



# LAKE CITY *Athletic Club* INC

## Summer Programme 2012-2013

Includes Athletics and Walking & Running



Photo by Stephen Parker,  
Rotorua Daily Post





Welcome to the 2012-2013 Summer season!

*Athletics is a foundation sport involving running, jumping, throwing and walking. The coordination and fitness you gain in athletics will help your other sporting activities. All abilities are catered for on club nights, including very beginners and some AWD.*

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- 1) **SUMMER TRACK & FIELD (Athletics)** - Club Nights are held October-March at the #2 Grounds of the International Stadium on Devon Street;
  - a) JUNIORS: Tiny Tots 2yrs to Children 11yrs Club Night – Tuesday evenings 5:10pm starting October 16<sup>th</sup> 2012
  - b) Coaching Sessions for 12yrs+ Adults - Wednesday evenings 5:10-6pm starting October 17<sup>th</sup>
  - c) SENIORS: Teens 12yrs+ & Adults Club Night – Wednesday evenings 6:15pm starting October 24<sup>th</sup>
  - d) Development Squad for competitive athletes - various times per Coaches.
  
- 2) **PROGRAMMES:** Senior and Junior programmes are listed in this booklet, as well as the championship evenings for both at the end of the season. Each family will get this Programme when they join summer athletics. The stated times will be adhered to as much as possible, but may change due to weather, facilities etc.
  
- 3) **COACHING:** The club has a Development Squad for those members who will be competing at events. At senior track night there are also a number of people willing to assist with the technical aspects of track and field. Lindsay Foster or Kerris Browne can direct you to these people.
  
- 4) **VOLUNTEERS:** For club nights to function effectively, the assistance of all those attending is sought. Please attend helper-training sessions and assist willingly when called upon. If you know of husbands, wives, parents, partners etc what would like to assist, please contact the Convenors.
  
- 5) **SUBSCRIPTIONS:** All participants of club nights are required to pay their annual membership fee, by the 2<sup>nd</sup> club night at the latest. Annual membership covers you from 1<sup>st</sup> April to 31<sup>st</sup> March of the following year. Once you pay full membership, you will receive a registration patch that must be sewn on the front left chest of your singlet at all competition events, and entitles you to take part in any Athletics NZ event throughout the country. Adults that pay the club-only membership, you only take part in local club events.
  
- 6) **COMMUNICATIONS:** A weekly Guff Sheet (year 'round) and Kids News (summer only) is produced and emailed to all paid members. These can also be uplifted at club nights or downloaded from the club's website – [www.lakecity.co.nz](http://www.lakecity.co.nz). Besides being listed in your Programme, details of forthcoming events will also be displayed on the notice board evening. Parents will also be emailed periodically through the winter season to keep them informed about the coming season's activities.
  
- 7) **CLUB UNIFORM:** All members wear the blue, white & black running singlet with plain black running shorts or lycra shorts (no extra markings on them allowed). If you still have the old white tee shirt, it is acceptable for this season only, but will be phased out completely by next year.  
  
Club uniforms are kept at the main club rooms and at children's track, and can be purchased by arrangement with Kerris Browne (phone 021 753691). **Please make arrangements for purchase well before you require it.**  
  
Club members are encouraged to wear club uniform during **all** events (eg club nights, publicity photos) and **must** be worn in inter-club events when determined necessary (eg Inter-Club, Champs, Ribbon Days, Colgates).
  
- 8) **STARTING:** Crouch starts in all events 400m and under. Blocks can be used for age 10+, and must be used for all age 10+ that are wearing spikes, and all age 12+ regardless of shoes used.
  
- 9) **FALSE START:** All events are conducted under the new IAAF starting rules, which do not allow any false starts in individual races. Any runners who are responsible for a false start will be disqualified immediately.
  
- 10) **SHOE SPIKES:** Spiked running shoes may be worn by competitors in Grades 10 up, but you **MUST** check the surface requirements of the event to see what type/length can be worn. EG for Mondo all-weather tracks, no longer than 6mm Christmas Tree and Cone spikes with the sharp point filed off can be used. Spikes can be worn during the event only, but must be removed immediately at the end of the event. No shoes capable of taking spikes can be worn by athletes in Grades 9 or under. Track shoes with rubber moulded grips are permitted.
  
- 11) **TRAINING GROUNDS:** Besides the Tues & Weds club nights, the grounds can also be used for member's additional training on Mondays and Thursdays 5-7pm, and Saturday and Sunday mornings 7am-12 noon. Please be aware you may have to share the grounds with others such as the Development Squad, and sometimes the track may be booked for other events. When using the circular track for training, **please use the very inside lane**, leaving the other lanes fresh for competition events. Gear shed is not available unless your coach is there and has a key.
  
- 12) **CANCELLATIONS** – Seniors Track & Field rarely ever cancel, even if it's raining! For Children's we only cancel if it's heavy rain. Phone the hotline on **349 2994, dial 5924** for Cancellations. Otherwise checkout the Cancellation Notices on the [www.lakecity.co.nz](http://www.lakecity.co.nz) website. For regular information on Children's events, look at Lake City Kids News, or the Events page.

# Junior Section

(Tiny Tots 2yrs to Children 11yrs)



- 13) **EVENTS:** Are run on an age-basis, depending on your child's age as at 31/12/2012. Children are not allowed to participate in another age group, despite what their abilities may be (except for AWD). If your child is interested in competing, there are plenty of athletics events listed at the back of this handbook.
- 14) **SCHEDULE:** Training nights are based on 4-week programme, giving each age group a variety of events, aiming for a mix of throwing, running, and jumping each night.
- 15) **COLGATE PATCH:** The white age patch given to you **MUST** be **sewn** or permanently fixed on the left chest – pinning is **NOT ACCEPTABLE**.

## Junior Club-Night

**Tues nights 5:10pm** at #2 Stadium Ground, Devon St.

**NOTE: We may have an alternative venue during late Jan and all of Feb, as the #2 track is being used for Kapahaka Nationals.**

		<b>Week A</b> 16 <sup>th</sup> Oct, 13 <sup>th</sup> Nov, 11 <sup>th</sup> Dec?, 5 <sup>th</sup> Feb	<b>Week B</b> 23 <sup>rd</sup> Oct, 20 <sup>th</sup> Nov, 12 <sup>th</sup> Feb	<b>Week C</b> 30 <sup>th</sup> Oct, 27 <sup>th</sup> Nov, 19 <sup>th</sup> Feb	<b>Week D</b> 6 <sup>th</sup> Nov, 4 <sup>th</sup> Dec, 26 <sup>th</sup> Feb
<b>2-4yrs</b>	5:15-5:55	Mix of games/skills	Mix of games/skills	Mix of games/skills	Mix of games/skill
	5:15-5:35	Long Jump	60m (Back)	Discus	40m Relays
<b>5yrs</b>	5:35-5:55	40m (Back)	Throwing	Shuttle Relays	Hurdles Skills
	5:55-6:15	Shotput	Jump Pads	Long Jump	Jump Pads
	5:15-5:35	40m (Back)	Throwing	Shuttle Relays	Hurdles Skills
<b>6yrs</b>	5:35-5:55	Jump Pads	60m (Back)	Discus	40m Relays (top)
	5:55-6:15	Long Jump	Hurdles Skills	Jump Pads	Shotput
	5:15-5:35	Shotput	200m	4x100 Relays	Jump Pads
<b>7yrs</b>	5:35-5:55	Long Jump	Jump Pads	Long Jump	100m
	5:55-6:15	60m (Back)	Throwing	Discus	Hurdles Skills
	5:15-5:35	100m	Shotput	Throwing	Discus
<b>8yrs</b>	5:35-5:55	Discus	200m (8&9yrs)	4x100 Relays (8&9yrs)	Long Jump
	5:55-6:15	Jump Pads	Long Jump	Hurdles Skills	60m (Back)
	5:15-5:35	Throwing	Long Jump	High Jump	Long Jump
<b>9yrs</b>	5:35-5:55	Hurdles - Red	200m (8&9yrs)	4x100 Relays (8&9yrs)	Discus
	5:55-6:15	100m	Shotput	Throwing	60m (Front)
	5:15-5:35	Hurdles (10&11yrs)	High Jump (L)	Long Jump	100m (10&11yrs)
<b>10yrs</b>	5:35-5:55	200m (10&11yrs)	Shotput	Throwing	High Jump
	5:55-6:15	Discus	400m (10&11yrs)	4x100 Relays (10&11yrs)	Discus
	5:15-5:35	Hurdles (10&11yrs)	Discus	Shotput	100m (10&11yrs)
<b>11yrs</b>	5:35-5:55	200m (10&11yrs)	Long Jump	High Jump	70m Hurdles
	5:55-6:15	Throwing	400m (10&11yrs)	4x100 Relays (10&11yrs)	High Jump
	6:20-6:30	800m (9-11yrs)	1200m Walk (10&11yrs)	800m (9-11yrs)	1500m (10&11yrs)

**Important**

- Sat October 27<sup>th</sup> is our RIBBON DAY, all children and parents are expected to participate.
- Tues December 18<sup>th</sup> is GAMES NIGHT, BBQ & end-of-year Santa chase.

# Junior Championship Programme

	5 <sup>th</sup> March	12 <sup>th</sup> March	19 <sup>th</sup> March
<b>5yrs</b>	5:15-5:35	Long Jump	Shuttle Relays
	5:35-5:55	60m (5&6 yrs Back)	40m (5&6yrs Back top)
	5:55-6:15	Shotput	L/R Game
<b>6yrs</b>	5:15-5:35	L/R Game	River Game
	5:35-5:55	60m (5&6yrs Back)	40m (5&6yrs Back top)
	5:55-6:15	Long Jump	Shuttle Relays
<b>7yrs</b>	5:15-5:35	100m	200m
	5:35-5:55	Long Jump	60m (Back bottom)
	5:55-6:15	High Jump (L)	Shotput
<b>8yrs</b>	5:15-5:35	60m (8&9yrs Back)	Shotput
	5:35-5:55	Discus	200m (8&9yrs)
	5:55-6:15	100m (8&9yrs)	Long Jump
<b>9yrs</b>	5:15-5:35	60m (8&9yrs Back)	Long Jump
	5:35-5:55	Shotput	200m (8&9yrs)
	5:55-6:15	100m (8&9yrs)	Discus
<b>10yrs</b>	5:15-5:35	High Jump (L)	100m (10&11yrs Back)
	5:35-5:55	200m (10&11yrs)	Shotput
	5:55-6:15	Discus	400m (10&11yrs)
<b>11yrs</b>	5:15-5:35	Discus	100m (10&11yrs Back)
	5:35-5:55	200m (10&11yrs)	Long Jump
	5:55-6:15	70m Hurdles (Back)	400m (10&11yrs)
	6:20pm	1500m (10&11yrs)	1200m Walk (10&11yrs)
<b>Prize-giving 26th March 5:30pm at the Lake City CLUBROOMS, Neil Hunt Park, Tarawera Rd (behind Outdoorsman).</b>			

## BBQ Roster

Parents of Tiny Tots to take turns cooking sausages each evening, after the 1<sup>st</sup> session is finished

## Your Juniors Volunteers

### Children's Convenor & Coaching

#### Coordinator:

Kerris Browne

3480790

021 753691

[swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz),

**Track Convenor:** Leanne Leggett

[leannecarol@xtra.co.nz](mailto:leannecarol@xtra.co.nz), 3488292

021 02629226

**Newsletters:** Rina Joy

[rina.joy67@gmail.com](mailto:rina.joy67@gmail.com)

3457474, 021 892447

### Colgates & WaiBOPs Team

**Manager:** Donnene Van Fulpen

[donnenemark@xtra.co.nz](mailto:donnenemark@xtra.co.nz)



3483686, 027 2205092

#### Support Persons:

Results – Maggie Tapiata

Sponsorships – Heather Thurlow

Photos – Jackie Waaka

BBQ Equip – Tania Brown

Recording – Megan Nikora, Melissa W,

Joanne P, Mark Harting, Dominic

Tuhaka, Jane Brackenbury

#### Club Night Coaches:

Tiny Tots – Jeanene Lysaght, Sarah Lei,  
Jackie Leggett, Gillian Shapley

5-6yrs Sprints – Debra Dowland, Teena  
Mills, Michelle Richardson, Justin H

7yrs+ Sprints – Rosie Florence, Justine  
Sinclair, Christina Fitzpatrick

Gun Starter – Carolyn Muir, Kurt Rice

Hurdles – Arrie Vander Merwe, Nikki  
Mitchell

Shotput – Leanne Leggett, Raewyn  
Lelieveld, Necia Morrow

Discus – Ashleigh Stubbing, Megan  
Pekin, Lisa Pue

Throwing – Glenn Rumble, A & J Clarke

High Jump – Jacqui Arstall, Nicki Reid,  
Michelle Hanson

Long Jump – Jane Butterworth, Chris  
Spargo, Sue Burge, Viv Sutton

Triple Jump – Jason Trask, Kerris Browne

Race Walks – Kerris Browne

# Senior Section

(Teens 12yrs+ & Adults)

- 16) **AGE GROUPS:** Ages up to 14yrs are as at 31/12/2012. For 15-34yrs age is at 31<sup>st</sup> Dec of the year you are in. Masters 35yrs+ is age on the day. Any Master having a birthday during the championship Programme is to compete in the age group they commenced the championships in. That is, stay in the younger 5-year age group.  
 Boys/Girls 14 12, 13, 14yrs  
 Men/Women 16 15, 16yrs  
 Men/Women 19 17, 18, 19yrs  
 Men/Women 20 20-34yrs  
 Masters Men/Women 35-39, 40-44, 45-49 etc
- The club recommends that 12, 13, 14 grade athletes do not run more than 1500m distances.
- 17) **TRACK EVENTS:** Track races will be conducted on a graded ability system. Events may be run as mixed male/female of similar abilities at the same time, but you are graded according to your own age category. Some of the distance events are handicap and some mass start (scratch events).
- 18) **FIELD EVENTS:** These are often run simultaneously with track events. You must register at the field event first, excuse yourself to go and complete your track event, then come back and catch up your turn.
- 19) **CHAMPIONSHIP PROGRAMME:** Where events are combined, athletes can only take the title for their grade. Please note starting times and any special conditions eg lap recorders required. If events are not held due to weather/ground conditions, those events will be added to the programme the following weeks. Programme changes will be announced at the beginning of the evening.

## Senior Club-Night (incl some Championship Events)

Wednesdays, #2 Stadium Ground, Devon St, Rotorua.

Week A	Week B	Week C	Week D
24 <sup>th</sup> Oct, 21 <sup>st</sup> Nov, 19 <sup>th</sup> Dec	31 <sup>st</sup> Oct, 28 <sup>th</sup> Nov, 9 <sup>th</sup> Jan	7 <sup>th</sup> Nov, 5 <sup>th</sup> Dec, 16 <sup>th</sup> Jan	14 <sup>th</sup> Nov, 12 <sup>th</sup> Dec
<b>5:15-6pm Coaching</b>	<b>5:15-6pm Coaching</b>	<b>5:15-6pm Coaching</b>	<b>5:15-6pm Coaching</b>
<b>6:15pm</b> 3,000 metres run or walk for grades 16yrs+	<b>6:15pm</b> Walks. 1200m Grade 10,11,12 1600m Grade 13, 2000m Grade 14	<b>6:15pm</b> 600 metres	<b>6:15pm</b> 1500 metres
<b>6:15pm</b> Long Jump	<b>6:15pm - Javelin</b> <b>28<sup>th</sup> Nov - Championship</b>	<b>6:15pm</b> Shot Put <b>5<sup>th</sup> Dec - Championship</b>	<b>6:15pm</b> Discus <b>14<sup>th</sup> Nov - Championship</b>
<b>21<sup>st</sup> Nov - Long Jump Championship</b> <b>19<sup>th</sup> Dec - Hammer Championship</b> 16yrs+	<b>6:15pm</b> Triple Jump & Long Jump <b>28<sup>th</sup> Nov T/Jump Championship</b>	<b>6:15pm</b> High Jump <b>5<sup>th</sup> Dec - Championship</b>	<b>6:40pm</b> 100 metres
<b>6:40pm</b> 60 metres	<b>6:30pm</b> 100 metres	<b>6:30pm</b> 60 metres	<b>6:55pm</b> 400 metres
<b>6:55pm</b> 100 metres	<b>6:45pm</b> Modified 2km steeplechase For grade 16yrs+	<b>6:45pm</b> 200 metres	<b>7:15pm</b> Hurdles* 762 & 914 <b>12<sup>th</sup> Dec - Championship</b> *Hurdlers to set up and pack away own hurdles
<b>7:10pm, 21<sup>st</sup> Nov - 10,000 metre Championship</b> Grades 19+. **Please bring/arrange your own lap recorders 3,000 meters for others	<b>9<sup>th</sup> Jan – 2km Steeplechase Championship</b> Gr16, MW35+, MM60+	<b>7:00pm</b> 5,000 metres run/walk for grades 16yrs+. Handicap.	
<b>7:10pm</b> 800 metres	<b>7:00pm</b> 400 metres		
	<b>7:10pm</b> 2km run all grades		
	<b>9<sup>th</sup> Jan - 3km Steeplechase Championship</b> Grades 19, SM&SW, MM35-59+		

**NOTE: Events are 'All Grades' ages 12yrs to Masters unless specifically noted.**

# Remainder Senior Championship & Club Events

**\*NOTE: We may have an alternative venue during late Jan and all of Feb, as the #2 track is being used for Kapahaka Nationals.**

23 <sup>rd</sup> Jan	30 <sup>th</sup> Jan	6 <sup>th</sup> Feb	13 <sup>th</sup> Feb	20 <sup>th</sup> Feb	27 <sup>th</sup> Feb	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> March
6:15pm 60 metres	6:15pm 100 metres	<b>6:15pm Walk Championship</b> <small>1200m Grade 10,11,12 1600m Grade 13, 2000m Grade 14</small>	6:15pm High Jump	6:15pm 100 metres	6:15pm Shot put	Use some of Weeks A, B, C
6:15pm Long Jump	6:15pm Shot Put	6:30pm 60 metres	6:35pm 100 metres	6:15pm Long Jump & Triple Jump	6:15pm 60 metres	
<b>6:30pm 100 metres Championship</b>	<b>6:35pm 200 metres Championship</b>	6:30pm Discus	<b>6:50pm 3,000 metres*</b> <b>Championship</b> <small>All grades 16yrs+ *Bring/arrange your own lap recorder</small>	6:15pm Javelin	6:15pm Long Jump	
<b>6:50pm 800 metres Championship</b>	<b>7:00pm 5,000 metres*</b> <b>Championship</b> <small>All grades 16yrs+ *Bring/arrange your own lap recorder</small>	6:45pm 100 metres	7:10pm Hurdles	<b>6:30pm 1500 metres Championship</b>	6:30pm 200 metres	
		<b>7:00pm 400m Championship</b>	7:10pm 1,000 metres <small>for under 16 yrs</small>		6:50pm 3,000 metres	
<i>NOTE: Events are 'All Grades' 12yrs to Masters unless otherwise noted.</i>						

▪ **Final night & Prize-giving is 27th March**, at the Club Rooms, Neil Hunt Park, Tarawera Rd

## Your Seniors Volunteers

### Seniors Track Convenor:

Lindsay Foster,  
lindsayfoster@xtra.co.nz,  
3486818, 027 4458263



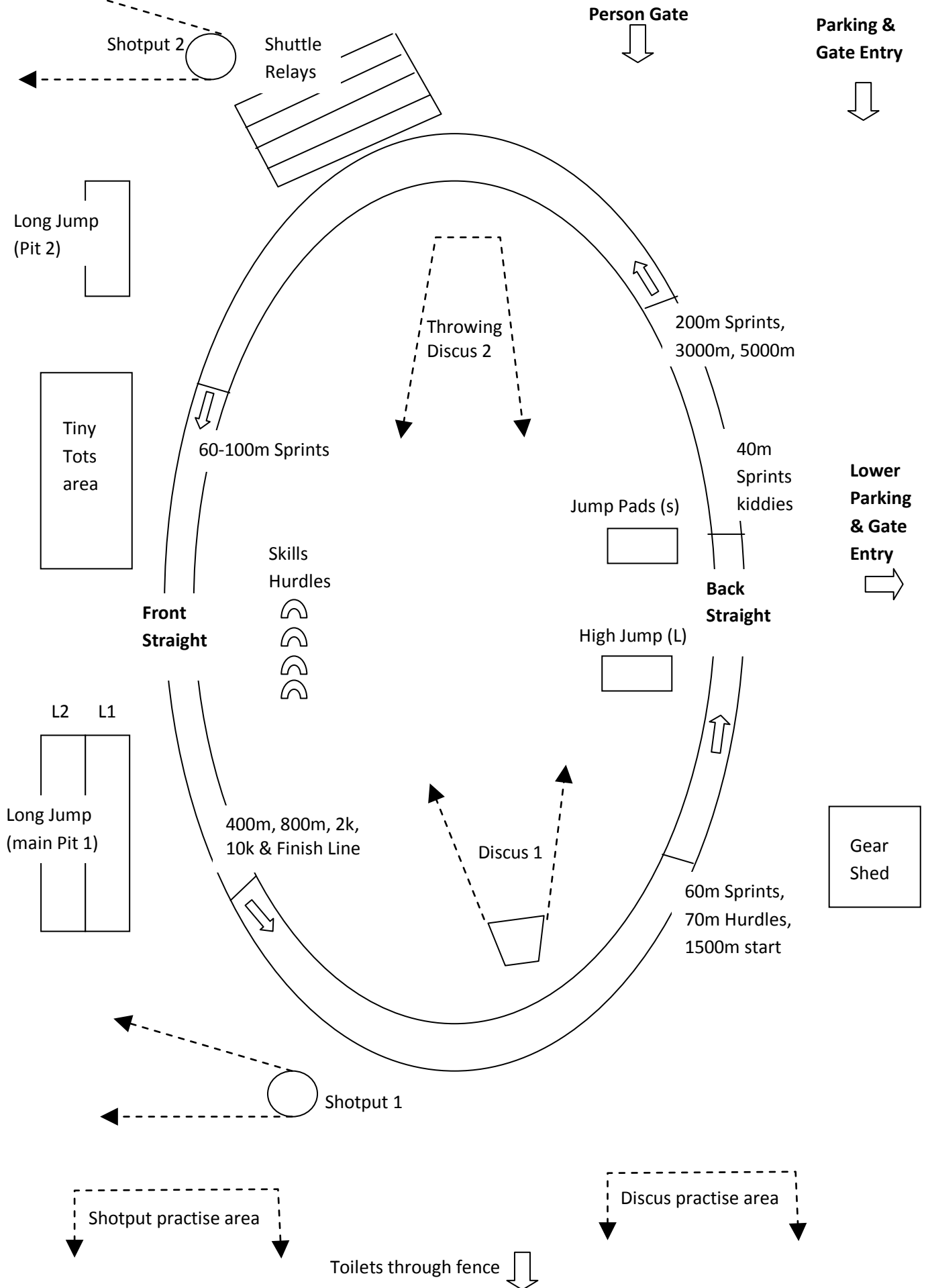
**Guff Sheet, Officiating:** Pam Kenny,  
kennys@xtra.co.nz, 348-8448

**Colgates & WaiBOP Team Manager:** Donnene Van  
Fulpen, [donnenemark@xtra.co.nz](mailto:donnenemark@xtra.co.nz), 3483686

### Seniors Club Night Coaches:

Donnene Van Fulpen – Jumps, 3483686  
Arrie Van der Merwe – Hurdles all ages  
Kerris Browne & Mark Geddes – Race Walking  
Lindsay Foster - General  
Colin Smyth – Marathon Walkers  
Kerris Browne or Jodie Hickson – Marathon Clinic

# Track & Field Layout, #2 Grounds



# DEVELOPMENT SQUAD

The Development Squad coaches provide specific technical coaching for those athletes who will be competing at events during the season eg Colgates, Secondary Schools, Interprovincials etc. Some of this coaching is free, some you have to pay a little more for. If you apply and get accepted, you should attend every session so you don't waste a space that someone else could be using!

*All sessions are at the #2 stadium grounds unless otherwise noted.*

## **Coaching Hub – Jumps, Hurdles & Throws**

5xThursdays beginning 25<sup>th</sup> Oct at 5:30-7pm

Age 7+, cost \$25 for all 5 sessions

Email: [barriejennings@xtra.co.nz](mailto:barriejennings@xtra.co.nz), 027 2634578

Level 2 coaching sessions provided by Athletics NZ for those children wishing to improve their skills and performance for Ribbon Days, Colgates and other championships.



Our coaches and parents are also invited to watch and pick up solid coaching advice for the kids.

*\* Barrie Jennings is a professional personal coach for several codes including athletics. He runs his own gym from Hamilton, but also holds the position of BOP region CoachForce Officer for Athletics New Zealand.*

## **Morag Owen – Sprints & Relays**

Sunday mornings 10am bottom end of Longmile Rd

Thursday afternoons 4:15pm at the track, Age 12+

Email: [mowen@glenholme.school.nz](mailto:mowen@glenholme.school.nz), 3473217, 021 931260

*\* Morag is a previous NZ Resident 100m record holder, and gained a NZ title in the 200m in 1989. She was the Team Coach for World Youth Champs 2001, and Team Coach for the 2007 Australian Youth Olympics. She has coached Hayden Booker in HJ & TJ, and Sarah Cowley who represented NZ in the 2006 Commonwealth Games in Heptathlon, and again at the 2012 London Olympics. Morag is an Athletics NZ L2 qualified coach, and is a teacher at Glenholme School.*

## **Arrie Van Der Merwe – Hurdles**

Weds 5:15-6pm (prior Senior club night). Age 11+

Email: [lcvd@clear.net.nz](mailto:lcvd@clear.net.nz), ph 3491642

## **Murray Cheater - Shotput, Discus, Javelin**

Thursdays 5-6pm, Age 7+

Email: [eileencheater@xtra.co.nz](mailto:eileencheater@xtra.co.nz), Ph: 027 494 5699

*\* Murray represented NZ at the Commonwealth Games in 1974, and also the Montreal Games in 1976, where he threw the hammer an incredible 67.38 metres! Over the years Murray has coached several others in various field events, and has his own contracting business in Rotorua.*

## **Donnene Van Fulpen – High, Long, Triple Jump**

Weds 5:15-6pm (prior Senior club night). Age 12+

Email: [donnenemark@xtra.co.nz](mailto:donnenemark@xtra.co.nz), 3483686, 027 2205092

*\* Donnene has been an active parent coach for several years, Colgates Team Manager, WaiBOPs Team Manager, and has completed the Level 2 Jumps course with Ed Fern. She is a teacher at Otonga School, and coaches her daughter who is a competitive athlete.*

## **Mark Edmonds - Middle Distance, Some sprints**

Mon & Weds 3:30-4:30pm

Sessions at Smallbone Park, open to any age

Email: [edmondsknm@gmail.com](mailto:edmondsknm@gmail.com), 3503299, 0274 878206

*\* Mark was a National marathon age group champ, has coached various rugby club teams, and is a part time Athletics & Fitness Instructor at Rotorua Girls High School. He also coached Johanna Ottosson who currently represents NZ in various running events. His sessions are a mix of reps and sprints.*

## **Coaching Coordinator:**

To enquire about extra coaching or to get into the squad, please contact the coach direct or;  
Kerris Browne, [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz), 3480790, 021 753691

A THANK-YOU TO SOME OF OUR SPONSORS FOR THIS SEASON;



# Trout Fly



## Walker's and Jogger's Summer Series 2012-13

Casual "drop-in" event every 2<sup>nd</sup> Thurs

- Your choice of 3km or 5km RUN, JOG, or WALK (or both)
- Course winds through the picturesque Sulphur Flats area
- \$5 for adults, \$3 for children – you don't need to be a member
- Includes a free wine/beer for adults, soft drink for kids
- BBQ sausages afterwards – yaay no cooking tonight!
- Great family event [young children must be accompanied though]
- Good starting point towards January's ½ or Marathon Clinics
- BEGINNER THURSDAYS pack runs on middle weeks 5:25pm
- Find new motivation with us – stop trudging the footpath by yourself!
- **FREE CLUB MEMBERSHIP\*** if you complete 9 out of 10 events

STARTING

Thurs 1<sup>st</sup> Nov

Registration at Club 5:45pm

**Event starts 6:15 on the dot**

Drinks and BBQ at the  
Clubrooms afterwards

Meet at the LAKE CITY  
ATHLETIC CLUB ROOMS, Neil  
Hunt Park (off Tarawera Rd) on  
the following Thursdays at  
**5:45pm;**

- **2012**
- Nov 1<sup>st</sup>
- Nov 15<sup>th</sup>
- Nov 29<sup>th</sup>
- Dec 13<sup>th</sup>
- **2013**
- Jan 10<sup>th</sup>
- Jan 24<sup>th</sup>
- Feb 7<sup>th</sup>
- Feb 21<sup>st</sup>
- Mar 7<sup>th</sup>
- Mar 21<sup>st</sup>

On middle Thursdays, meet at  
**5:25pm** for slower Pack Runs.



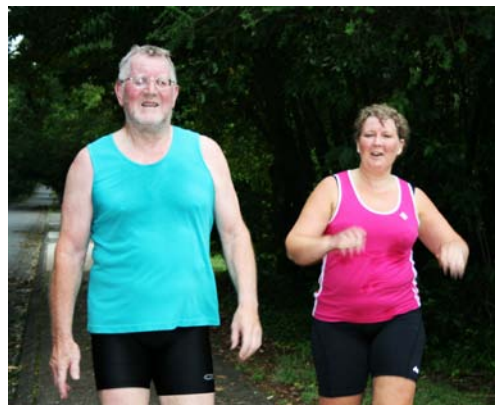
For further details: Chris Corney - 021 770 366, email [chris-donna@xtra.co.nz](mailto:chris-donna@xtra.co.nz)

\* Eligibility – only if you have never been a Lake City Member. Membership covers club-only and Marathon Clinic.

# Runner's Clinic

## 10km, ½ Marathon & Marathon

This year's Runner's Clinic will start on Sunday 20<sup>th</sup> January 2013 at 7am from the Lake City clubrooms, and includes a 15 week program leading up to the Rotorua Marathon on Saturday 4<sup>th</sup> May 2013. **But you don't have to do a full Marathon!** The Clinics also cater for those simply aiming for their first ever 10km or half marathon distance. There are a wide range of training groups taken by experienced Pack Leaders in the Clinic. These groups cover first-timers who are still walking the hills, to those with distance and speed already under their belts. Part of the program and build-up includes participating in the Kingsgate 5km, 10km or Half Marathon on Sunday 10<sup>th</sup> March 2013. After this event, you continue training towards either a 10km, the Half Marathon, or the full Rotorua Marathon on the 4<sup>th</sup> of May. Either way, you take advantage of the full 15 week program with tailored group training distances. The experience you can gain from the Clinic's Pack Leaders is invaluable.



The Runner's Clinic involves shorter Tues and Thurs evening group runs in the Redwoods, Weds track speedwork if you can fit it in, and longer Sunday morning runs for your distance training. These longer runs are at a very easy pace to build up time on your feet.



To join the clinics it is recommended that you can at least slow-jog around the block for the 10km clinic, jog 30 minutes for the ½ marathon and at least 1 hour for the Marathon clinic. But don't worry about your speed. The first Sunday run will involve sorting participants into running groups of similar pace. We have runners that run anywhere from 3 ½ hour to over 6-hour marathons, so there are plenty of different abilities in this Clinic. Distance training is initially all about time on the feet - not how fast you are!

Most of the running will be in the forest with some longer road runs towards the end of the training to get you used to running on pavement. But the forest is a great training ground with fantastic scenery and softer running surfaces so it's not as hard on your body or joints.

Each participant will be given a well-tested training program, a Pack Leader to follow, support and camaraderie, and advice on everything from shoes to hydration, diet, and managing injuries. As part of the nominal \$51 Clinic fee, you also get over a year's club-only membership so you can take part in all the club events over Winter as well. You can also purchase a Lake City Athletic Club singlet or tee shirt for your actual run on the day. Wearing a Lake City shirt guarantees you lots and lots of crowd support and encouragement, simply for being part of Rotorua's local running club and getting out and giving it a go!

**FREE INFO EVENING Thurs 17<sup>th</sup> Jan 7:30pm**

**1<sup>st</sup> run Sun 20<sup>th</sup> Jan, Then Sundays 7am, Tues & Thurs 5:25pm from clubrooms.**

Contacts: Jodie Hickson 021 970482, 3453070, [lakecitymarathonclinic@gmail.com](mailto:lakecitymarathonclinic@gmail.com)

or Kerris Browne 021 753691, [swingmills@xtra.co.nz](mailto:swingmills@xtra.co.nz).

# Walk, Walking, Walkers Clinic

Who said walking was boring? It's anything but. Meet a fantastic group of folks who have enthusiasm, fun, and enough encouragement to get you to accomplish things you never dreamed of.

## Marathon Walking Clinic



The "Marathon Walking Clinic" starts the 1st week in October where the walkers commence a full 6 month training program. The Clinic is led by Colin and Pat Smyth, who have loads of experience and valuable information to share with you, having been both marathon runners and marathon walkers themselves for many years.

New members do need to be able to walk comfortably for 1 hour at the beginning of the Walkers Clinic. So it's a good idea to start during the winter season if anyone is interested in joining.

During the Clinic, walks are again set for Tues & Thurs nights, and the longer walks on Sunday mornings.

Over the middle stages of the Marathon Clinic, the longer Sunday walks can reach 6 hours or more, before tapering back down to allow the body to heal and rest for the big day.

So if your body is not up to **running** a marathon, why not try **walking** one with us!

## Starts: Sun 7<sup>th</sup> Oct

This is the start of the popular walker's marathon clinic for the 49<sup>th</sup> Lion Foundation Rotorua Marathon.

- Start time 7am from the Neil Hunt Park clubrooms
- You must be able to walk for 1 hour comfortably
- Come and join our happy group, led by pack leaders who know the forest

**Contacts: Colin Smyth 0274 999 471, Pat Smyth 0273 341 425,  
Sarah Wiwarena 027 248 3874 (home 348 7674)  
Email: [pcsmyth@ihug.co.nz](mailto:pcsmyth@ihug.co.nz)**



# Summer 2012-2013 Club Training Schedule

Tues 6:15-7:15am	Core & Speed workout	Meet at Small-bone car park, Devon St	Coach-led by Sarah Lei, 1hr core & speed work session. It's a good mix of gym work and running, nicely combined together in the one session. Great for beginners just getting fit, sprinters, long distance runners, or anyone needing some extra speed. Nice and early before work etc.	Sarah Lei 3493558, 027 2285496 miltonhouse@yahoo.co.uk
Tuesdays 5:10pm	Kids 2yrs to 11yrs Athletics	Meet top Stadium Grounds on Devon St	Mix of basic track and field events, different every week, suits beginners as no experience necessary, non-competitive group exercise and fun! For competitive kids there are also Ribbon Days most weekends around BOP, plus the Club Champ nights at the end of the season – please enquire.	Kerris Browne 021 753691
Tues & Thurs 4:45pm, Plus Sun 7am	Distance Runners	Meet at Club Rooms Neil Hunt Park	Head off into Whaka Forest following several different routes. Different runners of these groups run between 4min to 6min kms.	John Harvey 027 272 7599
Tuesdays & Thursdays 5:25pm, Sundays 7am	10km, HALF & MARATHON CLINIC	Meet at Club Rooms Neil Hunt Park off Tarawera Rd	10k, MARATHON & HALF MARATHON RUNNERS CLINIC starting 13 <sup>th</sup> Jan 2012. Weekday starts at 5:25pm to accommodate your work. You only need to be able to slow jog for an hour at your own pace. We head off into Whaka Forest following several different map routes, and you get a program when you join. Different groups usually jog 6 to 11 min kms.	Jodie Hickson 345 3070 Kerris Browne 021 753 691
Tuesdays & Thursdays 5:30pm, Sundays 7am	Walkers Distance (no running)	Meet at Club Rooms Neil Hunt Park	Head off into Whaka Forest following several different routes. This is also the MARATHON WALKERS CLINIC from Oct-April each year. You need to be able to walk at least 1 hour comfortably including hills.	Colin or Pat Smyth 027 4999471, 027 3341425. Sarah Wiwarena 027 2483874, 3487674
Wednesdays 5:10pm	12yrs+ Teens, Adults & Oldies Athletics	Meet at top Stadium Grounds on Devon St	Mix of basic track and field events, different every week, suits beginners as no experience necessary, non-competitive group exercise and fun. Perfect opportunity to finally have a play if you missed out in your high school days! For competitive athletes there are separate Coaching Sessions and Athletic Meets, plus the Club Champ nights at the end of the season – please enquire.	Lindsay Foster 3486818 a/hs Kerris Browne 021 753691
Every SECOND Thursday 6pm	The Trout Fly. Casual 3-5km Walk or run	Meet at Club Rooms Neil Hunt Park	Lots of casual drop-ins, beginner walkers & joggers, \$5 for adults, \$3 for kids gets you a free drink and BBQ sausages at the clubrooms afterwards. Nice and flat towards Sulphur Point so suits pretty much anyone including disabled (with help), mums pushing prams and kids with parents. Starts 1 <sup>st</sup> Nov.	Chris Corney 021 770366
Every SECOND Thursday 5:30pm	The Trout Fly. Casual 3-5km Walk or run	Meet at Club Rooms Neil Hunt Park	Casual pack run which is a lot slower than the Trout Fly, on the middle weeks. Great for those 'considering' joining the Running Clinics in Jan but not sure. We go nice and slow and ensure you are comfortable throughout. Starts Thurs 8 <sup>th</sup> Nov.	Rachel Browne 027 3630644 Kerris Browne 021 753691

## 2012–2013 Summer Athletics Events Schedule

This is a list of most major Athletics NZ Track and Field events in NZ and specifically the North Island. Other events can be found online, especially as some events are still being added/confirmed. Check your Summer Handbook for further details, or online at <http://www.athletics.org.nz/WAIKATO/Events/EventList.aspx?ID=866>.

Children's Ribbon Days commence on Saturday 27<sup>th</sup> October, providing open competition to **all** children from tiny tots up to Grade 14. Ribbon Days are at a 'social' level, so no entry fee or prior registration is required – you just rock up and take part wearing your club uniform and age patch. If a Ribbon Day is washed out on the Saturday, it may be run on the Sunday. Please contact the host club for that Ribbon day if you have any questions. Start time is normally 10am unless otherwise noted.

Date	Track and Field Event Details	Contact	Kids Ribbon Day age 2-15
Oct 21	Master's Warm-up, Porritt Stadium, Hamilton		Age 35+
<b>Oct 27</b>	<b>Lake City Ribbon Day</b> , #2 Stadium Ground, Devon St Rotorua. 10am.	Kerris Browne, swingmills@xtra.co.nz 3480790	
Oct 27 & Nov 3	Trans Tasman Trials at Mt Smart Stadium, Auckland – 8:30am start. Ages 10 & 11 on 1 <sup>st</sup> Oct 2012 only.	Fiona Maisey maifam@xtra.co.nz, 027 274 0719	Age 10 & 11
Oct 27	Open Meet, Tauranga		
<b>Nov 3</b>	<b>Whakatane Ribbon Day</b>		
Nov 3	Open Meet at Porritt, including Auckland		
<b>Nov 10</b>	<b>Tokoroa Ribbon Day</b> , Strathmore Park, Tokoroa. Start 10am	Phil Jenkins, 021 02321814	
Nov 10	Putaruru Bell, Porritt Stadium, Hamilton		16yrs-Masters
Nov 11	Master's Warm-up, Porritt Stadium, Hamilton		
<b>Nov 17</b>	<b>Fairfield Ribbon Day</b> , Fairfield Club, Porritt Stadium, Hamilton. Start 10am	Sandra Murray, 07 8568281	
Nov 17	Putaruru Bell, Tauranga		16yrs-Master
Nov 18	Sam Johnston Throwers Meet, Porritt Stadium, Hamilton, 10am		
<b>Nov 24</b>	<b>Te Awamutu Ribbon Day</b> , The Stadium, Te Awamutu, Start 10am	Murray Green 07 971 2182	
Nov 24	Jennings Cup		
Nov 24-25	North Island Masters Champs, Porritt Stadium, Hamilton		Masters 35+
Nov 24	Seniors visit, Auckland (Waitakere Club 60 <sup>th</sup> Jubilee meeting)		
<b>Dec 1</b>	<b>AWBOP Children's Relay Champs, Domain, Tauranga. 9:30am</b>	Margaret Holcroft 07 8243230	
Dec 1	Open meet, Porritt Stadium, Hamilton		
<b>Dec 8</b>	<b>Cambridge Ribbon Day</b> , Cambridge Club, Athletics Grounds	Peter Fraser 021 207 7025	
Dec 8	National Secondary Schools Track & Field Champs	Entry thru school	13-19yrs
Dec 8	<b>AWBOP 10km Champs</b> , Porritt Stadium, Hamilton	Alan McDonald	16yrs+
Dec 9	Masters Xmas, Tauranga		
<b>Dec 15</b>	<b>Kawerau Ribbon Day</b> , Prideaux Park	Liesl van Niekerk 07 323 8173	
Dec 15	Open meet, Tauranga		

Date	Track and Field Event Details	Contact	Kids Ribbon Day age 2-15
Jan 1 2013	Tauranga Twilight, Domain, includes Centre 3K Champs. Enter <a href="http://www.taurangaramblers.co.nz">www.taurangaramblers.co.nz</a>	Malcolm Taylor 07 576 0000, 027 292 4411	10-14yrs 15yrs- Masters
<b>Jan 4-6</b>	<b>North Island Colgate Games, Inglewood, Taranaki</b>		7-14yrs
<b>Jan 12</b>	Open meet, Porritt Stadium, Hamilton, <b>with selected children's events</b>		
Jan 12-13	Masters Waikato Champs Tauranga		Masters 35yrs+
<b>Jan 19-20</b>	Northern regional combined events, Tauranga Incorporate open events <b>and selected children's events</b>		
Jan 22	Cooks Classic, Wanganui (alec.mcnab@collegiate.school.nz)	Alec McNab 021 421 145	16yrs+
<b>Jan 26</b>	<b>14/16/18 Inter-Regionals, Masterton</b>		14-17yrs
Jan 26	Open meet, Porritt Stadium, Hamilton		
<b>Feb 2</b>	<b>Putaruru Ribbon Day, Glenshea Park</b>	Nellie Engels 07 883 4884	
Feb 2	Open meet, Tauranga		
<b>Feb 9</b>	Porritt Classic, 3pm, including <b>grade 10/11/12 800mtrs</b>		16yrs+
<b>Feb 16</b>	<b>Te Aroha Ribbon Day, Herries Park</b>	Ross Brunson 07 884 8655	
Feb 16	Open meet, Tauranga		
Feb 16	ANZ and Oceania Combined Events Sovereign		
<b>Feb 23</b>	<b>Paeroa Ribbon Day, Paeroa Domain</b>	Kelvin Wickliffe 07 862 6154	
Feb 23	Centre Champs Day 1, Porritt Stadium, 1.30pm including para champs		
Feb 24	Centre Champs Day 2, Porritt Stadium, 10am including para		
<b>Mar 2</b>	<b>Greerton Ribbon Day</b>		
Mar 2	Open Meet/Centre Champs? Where will depend on the Ribbon Day		
Mar 2	Masters Nationals in Wellington		
Mar 8	Mid Island Secondary Schools Zone Champs, Taupo	tylden@xtra.co.nz 07 843 0353	
<b>Mar 9</b>	<b>WAIBOP Children's Champs, Porritt Stadium, Hamilton</b>	Entries to club	7-14yrs
Mar 9	Open Meet, Tauranga		
Mar 16	Waikato Secondary Schools, Tauranga Domain, 9.30am		13-19yrs
Mar 22-24	Athletics NZ National Track and Field Champs, Auckland - venue TBA		
Mar 29-31	Grade 12/13 Inter-Regionals as selected		12-13yrs
Apr 6	North Island Secondary Schools, Masterton?		13-19yrs
NOTES:	13-15yrs can also compete in most M16 & W16 events 14-18yrs can also compete in most M19 & W19 event 17-19yrs can also compete in Seniors (age 20-34yrs) Masters are age 35yrs+		

Date	ANZ Sanctioned Walking/Running Events that support our sport	Contact	
Nov 11	Toi's Challenge offroad 6km & 18km, Whakatane, Start 9am	Willy Doney 0274 981 986	15years+
Dec 26	King & Queen of the Mountain, Mt Maunganui (incl AWBoP Mountain Running Championships), 3-5.5km Enter: <a href="http://www.taurangaramblers.co.nz">www.taurangaramblers.co.nz</a>	janmal@xtra.co.nz 07 576 0000	All ages
Mar 10	Rotorua Off-road ½ Marathon, Quarter Marathon, and 5km	Event Promotions	10yrs+
May 4	Rotorua Marathon, Half Marathon & Quarter Marathon	Event Promotions	10yrs+



*Keeping Rotorua running...*

www.lakecity.co.nz  
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