



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

GUFF SHEET 25 September 2021

The past week

Another quiet week on the club scene. With Covid most are out exercise by themselves or in their family bubble.

The observant of you will have noticed that guff sheets have been coming out with the words “do not reply@mygamedayapp” as the sender. We are now unable to show the senders name (Lake City) via the current method using the membership database controlled by Athletics NZ. The club’s executive is exploring alternative ways of forwarding the publication. Should you wish to contact the Club via email please use the info@lakecity.co.nz address

Various notes

No 1: Access to Neil Hunt Park clubrooms. At the Monday evening Executive meeting it was agreed that the Neil Hunt Park clubroom will remain closed during Covid Level 2 restrictions. The reason for this decision is that the club cannot perform the regular cleaning required under Level 2 restrictions. The club rooms have many common touch points, like doors, light switches, the entry keypad etc. The view of the executive committee is that the weekly cleaning of the club rooms, in particular the common touch points, is not sufficient to meet the requirements for regular cleaning. There is adequate means for contract tracing with the contact tracing QR code on display, lists and keypad entry to the club rooms. Contact tracing is not a reason that club rooms will remain closed during Level 2 restrictions.

Please do not attempt to use your PIN Code for access

No 2: Red Stag Redwoods Forest Relay – 17 October 2021. *RESCHEDULED DATE*
- Sunday October 17. All existing registrations will remain active for October 17. For the Health & Safety of Aotearoa this event will only go ahead at COVID Alert Level 1. If the event is unable to run at the new date, or if any registrant is unable to attend the new date, registrations will roll over to the 2022 event. Please register your interest either by using the sign in sheet at the Club (once open) or email Sian at sianbremner@hotmail.com to take part in a Lake City Team. Please see below on how to register your interest in being part of a team.

If you would like to participate, please read below

If you are a current financial member and would like to participate in a Lake City relay team, please indicate this by either filling in the form found at the club rooms (when they are open) or by emailing Sian at sianbremner@hotmail.com

Club selectors will place you into an appropriate team. Team lists will be available the week prior to the event on Facebook and in the Guff sheet.

Please print clearly

Age groups

Masters – 35 or over in the day (men and women)

Senior – Under 35 on the day (men and women)

Youth- Year 7 – 13 (school years)

Primary - Year 6 and under (school years)

Please email the following details

Full name

Age group

Walk/Run

Gender

Contact phone number

If you require more information on the event, please check the event out on our club web page.

Sian Twiddy

REQUIRED - Marshalling volunteers to help on at the event from 8.30am for about 4 hours.

Please contact Phil Gulbransen on 027 382 8424 or email philgulbransen@gmail.com

Phil Gulbransen

No 3: Athletics New Zealand Road championships, have been moved out to Sunday 7 November via Gate 2, 125 Mystery Creek Road, Ohaupo. Note that entry cut off is 31 October 11.59pm. No late entries are accepted. Visit Athletics NZ website for details etc.

No 4: 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

Lazy Sneaker Collection sites now open! Drop off your Lazy Sneakers at the box inside the Lake City Athletic Club rooms or the blue bin in the St. Mary's School office. Donated shoes can be of any size or type, they need to be:

1. Clean
2. In good condition
3. And have at least a year's worth of life left -

Amy McMahon

No 5: The annual Athletics New Zealand championship Half Marathon will be deferred by a year and now hosted as part of the September 2022 Cambridge Half Marathon. It is not clear in the wording on the events website as to whether the Cambridge Half has been postponed in its entirety. Check out their website.

No 6: Athletics Waikato BOP. Below are details of upcoming officials training courses

courses:

Sunday 14th November - Cambridge Athletics Club - Jumps 9.15am start - short practical session on how to run jumps events, followed by sit down presentation on the rules, followed by written assessment (2 hours max allowed, open book)

Sunday 21st November - Cambridge Athletics Club - Throws 9.15am start - short practical session on how to run throws events, followed by sit down presentation on the rules, followed by written assessment (2 hours maximum allowed, open book)

Porritt on Sunday 28th November for a Track session, 9.15am start. Track walk first, then sit down presentation on the rules, followed by written assessment (2 hours max allowed, open book). Cost \$5 each session. Rule books available for use on the day. All enquires to Heather O'Hagan: heathersohagan@gmail.com