



LAKE CITY Athletic Club INC

www.lakecity.co.nz

Clubrooms

Neil Hunt Park off Tarawera Road, Lynmore, Rotorua
07 345 9362

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| Patron: | Graeme Dennett | |
| President: | Shaun O'Donnell | 347 1195 |
| Secretary: | Cindy Carpenter | 348 0896 |
| Treasurer: | Phil Gulbransen | 348 6558 |
| Club Captain: | Siobhan Griffiths | 349 1379 |

CROSS COUNTRY and ROAD COMMITTEE

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| Convenor: | Siobhan Griffiths | 349 1379 |
| Committee: | Tony Broadhead, Lindsay Foster, Adrian Lysaght, Pam Kenny, Steven O'Callaghan, Trevor Ogilvie | |

CLUB SELECTORS

Siobhan Griffiths (convenor), Tony Broadhead, Jason Steyn-Ross,
Adrian Lysaght

CLUB HANDICAPPER

Alain Ventelou

2013 WINTER RUNNING/WALKING CROSS COUNTRY AND ROAD SEASON PROGRAMME

The Clubs winter activities take place on Saturday afternoons. This is to allow time for the kids to play team sport in the morning, grab some lunch and come with the rest of the family to our afternoon events.

The earlier winter months is our cross country time with events taking place on farmland, reserves and the Redwoods. The latter months are the road season to help get us ready for Relay events. The Relay events are a great way for all Club members to be part of a team, and are ideal for building Club spirit.

During the season there are many events out of town. These are for all abilities whether you are the faster runners in the club, or take things slower. We encourage you all to go try these this year; you never know how you will go until you've tried them. This year we would like to see more participation by our Club at these events. They culminate with the New Zealand Road Relay Championships in Christchurch in October. Remember we are all members of a club and you only get out of it what you are prepared to put in yourself. Participate and have fun.

TIME

There are two times shown for each Club event. One is the meeting time; the other is the event start time. Note all events start on time. Don't be late!

APRIL

Sat 20 Opening Day. Meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start. Afternoon tea courtesy of the Club. Duty officer: Siobhan Griffiths - Ph. 349 1379 assisted by the subcommittee members.

Te Awamutu cross-country fun run/walk based on the Te Awamutu golf course.

Athletics New Zealand Mountain running championships, Wainuiomata, Wellington.

Sat 27 Meet 1.45pm at clubrooms, Neil Hunt Park for a 3km or 5km run or walk - 2.00pm start. Please bring a plate for afternoon tea. Duty officer: Chris Corney - Ph. 348 8775.

Sun 28 9.00am Champagne Breakfast - Details to follow organised by the Social committee and helpers.

MAY

Sat 4 The Lion Foundation Rotorua Marathon, plus half marathon, 5km and quarter marathon (10.5km) fun run / walk, Government Gardens, Rotorua. Incorporates the Club and Athletics Waikato BOP Marathon championships.

Sat 11 Family event for Running Clinic and Social catch up after the marathon. Details to be advised.
Duty Officer:- Siobhan Griffiths - Ph. 349 1379.

Sat 18 Cambridge Cross-country relays, Cambridge. Teams of all abilities taking part from the Waikato BOP region. Perfect event for first timers to cross country especially as it's a team event.

Sat 25 Haggis Hustle. A 6km, 3km or 1km approx. cross-country run or walk over farmland at top Utuhina Road, leaving 1 Haratua Place, Rotorua at 2.00pm sharp. Please bring plate afternoon tea. Duty officer: Lindsay Foster - Ph. 348 6818.

JUNE

Sat 1 Meet 1.45pm in Sala Street (by Scott Street) for a 3km open handicap dash on the grass by Palmers Garden Centre. First person leaves the start line at 2.00pm. Event followed by a cuppa and bikkies at the Neil Hunt Park clubrooms. Duty officer: Pam Kenny - Ph. 348 8448.

Sat 8 Tauranga Cross-country races, Waipuna Park, Welcome Bay, Tauranga. Races for all grades and abilities. Those not travelling feel free to organise a pack run/ walk from the clubrooms.

Sat 15 Foster / Smyth / Lamason Cross-country races - First walker(s) leave 1.15pm. Meet end Wharenui Road. Handicap cross-country race of approx. 10km. Inter club day with clubs from the Athletics Waikato BOP region. A 3km event for younger grades and those not wishing to tackle the longer distance. Afternoon tea follows at Neil Hunt Park clubrooms. Duty officer: Colin Smyth - Ph. 027 499 9471.

New Zealand Secondary School Cross-country championships, Christchurch.

Sat 22 Novice, Veteran and Costello Cup races. Meet 379A Old Taupo Road at 1.45pm with event starting 2.00pm. Sealed handicap race approx. 7km on road and cross-country. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Please bring a plate for afternoon tea. Duty officers: Steven O'Callaghan - Ph. 347 6758 and Peter Vyver - Ph. 348 8456.

Sun 23 Athletics New Zealand Marathon championships, Wellington

Sat 29 Club Cross-country championships. Meet 1.15pm at Bishop's Farm, Whakatane Highway. First event gets underway 1.30pm. Please bring a plate for afternoon tea at venue.

Duty officers: Trevor Ogilvie - Ph. 347 8181 and Tony Broadhead - Ph. 027 6376273 and Steve O'Callaghan - Ph. 347 6758

JULY

Sat 6 North Island Cross-country championships, Thermal Park, Spa Road, Taupo. Races for all grades and abilities. Those not travelling feel free to organise a pack run/ walk from the clubrooms.

Sun 7 Kawerau Half Marathon, 12km fun run and 3km little trail run, Kawerau.

Sat 13 Out of town mystery run/walk. Details to be advised.

Duty officer: Sjors Corporaal - Ph. 366 4773.

Sat 20 Athletics Waikato BOP Cross-country championships, at Waipuna Park, Tauranga. Races for all grades and abilities.

Sat 27 Minster Cup 10km estimated time run or walk. Meet 1.45pm at TITC off Waipa Mill Bypass Road - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Please bring a plate for afternoon tea at Neil Hunt Park clubrooms.

Duty officers: Phil and Christine Kerrison - Ph. 345 5709.

AUGUST

Sat 3 Mt Ngongotaha 6.4km run or walk. Meet 1.30pm at 396 Clayton Road to car pool to start - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Please bring a plate for afternoon tea at venue. Duty officers: Chris and Kerris Browne - Ph. 348 0790.

Sat 10 Athletics New Zealand Cross-country championships, Hamilton Matamata 3km Road relay, Matamata. Club day away - no event locally. Teams of all abilities taking part from the Waikato BOP region. This is an event where selectors will be observing club members fitness in view of selection for the New Zealand Road Relay.

Sat 17 Athletics Waikato BOP Road championships, Whakatane. Races for all grades and abilities. This is an event where selectors will be observing club members fitness in view of selection for the New Zealand Road Relay.

Sat 24 Blue Lake Blat. Two person runner teams with each person completing a full lap of the Lake. Two person walker teams with each person completing half a lap of the Lake. Meet 1.45pm by the Blue Lake Ski Club clubrooms - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Please bring a plate for afternoon

tea at Neil Hunt Park clubrooms. Duty officer: Trevor Ogilvie - Ph. 347 8181 and Tony Broadhead - Ph. 027 6376273.

Sun 25 Cambridge Half Marathon, Cambridge.

Sat 31 Athletics New Zealand road championships, Dunedin.
Those not travelling feel free to organise a pack run / walk from the clubrooms.

SEPTEMBER

Sat 7 Out of town mystery run/walk. Details to be advised. Duty officer: Adrian Lysaght - Ph. 07 886 1080.

Sat 14 Red Stag Redwoods Forests Relay, Rotorua. Duty Officers: Pam Kenny - Ph. 348 8448 - Phil and Christine Kerrison.

Sat 21 Club road championships at Waingaehe Park, Hannahs Bay. First event commences 2.00pm. Plate for afternoon tea back at Neil Hunt Park clubrooms. This is an event where selectors will be observing club members fitness in view of selection for the New Zealand Road Relay. Duty officer: Lindsay Foster - Ph. 348 6818.

Sat 28 Meet at Davidsons, Marguerita Street 1.45pm for 3k blast in Fenton Park - 2.00pm start. Please bring a plate for afternoon tea at the venue. All those selected in a NZ Road Relay team expected to take part. Duty officers: Trevor Ogilvie - Ph. 347 8181 and Tony Broadhead - Ph. 027 6376273.

OCTOBER

Sat 5 New Zealand Road Relay championships, Takahe to Akaroa. Those not travelling feel free to organise a pack run / walk from the clubrooms.

Sun 13 The Amazing Race. Meet 1.45pm at Neil Hunt Park clubrooms. Duty officers: To be advised.

Sat 19 Meet at the Neil Hunt Park clubrooms 9.30am for Forest 10km open handicap run or walk - 10.00am start. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Duty officers: Christine Kerrison and Pam Kenny and subcommittee members.
The Season's prize giving and social function will following in the evening at the Neil Hunt Park clubrooms.

NOVEMBER

Sun 3 Auckland Marathon and Half Marathon, Auckland.

Sun 17 Toi's Challenge 18km run and associated events, Whakatane.

DECEMBER

Thur 26 King and Queen of the Mountain, Mt Maunganui. Incorporates Athletics Waikato BOP Mountain running championships.

CANCELLATION OF EVENTS

All events will be held wet or fine. Only in very exceptional circumstances will an event be cancelled.

CLUB RACES

All members are encouraged to take part in club races. Some races are open handicap events, which mean the slowest members start first, and other races are sealed handicap with a mass start. This therefore gives everyone a chance of winning. An official handicap will not be given unless you have participated in two races during the previous 12 months (excluding marathons). Those who have not met the above requirements will be given a provisional handicap but will not be eligible as winners. For Club handicap events please indicate your intention to run or walk by placing your name on the clubroom notice board a week prior to the event being held.

CHILDREN and BEGINNERS

Almost all of our winter cross country training events and races cater for children and all speeds of runners. Even the 'official' looking events like Minster Cup or Club Championships - don't let the titles scare you away! We will always have shorter 1.5-3km distances. This is excellent training for school cross-country, has variety and adventure, and will give your kids a real confidence boost. And yes, you should join in too, to show your kids a great example.

WALKING

We encourage walkers to participate in all of our organised events. However, if you intend walking any of the events please be aware that the start time maybe earlier for some events. Please contact the Duty Officer if you have any queries in this regard.

PACK RUNNING and WALKING

Pack runs are not races, but groups of runners and walkers of approximately the same ability wishing to run or walk about the same pace and distance. The groups run or walk together, with a leader, leaving no one behind. Also these are ideal little group-jogs for the whole family; beginners and children will have lots of fun running or walking with others of similar abilities. There may sometimes be faster runners too, but most of these

family group-jogs are on the same days that the fitter runners are away at events in other cities. Distances are usually between 1-3km for littlies and beginners, and 4-6km for intermediates. Pack runs usually finish with a faster run/walk from a pre-determined place, a mile or so from home. As your ability improves you may wish to progress to a faster and/or longer pack.

SUNDAY / MIDWEEK ACTIVITIES

On Sunday mornings, 7.00am, pack run and walking groups leave from the Neil Hunt Park clubrooms. Some groups leave later. Midweek (Tuesdays and Thursdays) informal running groups leave the clubrooms between 4.45pm and 5.30pm. During the winter months the walkers meet 5.30pm opposite the Meat Shoppe, Tutanekai Street.

WEEKLY GUFF SHEET and WEBSITE

The guff sheet will be available each week at club events as well as the Neil Hunt Park clubrooms. The guff sheet is emailed to financial members that have supplied an email address. Also keep in touch via the club's website - www.lakecity.co.nz You can also follow us on Facebook.

CLUB UNIFORM

The Club encourages the wearing of club uniforms at all events, although with the exception of competing in relay events, it is not compulsory to do so. When there is a requirement to wear the club uniform this will be advised. In open competition events, registered members are required to wear their official registration badge on the front of their singlet. Club uniforms can be purchased but please make arrangements for your purchase well before you require it.

MEMBERSHIP OPTIONS and AGE GROUPS

There are two types of memberships; Club-only Membership means you can participate in all our Lake City Club events, and be eligible for placings within the club. If you join our club as a fully registered Athletics NZ Club Member, you are then eligible to enter inter-club and out-of-town events, and achieve placings at those. Even beginners can get placings. When you enter an event, you are only competing against your age group. Children compete against others their own age. Juniors compete against other juniors. Seniors compete against other seniors. Once you hit the age of 35, you are a Master and only compete against your 5-year age group e.g. 35-39, 40-44. As there are so many different age groups, there is a very good chance you could get a placing somewhere, sometime. So it definitely pays to be a fully registered member!

CLUB CHAMPIONSHIP EVENTS

Financial members are eligible to only win championship places in their own grades.

ENTERING EVENTS OUT OF TOWN / INTER-CLUB (OPEN RACES)

Our club encourages as many members as possible to enter inter-club events as well. You do not have to meet a 'standard' - anybody can enter most of the events. Sometimes the club will organise official Club relay teams, but mostly you just need to enter yourself 10 days to a week before the event. Most of the events you need to have full registered membership although events like the Rotorua Marathon, Huntly Half Marathon etc full membership are not required. If you have doubts regarding participation in Open races do not hesitate to ask a more experienced runner or walker.

RELAY EVENTS

Prior to relay events a list will be placed in the clubrooms for members to indicate their availability to the club selectors. To avoid disruption to the teams finally selected it is important to ensure you have no other commitments on the day of the event you have made yourself available to compete.

Selection guide lines - Athletes seeking selection for teams must:

1. Participate in any fitness trial as indicated on the programme so selectors can view athlete's fitness. If this is not possible advise one of the selectors prior to the trial as per front page.
2. Athletes at the time they are making themselves available for consideration of team selection must be a current financial member of both the Lake City Athletic Club and Athletics New Zealand.
3. Selections will in all cases be based on current form. If no times have been posted by an athlete, that athlete will not gain selection ahead of someone who has met the selection guidelines outlined above.
4. The aim of the selectors is to include all club members who have made themselves available to compete for the Club in the various teams. If the number of teams is limited the best teams available in each grade will be selected.

THIS PROGRAMME

The programme has been prepared as accurately as possible at the beginning of the season. Any additions or alterations will be updated via the guff sheet and website.