



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

GUFF SHEET

31 July 2021

The past week

The Club occasionally has some luck with the weather. Saturday saw a frosty morning down at Ray Boord Park followed by a brilliant day when the club hosted the Athletics Waikato Bay of Plenty cross-country championships on a slightly modified course from the club champs' event.

19 medals of varying colours came the way of the Club. Well done all, whether a medallist or not. Club members results are below. The full results can be obtained by visiting AWBOP's website.

Volunteers are great people and there was plenty from the club out there on Saturday, helping to set up the course in the morning, marshalling, helping at the start/finish line, or taking down the course afterwards.

Thank you to all, you are a crucial part of any event. Also, a big thank you to those who provided vehicles and trailers to transport the gear to and from the club rooms.

Well done Lake City!

Club activities

This 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 or can help.

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 emcclarke@outlook.com if you have any questions.

Sian Twiddy

Saturday 7 August - We are now moving into what is known as the road season, when the "roadies" dust off their shoes. * The first event is the Ngongotaha Cycleway 3, 5 and 10km time trial - Start time is 2.00pm. at southern end of Parawai Road, Ngongotaha. Note to get to the start line allow extra time as you will need to go along State Highway 5 to Western Road and into Ngongotaha Village and then back to Parawai Road. Volunteers are required, marshalls, course set up, recording etc. Please contact Matt on 021 0586 189 if you can assist.

What does the * mean! It denotes this is an event where selectors will be observing club members fitness in view of selection for the New Zealand Road Relay Championships on the Takahe to Akaroa course. Also, the Cycle way event is a good opportunity to race on the road as a lead up to the Waikato BOP Road Race on Sunday 22 August at Mystery Creek, Ohaupo.

Even though we moving into the road season there's one more cross-country event on the calendar. **This being the Athletics New Zealand event at Dunedin on the 7 August. Those heading south please note you need to enter online by 11.59pm - 1 August. No late entries accepted.**

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. Thursdays; 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 4 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

Results

Athletics Waikato BOP Cross-country championships Ray Boord Park, Rotorua - 24 July 2021

Under 12 Girls – 2000 metres

Sophia Maltai-Spence (Te Puke)	1st	7.53
Claire Randell	3rd	9.19
Keria Burorough-Murphy	5th	10.03
Leah Barker	7th	10.25

Under 14 Boys – 3000 metres

Kayden Theron (Te Puke)	1st	11.02
Kingston Ryan	4th	11.38

Under 14 Girls – 3000 metres

Eleanor Pugh (Tauranga)	1st	11.48
Sahara Katene	5th	13.37
Arwen Barker	7th	14.18
Tyla Albrecht	8th	14.24
Amber Lysaght	9th	14.43

Under 16 Boys - 4000 metres

Elliott Pugh (Tauranga)	1st	13.20
Heath Lash	6th	15.06
Conor Lysaght	7th	16.39

Under 18 Women – 4000 metres

Boh Ritchie (Hawks)	1st	14.40
Gisele Howard	5th	17.35
Anja Crombie	6th	18.00
Lillian Muir	7th	23.27

Under 20 Women - 6000 metres

Hannah Gapes	1st	21.36
Jessica Lamb	4th	25.46
Kaitlyn Lamb	6th	29.32

Senior men – 10000 metres

Sjors Corporaal	1st	33.35
Casey Thorby	2nd	34.16
Will O'Connor	3rd	35.43

Senior Women – 10000 metres

Kerry White (Hawks)	1st	37.31
Rachael Wright	4th	71.37

Masters Men 35-64 – 8000 metres

35-39

Iain MacDonald	1st	27.04
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40-44

Matt Parsonage	1st	28.43
Sean Donoghue	2nd	32.26
Andy Twiddy	3rd	33.06

45-49

Michal Pugh (Tauranga)	1st	29.45
Adrian Lysaght	2nd	31.22
Andrew Hickson	3rd	35.01

50-54

Pat Gallagher (Hamilton)	1st	31.08
Alan Crombie	3rd	33.52

55-59

Peter Caudwell	1st	34.33
Bruce Edwards	2nd	34.43

60-64

Mark Handley (Tauranga)	1st	34.24
Graeme Pearson (Social)		34.15

Masters Men – 65 plus - 6000 metres

65-69

Dennis Litt (Frankton)	1st	25.16
Phil Gulbransen	3rd	30.03

70-74

Trevor Ogilvie	1st	28.02
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Masters Women - 6000 metres

45-49

Vicki Rees-Jones (Cambridge)	1st	27.33
Kerryn Barker (Social)		29.53

55-59

Noreen Crombie	1st	29.03
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Sarah Jane Caudwell	2nd	39.03
70-74		
Kathy Howard	1st	34.35

Road Relays Update (Takahe to Akaroa)

It is now 10 weeks until the 2021 New Zealand Road Relay Championships take place on the Takahe to Akaroa course on Saturday October 2, so those going need to be starting training now if they have not already. The Lake City club members in the table below will make up the six teams we are entering. All will need to allow for travelling on the Friday October 1, and therefore take this day off from work. We will enter the following teams (team organiser in brackets):

Junior Women (Jason Cameron)	Senior Women (Rachael Wright)
Senior Men (Will O'Connor)	Masters Men 35-49 (Matt Parsonage)
Masters Open 50+ (Chris Corney)	Composite team (Sian Twiddy)

To enable the Club Selectors to decide on the make-up of these teams it is important that those going compete in as many of the selection events as possible. These are the selection events:

- Ngongotaha Cycleway Time Trial (Saturday August 7)
- Athletics Waikato BOP Road Championships at Mystery Creek (Sunday August 22)
- Club Road Championships at Hannahs Bay (Saturday August 28)
- Athletics New Zealand Road Championships at Mystery Creek (Saturday September 5)

In addition to the \$200 deposit already paid, some further payment will be required before the vent once costs are confirmed. This will likely be less than \$100 per participant. Due to sponsorship from Mercury, this will not be required for the Junior Women.

For any questions regarding Road Relays contact Adrian Lysaght, phone 027 6153496 or email

Adrian Lysaght	Dave Cronshaw	Joe Gallaher	Russell Clarke
Alan Crombie	Dee Horne	Judith Meek	Shaun Wyatt
Alan Fergusson	Ephraim Sisay	Kaycie O'Connor	Sian Twiddy
Andrew Hickson	Esther O'Sullivan	Laurence Lickfold	Sjors Corporaal
Andy Twiddy	Fred Shilton	Matt Parsonage	Steve Parker
Anja Crombie	Gaine Petterson	Megan Clarke	Sue Crowley
Amy McMahon	Gisele Howard	Megan Grant	Tenecia Hingston
Bella Wyatt	Greg Malcolm	Michael Voss	Tony Broadhead
Bruce Edwards	Hannah Gapes	Noreen Crombie	Trevor Ogilvie
Casey Thorby	Iain McDonald	Phil Gulbransen	Will O'Connor
Chris Corney	Jason Cameron	Poppy Martin	
Chris Lord	Jessica Lamb	Rachael Wright	

Have you got LAZY SNEAKERS lying around at home? Gathering dust? Donate them!

Lazy Sneakers is a sneaker bank project collecting pre-loved, good conditioned sneakers from the community. These are then distributed for FREE so people can play, participate and reach their potential. Lazy Sneakers was created by Maia, who was only 12, when she noticed her friends couldn't participate in sport because they didn't have the right footwear. She started the sneaker bank in Wellington in 2018 and now there are sites and ambassadors popping up around the country. Lookout for the donation box at the club rooms (coming soon) and start gathering up your lazy sneakers! Keep an eye on the LCAC Website, Guff Sheet and Facebook for updates. For more info check out the Lazy Sneakers Website, or contact LCAC Member Amy on amy.victoria@outlook.com

Amy McMahon

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

or 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