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ROTORUA
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GUFF SHEET

13 June 2020

The past weeks

A couple of the Athletics New Zealand Virtual event have been completed. The club had great participation from members. The Virtual Ekiden Relay saw Club 14 teams take part. In the under 18 age group Lake City teams placed 1,2,3 and the 50-64 age group was won by the club.

There was even one lucky member who won a major sport prize when she took part in the Virtual 5km event. Rina Joy who is now in the market for a pair of Ascis shoes.

The results of the club's virtual Novice, Veteran, Costello and Tihi-O-Tonga event are below. Trophy winners are: Tihi-O-Tonga Cup (walkers) – Jeanene Lysaght: Costello Cup – Lance Shilton: Novice Cup – Alan Ferguson: Veteran Cup – Noreen Crombie. It is pleasing to see the increase in the number that took part from previous years.

Even though we are now into Level 1 “the new normal” of Covoid 19 care still needs to be taken.

Please note below

- No one to run or walk if they are unwell. If you are sick, stay a home. Don't go to work or school. Don't socialise.
- It is still important that basic hygiene measures like washing your hands and sneeze and cough into your elbow are adhered too.
- Keep a track of where you've been and who you have been with to help with contact tracing if needed. Put a note in your diary.



Neil Hunt Park Clubrooms

Access to the clubrooms is now available

Sanitizer is in the building - Please use it

Also wipe down all benches and tables before and after use.
There is product in the building for this purpose

The building is having a “spring clean” by a commercial cleaning business within the next few days

Thank you for you for complying with the close down

John Marten - Secretary

Club activities

The next club event is another “virtual” one and is detailed below. This is the Foster, Smyth, Lamason event for runners as well as walkers. 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. Course details and map are below.

The winter season programme is being revamped and hopefully is not too far away from being published in its entirety. The club cross-country championships at the end of June are in the final stages of being put together – location, course etc.

Events:

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):

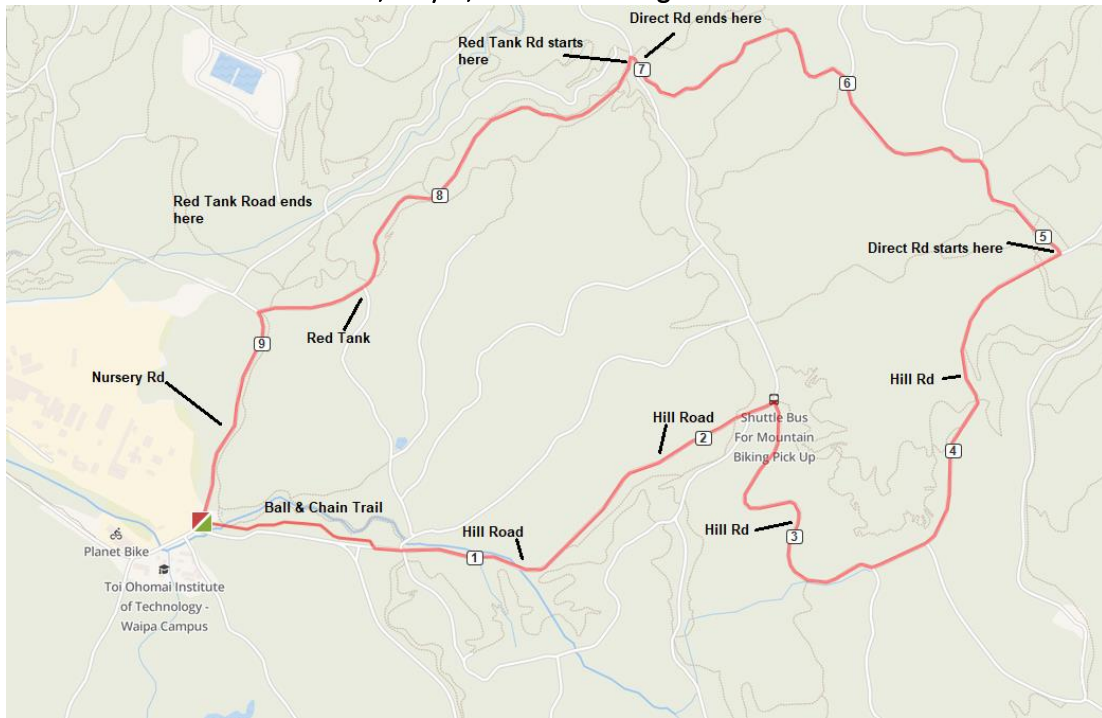
From the start, head along the Ball & Chain trail, and then exit onto Hill Road. Follow Hill Road to the mountain bike shuttle bus pick-up area, and turn right to stay on Hill Road and climb the hill (the challenging part of the course! Watch out for the shuttle bus). Continue along Hill Road once

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 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.

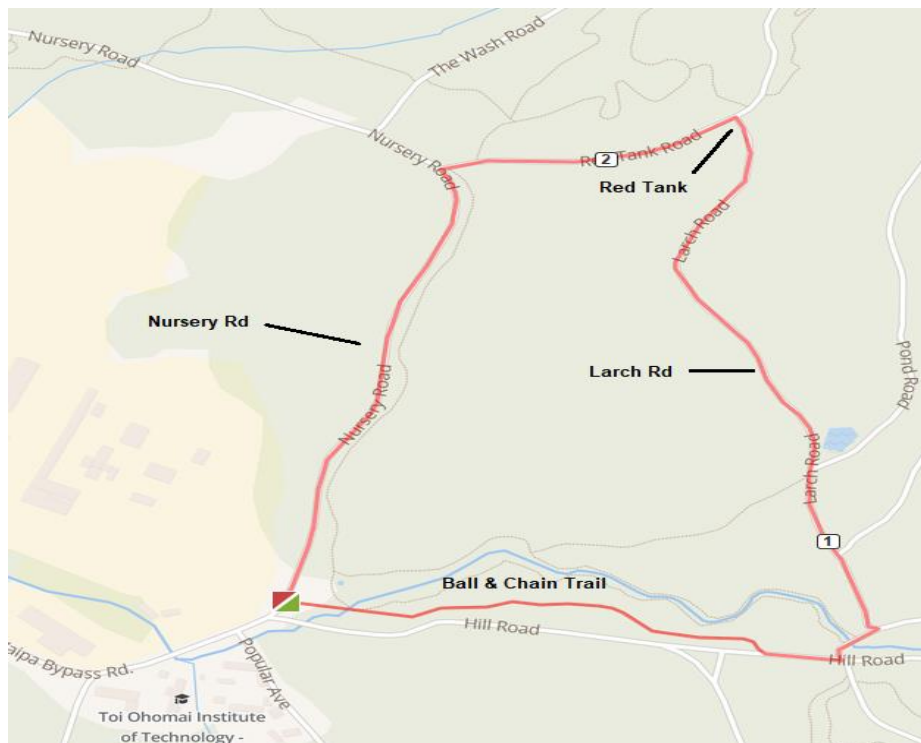
Short course (3.0km)

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.

Foster, Smyth, Lamason – Long course



Foster Smyth Lamason – Short course



This event is a toughie! Which is what it is about. Take up the challenge!

When the event originated in 1968 there was only the Foster Shield on offer, but plenty of hilly countryside to be traversed out at Waikite Valley. And they were hills! Not quite the hills in the background of the photo below but more like the green ones in the foreground (just above the gate). They look bad enough!

Some of the participants prior to the start of the 1968 event
L-R: Tom Lamason, Tom McQueen, Jack Foster, Dave Ferguson, Dennis Kenny, Colin Smyth,
Derek Wilson



This 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 km. Be there by 2.00 pm 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 to 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.

Kia Tu, Kia Ora Summer Wellness clinic

The official re start of the clinic is Sunday 21 June. Pack leaders/mentors can decide where their pack meets or runs and for how long. On the social side of the clinic from 2.00pm there is a "Survivors Party" at Annemarie's. BYO refreshments, and togs. The dress code is "camo". Bread and sausages will be supplied.

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 Kihikihi 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.

Results

Novice, Veteran, Costello and Lamason Virtual event - May 2020

Short course (2.3km)

Name	Time
James McGregor	11.50
Bruce McGregor	11.56
Keira McGregor	23.07
George McGregor	28.30
Liam McGregor	28.30

Long course (6.7km)

Name	Run/walk	Time	Handicap	Net Time
Matt Parsonage	Run	24.34	0.00	24.34
Adrian Lysaght	Run	26.44	1.00	25.44
Alan Ferguson	Run	27.27	2.00	25.27
Johanna Ottosson	Run	29.24	3.30	25.54
Russell Clarke	Run	30.48	6.00	24.48
Fred Shilton	Run	34.52	5.00	29.52
Alan Crombie	Run	35.10	3.00	32.10
Noreen Crombie	Run	35.10	11.00	24.10
Anja Crombie	Run	35.30	10.00	25.30
Sarah Lei	Run	36.39	12.00	24.39
Gillian Shapley	Run	36.39	10.00	26.39
Lance Shilton	Run	39.50	14.30	25.20
Sian Twiddy	Run	40.49	13.00	27.49
Kathryn Murphy	Run	42.11	15.00	27.11
Kathy Howard	Run	44.13	16.00	28.13
Rina Joy	Run	47.18	16.00	31.18
Dee Horne	Run	47.22	15.00	32.22
Steph Thomson	Run	56.21	24.00	32.21
Ros Rowarth	Run	56.21	26.00	30.21
Jeanene Lysaght	Walk	1.09.52	34.00	30.52
Louise Rickard	Run	1.09.42	33.00	36.42
Rob Colledge	Walk	1.26.13	40.00	46.13
Evelyn Lawrence	Walk	1.26.13		
Pam Kenny	Walk	1.27.18	41.00	46.48
Dennis Kenny	Walk	1.34.08	45.00	49.00
Linda Montgomery	Walk	1.50.00	40.30	1.09.30
Ally Gibbons	Walk	1.50.00	37.30	1.12.30
Andy Eastcott	Walk	1.50.00	38.00	1.12.00
Alby Schuster	Walk	1.50.00	39.30	1.10.30
Sarah Wiwarena	Walk	1.50.00	35.00	1.15.00

Another virtual challenge

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