



Website: [www.lakecity.co.nz](http://www.lakecity.co.nz)

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## GUFF SHEET

23 May 2020

### The past few weeks

Club members have taken part in virtual events like the Ekiden relay, as well as putting in miles while in their own bubble. Now that we are in Level 2 there is more flexibility to run/walk with others, but we all need to adhere to the guidelines issued by the Government etc.

A brief summary of these guidelines are (with a few additions):

- No group or pack to be greater than 10 per run or walk
- No one can run or walk if they are unwell
- Pack/group leaders are to record names of those in their pack for every run/walk. One person to be doing the recording. No sharing of pen/pencil/note book etc. If you have a person in your pack who is not a club member please also record their contact details. Keep this paperwork safe.
- Even though you are in a pack/group a 1 metre distance is to be maintained between people. Remember social distancing when standing around chatting.
- Keep a track of where you've been and who you have been with – put a note in your diary.

### Club activities

With a number of winter club trophy events due to be contested a novel way to get results for the likes of the Novice Veteran, Costello and Tihi-O-Tonga has been designed. Naturally the trophies will only be awarded to current financial members.

It's for runners, walkers and there's an event for the younger club members. All are invited to take part whether a club member or just a member of the public.

As you are venturing in the countryside there's a few rules to be followed regarding gates, fences, stock etc. **Gates:** always get over at the hinge end; always leave a gate as you find it – if open leave open - if closed leave closed. If opening the gate to get through please close after you - don't leave it for any person still coming. They will leave it as they found it, open! **Fences:** please get over them by a post. For the townies the post is the bigger one on the fence line. The skinny ones are called battens. **Stock:** Don't disturb any stock near-by. Although the area allows dogs on a lead, it is suggested that you leave poochie at home – thank you.

Enjoy!

Below is how it's going to work for the first event.

The Lake City Club Winter Season is finally to get underway with a virtual version of the Novice, Veteran and Costello Cup races. This will involve you doing the event whenever you want between Thursday 21 May and Tuesday 2 June, recording your own time and sending it to Club Captain Matt (mobile: 021 0586189, email: [matt1980@hotmail.co.nz](mailto:matt1980@hotmail.co.nz)).

We are relying on your honesty of course, but we trust you!

Feel free to show off though, by posting your Strava or other fitness app results for this event on the Lake City facebook page (not compulsory).

Remember, this is a sealed handicap event. After you send in your time it will be adjusted by an amount calculated by our Club Handicapper, Moustache.

This event is open to anyone, including non-club members, but only current financial club members are eligible for winning the trophies on offer.

The reason we are running this event in "virtual" mode is because at COVID-19 Alert Level 2 gatherings of more than 10 people for sport are not allowed.

### **The Trophies**

Long course (6.7km):

- Novice Cup: awarded to club member aged 15 years plus who has been a financial club member two years or less and gets the fastest time of the day after their handicap has been deducted from their finish time.
- Veteran Cup: awarded to a club member aged 35 years plus who has been a financial club member in excess of two years and gets the fastest time of the day after their handicap has been deducted from their finish time.
- Costello Rose Bowl: awarded to a club member aged 15 years plus that does not fall into either of the above categories and gets the fastest time of the day after their handicap has been deducted from their finish time.
- Tihi-O-Tonga Trophy: awarded to a club member who walks the event and gets the fastest time of the day after their handicap has been deducted from their finish time (Note: anyone running and walking the event will be classed as a runner and thus be ineligible for this trophy; the Tree Trust Sheep are being paid to do runners in!)

Short Course (2.3km):

- Junior Cup: prizes are available to club members aged under 15 years who complete the event. There are no sealed handicaps for them but finish times will be adjusted using age and gender grade factors to make it fair.

### **The Courses**

Refer to PDF [attachment – Novice Veteran Costello 2020](#), which is also on the Lake City facebook page. The course will be marked with arrows at key points and coloured tape/ribbons at regular intervals so you know you are still on track.

### **Next Event**

The Foster/Smyth/Lamason Trophy races will also be a virtual event, and will be held from Thursday 4 June to Tuesday 16 June. Details to follow closer to the time.

## **National Ekiden Virtual Relay Champs**

This challenge should be a fun one! It's the National Ekiden Virtual Relay Champs, which is being held from the 1st to the 31st of May. This involves teams of 4 (2 males, 2 females), who individually run/walk 10km, 10km, 10km and 12.2km distances to run a virtual marathon relay when the times are combined. Under 20s teams will run a virtual half marathon with distances of 5km, 5km, 5km and 6.1km. For more information see <https://athletics.org.nz/virtual-relay>

If you would like to take part in this, please let Matt know either by email ([matt1980@hotmail.co.nz](mailto:matt1980@hotmail.co.nz)), text/phone on 0210586189, or Facebook message. We will need to organise the teams before you can send in results (as you need to submit your results with your team name). The teams can be made of people all in the same age grade (age grades are U18, U20, Senior, Masters 35-49, Masters 50-64, Masters 65+), or can be mixed. You can choose to be in a social team, or in a competitive team if you want to try to get a podium place in your grade. You are welcome to organise your own team, or you can just let Matt know that you would like to take part, and he will organise a team for you. This should be a fun challenge, so let's get involved with this one as well as we did for the Virtual 5km Champs!"

A little birdie has told the scribe that there is at least 12 (twelve) club teams already entered in this challenge.



*P O Box 2136, Rotorua*

**Neil Hunt Park Clubrooms  
Closed**

The restrictions implemented by the Government relating to Covid-19 impose many restrictions for the next month

The Clubrooms will therefore be closed until further notice

Please do not use your keypad access to enter the building

John Marten  
Secretary