road. Kia ora Lake City whānau, this morning we will be staging a takeover of Puarenga parkrun and would love for you to join us! This is open to everyone of every age and ability, club members past, present and future. Lake City will also be supplying the bulk of the volunteers for the event, so please get in touch if you are able to fulfil one of these roles: pre-event set up, timekeeper, barcode scanner, photographer and marshal x 2. We welcome first timers to volunteering - it's fun and all training and information will be provided.

Please wear your club colours. This could be a Lake City t-shirt or singlet, a Kia Tū, Kia Ora t-shirt or anything blue or white if you do not have a uniform. As an extra incentive to get you out of bed on a July morning, everyone who participates will get their name into a draw to win a special prize. Volunteers will get their name in the draw twice!

Please share this with everyone that you can, we would love to have a record turnout. The first timers briefing is held at 7:50am, the run briefing is held at 7:55am and the event will start at 8:00am. If you are not registered with parkrun, you will need to do that before the event, and you must bring your barcode if you wish to have your time recorded. You can find out more information about parkrun and register here: <https://www.parkrun.co.nz/> Please contact emccclarke@outlook.com if you have any questions.

Sian Twiddy

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 are required.

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. All positions need to be filled – from the President, through to Executive Members.

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

Sunday 12 September 2021



Register now at <https://events.onetime.sport/event/945>

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: Ray Boord Park, Devon Street West

When: Every Wednesday evenings - 5:30pm — 6:30pm – now 5 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 - well short of this number at the moment

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