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GUFF SHEET

30 May 2020

The past few weeks

There's been plenty happening over the past week. The Virtual Ekiden relay with a number of teams made up of club members and their friends etc is now nearing its cut off date – 31 May. The virtual Novice, Veteran, Costello and Tihi-O-Tonga trophy event is continuing for a few more days.

Even though the Government has advised (from today Friday) that groups can now be 100 care needs to be taken with the following guidelines still being adhered to.

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.
- Over the last few days there has been a whole heap of guidelines issued that need to be followed when a club is organising a formal event like the club cross-country championships. Also there are guidelines on the use of facilities like the clubrooms. Both guidelines are very complex and will need to be worked through by your Executive.

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 and other events in the near future has been designed. Naturally the trophies will only be awarded to current financial members. This is the Club's interruption of a "virtual" event. Why are events being held this way? Because of the Covid-19 pandemic virus that is throughout the World in 2020.

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

Below is how it's going to work for the first event - Novice, Veteran, Costello and Tihi-O-Tonga

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). Make sure you submit your times to Matt promptly.

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 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 last week's guff sheet attached file, 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. Starting point is the corner of Old Taupo Road and Moncur Drive.

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.

Please support this event. Enjoy!

Next Event: Foster / Smyth / Lamason Trophy Race

The Foster/Smyth/Lamason Trophy race is the next event on our Lake City Winter Calendar. Traditionally this is handicap cross-country event on a challenging farm course. Due to COVID-19 restrictions this will also be a Virtual Event, along the same lines as we have done with the Novice, Veteran, and Costello Cup race, but it will be in the Whakarewarewa Forest rather than on farmland.

You can do the event whenever you want between Thursday 4 June and Tuesday 16 June; record your own time and send it to Club Captain Matt (mobile: 021 0586189, email: matt1980@hotmail.co.nz).

The courses are detailed on the attachment and are also detailed below.

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).

This will be 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 Trophies

Long course (9.5km)

- **Foster Shield:** awarded to the male club member who gets the fastest time of the day after their handicap has been deducted from their finish time.
- **Smyth Trophy:** awarded to the female club member who gets the fastest time of the day after their handicap has been deducted from their finish time.
- **Lamason Trophy:** awarded to the club member (male or female) 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; keep those brakes on going downhill!!)

Short Course (3.0km): 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

Drive out to Planet Bike on Waipa Bypass Road and find a park (watch out for bikers and don't drive up onto the ramp!). Walk to the start point at the yellow blocks at the end of Nursery Road opposite the rear entrance to the Red Stag Mill (watch out for trucks!). Both the long and short courses are loops so make sure you start and finish at the same spot. Due to the relatively straight forward nature of the courses, they will not be marked.

Long Course (9.5km):

From the start, head along the Ball & Chain trail, and then exit onto Hill Road. Follow Hill Road to the mountain bike shuttle bus pick-up area, and turn right to stay on Hill Road and climb the hill (the challenging part of the course! Watch out for the shuttle bus). Continue along Hill Road once the top is reached until the intersection with Direct Road is reached. Turn left and follow Direct Road downhill, and at any forks stick left. At the clearing/intersection where Direct Road ends, take the second exit on the left, which is Red Tank Road. Follow Red Tank Road until it reaches Nursery Road (don't go left at the Red Tank), and then turn left onto Nursery Road. Follow Nursery Road back to where you started.

Short course (3.0km)

From the start, head along the Ball & Chain trail, and then exit onto Hill Road, and then turn on to Larch Road. Follow Larch Road (don't take any of the roads on the right of it), until it ends at the Red Tank, and then turn left on to Red Tank Road. Follow Red Tank Road until it reaches Nursery Road, and then turn left onto Nursery Road. Follow Nursery Road back to where you started.

This is a toughie! Which is what the event is about. When it originated in 1968 there was only the Foster Shield on offer, but plenty of hilly countryside out at Waikite Valley to be traversed. And they were hills!

Take up the challenge!

Athletics New Zealand – National cross-country - Otago

This event has been **postponed** from Saturday 1 August to Saturday 29 August. Those members that have a national championship event on their programme need to regularly check out Athletics N Z newsletter and their other ways of communication.

National Ekiden Virtual Relay Champs

This challenge has only a few days to run. The message is that there has been a large number of teams made up of club members, friends etc. that have taken part. Results are awaited.

Another virtual challenge



Visit www.eventpromotions.co.nz for details - time frame etc.

LONG COURSE MAP – Foster Smyth Lamason event



