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GUFF SHEET

6 June 2020

The past week

The Virtual Ekiden relay with a number of teams made up of club members and their friends etc has now ended. Likewise the club's "virtual" Novice, Veteran, Costello and Tihi-O-Tonga trophy event. Results of both events are awaited. The "buzz" around is that these events have been well supported.

Even though the Government has advised 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):

- 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.
- 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 paper work 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.

A bit of history on the Novice Cup

For those interested the following is a brief history of one of the trophies that was at state at the club's first "virtual" event. The 1953 report on the Novice Cup states: "The trophy which is contested on a sealed handicap basis (as it is today) is won by a man (no female distance runners in those days) who has not won a trophy previously. The event, hosted by Mr. and Mrs. Kay Taylor, started from 42 Horohoro Road (now Springfield Road). The course was 4 1/2 miles and included the long climb up to the reservoir hill, (up past the Polytech) along the Maori Scheme track and then a good finishing straight down Otonga Road. The winner was a Jack Aburn. Afternoon tea was provided by Mrs. Taylor".

Club activities

The next club "virtual" event is detailed below. That is the Foster, Smyth, Lamason. The event is for runners, walkers and there's also an event for younger club members. All are invited to take part whether a club member or a member of the public. Youngsters please have a caregiver with you when doing your course.

The winter season programme is being revamped and hopefully this is not too far away from being published in its entirety.

Foster / Smyth / Lamason Trophy Race –Thursday 4 June to Tuesday 16 June

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, Costello and Tihi-O-Tonga 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). We are relying on your honesty of course, but we trust you! The courses are detailed below, together with course maps.

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):

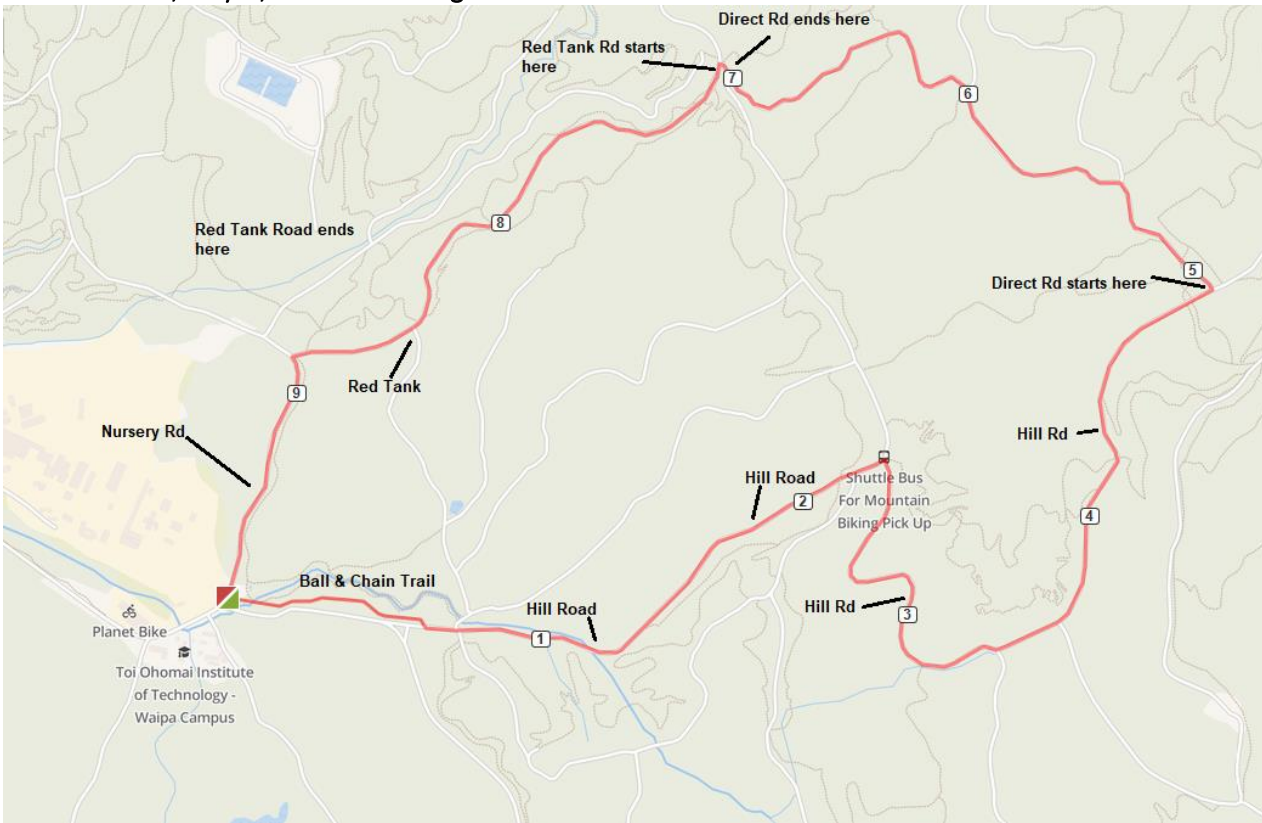
From the start, head along the Ball & Chain trail, and then exit onto Hill Road. Follow Hill Road to the mountain bike shuttle bus pick-up area, and turn right to stay on Hill Road and climb the hill (the challenging part of the course! Watch out for the shuttle bus). Continue along Hill Road once the 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 Nursey 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!

Foster, Smyth, Lamason – Long course



Foster Smyth Lamason – Short course



Saturday 13 June – Lake Okaro fun run/walk. This is an informal event but is a chance to have some exercise with the family (or by yourself) in a different area of the region. How to get there? The

easiest way is to drive south on State Highway 5 to the turn off to Murupara (State Highway 38) and then turn left at the next road – Okaro Road. The Lake and parking are about 1 km up the road on the right. Do a lap, or two, or three of the Lake. A lap is approx. 2.5 to 3 km. Be there (2pm to start running/walking by 2:15pm), but if you can't make it at 2.00pm, you are welcome to do it earlier or later. Remember contact tracing and social distancing – make a note of who you ran/walked beside if not a family member. It's a lovely area on a beautiful winter's day. Let's hope it is! Have a picnic with the family after the exercise.

Athletics Waikato BOP winter season dates

There has been a number of changes to the dates of this winter's AWBOP based events. These are as follows:

1. The Te Awamutu Golf course fun run and walk is now 4 July 2020. This event is at the Te Awamutu Golf course off Kihikhi Road. Entry is online only and close 4.00pm Thursday 2 July. There is no late entry. Further details and entry can be done by visiting Athletics Waikato BOP website.
2. Hamilton Hawks open cross-country event is penciled in for 18 July, but is still to be confirmed.
3. The Athletics Waikato BOP cross-country champs have moved to 1 August at Waipuna Park, Tauranga
4. The Athletics Waikato BOP road champs are scheduled for Sunday 25 August at St Peters, Cambridge
5. The Cambridge Half marathon etc scheduled for 13 September has been cancelled.

Should other changes come to hand they will be notified via the guff sheet. These changes mean that the club's winter programme gets more amendments made to it.

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 New Zealand newsletter and their other ways of communication.



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

A promotional banner for a virtual run/walk challenge. The background is a scenic landscape with mountains and a river. On the right, a man in a white tank top and green cap is running. The text on the banner includes: 'Event Promotions www.eventpromotions.co.nz', 'VIRTUAL RUN/WALK CHALLENGE', 'MILFORD TRACK 54km OR 90 MILE BEACH 145km', 'COMPLETE CHALLENGE BETWEEN 5th - 21st JUNE', and a yellow circular badge that says 'INCLUDES STUNNING FINISHERS MEDAL'.

Another virtual challenge

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