



LAKE CITY Athletic Club INC

www.lakecity.co.nz

Clubrooms:

Neil Hunt Park, off Tarawera Road, Lynmore, Rotorua
Phone: 07 345 9362. Email: info@lakecity.co.nz

Patron: Graeme Dennett
President: Rob Colledge 07 348 7768
Secretary/Treasurer: John Marten
Email manager: Teresa Martin
Club Captain: Phil Gulbransen 07 348 6558

CROSS COUNTRY and ROAD COMMITTEE

Convenor: Adrian Lysaght 027 615 3496
Committee: Tony Broadhead, Denise Caudwell, Rob Colledge, Lindsay Foster, Phil Gulbransen, Pam Kenny, Phil Kerrison, Teresa Martin, Steven O'Callaghan, Marieke Wass

CLUB SELECTORS

Adrian Lysaght (convenor), Tony Broadhead, Denise Caudwell, Jodie Hickson, Marieke Wass, Sarah Wiwarena

CLUB HANDICAPPER

Alain (Moustache) Ventelou

2016 WINTER RUNNING/WALKING CROSS COUNTRY AND ROAD SEASON PROGRAMME

The Clubs winter activities usually 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 are cross-country time with events taking place on farmland, reserves, and in the Redwoods.

The later 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.

An event that is new to our programme is the Mokopuna Dash, an event suitable for the whole family. It will be on the Mokopuna Trail in the Redwoods, starting at the concrete pad near the corner of Tarawera Rd and Long Mile Rd. It will be run four times this season: May 7, Aug 6, Aug 27 and Sep 3 (see calendar below).

TIME

In some instances there are two times shown for a Club event. One is the meeting time; the other is the event start time. If only one time listed it is the event start time. Note all events start on time. Don't be late!

APRIL

- Sat 16 Opening Day. Meet 1.45pm at clubrooms, Neil Hunt Park for a Trout Fly course 2.55km or 5km run or walk plus 1.4km option for children - 2.00pm start. Afternoon tea provided courtesy of the Club. Duty officer: Chris Corney (Ph. 07 348 8775), assisted by the Winter season sub-committee. Te Awamutu Athletic Club Golf Course Fun Run, Walk & Relay.
- Sat 23 Meet 7.00am at Neil Hunt Park clubrooms for final clinic pack runs and walks.
- Sun 24 The Running/Walking Clinic's Champagne Breakfast - Skyline Skyrides. Pre event booking essential.
- Sat 30 Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. Incorporates the Club, Athletics Waikato-BoP and Athletics New Zealand Marathon championships.

MAY

- Sat 7 Mokopuna Dash. Meet 1.45pm at clubrooms, Neil Hunt Park for 2.00pm start in the Redwoods. Event distance options start from 2km. Bring a plate for afternoon tea, please. Duty Officer: Winter season sub-committee.
- Sat 14 ★Novice, Veteran and Costello Cup races. Meet 379A Old Taupo Road at 1.30pm with event starting 2.00pm. For adults a sealed handicap race of about 7km on road and cross-country plus a shorter distance event for younger grades and those not wishing to tackle the longer distance. Bring a plate for afternoon tea, please. Duty Steven O'Callaghan 07 347 6758 and Peter Vyver 07 348 8456.

Athletics New Zealand Mountain running championships, Queenstown.

- Sat 21 Cross-country relay at the Narrows, Tamahere.
Sat 28 Tauranga Cross-country races, Waipuna Park, Welcome Bay, Tauranga. Races for all grades and abilities.

JUNE

- Sat 4 No event; Club members feel free to organise a pack run/walk from the clubrooms.
- Sun 5 Athletics New Zealand Half Marathon championships, Christchurch.
- Sat 11 Foster / Smyth / Lamason Cross-country races. First walker(s) leave 1.15pm. Details to be advised. Main event 10km plus a 3km event for younger grades and those not wishing to tackle the longer distance. Afternoon tea provided courtesy of the Club. Duty officers: Winter season sub-committee.
- Sat 18/19 New Zealand Secondary Schools cross-country championships, Agrodome Oval, Western Road, Ngongotaha.
- Sat 25 ★Club cross-country championships, Bishops Farm, Whakatane Highway. First event gets underway at 1.30pm. Races for all grades and abilities including a walk event. Bring a plate for afternoon tea, please. Duty officers: Winter season sub-committee.

JULY

- Sat 2 North Island Cross-country championships, Thermal Park, Spa Road, Taupo. Races for all grades and abilities.
- Sat 9 The Blue Lake Blatt. Two-person runner teams compete around 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. Bring a plate for afternoon tea back at the Neil Hunt Park clubrooms, please. Duty Officers: Tony Broadhead 027 492 7026 and Trevor Ogilvie 07 347 8181.
- Sat 16 Athletics Waikato BOP cross-country championships, Taupo. Races for all grades and abilities.
- Sat 23 River Trail Trot. Details to be advised. Duty officer; Adrian Lysaght 027 615 3496.
- Sat 30 ★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. Bring a plate for afternoon tea near the venue, please. Duty officers: Phil and Christine Kerrison 07 345 5709.

AUGUST

- Sat 6 Mokopuna Dash. Meet 1.45pm at clubrooms, Neil Hunt Park for 2.00pm start in the Redwoods. Event distance options start from 2km. Bring a plate for afternoon tea, please. Duty Officer: Winter season sub-committee.
- Sun 7 Athletics New Zealand Cross-country championships, Auckland.
- Sat 13 ★Matamata 3km Road relay, Matamata. Club day away - no event locally. Teams of all abilities taking part from the Waikato BOP region.
- Sat 20 ★Athletics Waikato BOP run and race walk championships, Hamilton region. Races for all grades and abilities.
- Sat 27 Mokopuna Dash. Meet 1.45pm at clubrooms, Neil Hunt Park for 2.00pm start in the Redwoods. Event distance options start from 2km. Bring a plate for afternoon tea, please. Duty Officer: Winter season sub-committee.
- Sun 28 ★Cambridge Half Marathon, Cambridge. Incorporates the Athletics Waikato BOP Half Marathon championships.

SEPTEMBER

- Sat 3 Mokopuna Dash. Meet 1.45pm at clubrooms, Neil Hunt Park for 2.00pm start in the Redwoods. Event distance options start from 2km. Bring a plate for afternoon tea, please. Duty Officer: Winter season sub-committee. Athletics New Zealand run and race walk road championships, Masterton.
- Sat 10 ★Red Stag Redwoods Forests Relay, Rotorua.
- Sat 17 ★Club road championships at Waingaehe Park, Hannahs Bay. First event commences 1.15pm. Bring a plate for afternoon tea back at Neil Hunt Park clubrooms, please. Duty officer: Lindsay Foster and winter season committee.
- Sat 24 Fenton Park Blast. Meet 1.45pm on Kain Ave for a 3km (1.5km for children) race around the streets of Fenton Park - 2.00pm start. Bring a plate for afternoon tea please. All those selected in a NZ Road Relay team are expected to take part. Duty officers: Tony Broadhead 027 492 7026 and Trevor Ogilvie 07 347 8181.

OCTOBER

- Sat 1 New Zealand Road Relay championships, Rotorua.
- Sat 8 Forest 10km Open Handicap Run or Walk. Meet at the Neil Hunt Park clubrooms at 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: Winter season sub-committee.
- Sat 15 2 Round the Blue. Meet 8.40am at the Blue Lake Ski Club clubrooms - 9.00am start. Duty Officer: Teresa Martin 07 345 4541
The Winter Season's prize giving and social function will follow in the evening at the Neil Hunt Park clubrooms.
- Sun 30 Auckland Marathon and Half Marathon, Auckland. Incorporates Athletics NZ marathon championships.

NOVEMBER

- Sun 20 Toi's Challenge 18km run and associated events, Whakatane.

DECEMBER

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

★: This is an event where selectors will be observing club members fitness in view of selection for the New Zealand Road Relay Championships - see below Relay Events.

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/walkers, even the "official" looking events like Minster Cup or Club Championships - don't let the titles scare you away! We will always have shorter distances (1-3km) for children. 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

Walkers are encouraged 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 or 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. 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, pack runs(7.00am) and walking groups(7.30am) leave from the Neil Hunt Park clubrooms. Some groups leave later. Midweek informal running groups leave the clubrooms between 4.45pm and 5.30pm on Tuesdays and Thursdays.

The walkers during the winter months have two meeting times:
Tuesdays; 8.00am at Neil Hunt Park clubrooms, **5.30pm** at the old City Focus, Tutanekei Street. **Thursday; 8.00am** by Planet Bike, Waipa Mill Bypass Road, **5.30pm** at the old City Focus, Tutanekei Street.

WEEKLY GUFF SHEET, WEBSITE and FACEBOOK

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. Club uniforms can be purchased but please make arrangements for your purchase well before you require it.

MEMBERSHIP and AGE GROUPS

Becoming a financial Competitive or Social member of the Club allows you to take placings in events conducted by the Club but only Competitive members can take placings at Athletics Waikato-BoP and Athletics NZ sanctioned championship events. At championship events participants compete against others in their age grade. See table below for a breakdown of the age grades.

Grade (male)	Grade (female)	Age
Masters Men	Masters Women	35 yrs plus ¹
Senior Men	Senior Women	20-34 yrs ²
Junior Men U20	Junior Women U20	18, 19 yrs ²
Youth Men U18	Youth Women U18	15, 16, 17 yrs ²
Boys 14	Girls 14	13, 14 yrs ³
Boys 12	Girls 12	11, 12 yrs ³
Boys 10	Girls 10	10 yrs and under ³

Note 1. Masters grades are the age on the day. Master compete in 5-year age-groups, e.g. 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, ...

Note 2. Men and Women 15-34 yrs grades are the age as at 31st December in the current calendar year.

Note 3. Children's grades are the age as at 31st December in the current membership year (starts 1st April, ends 31st March next year).

As there are so many different age groups, there is a very good chance you could get a placing somewhere, sometime!

CLUB CHAMPIONSHIP and TROPHY EVENTS

Only financial members are eligible to win club trophies at stake and championship places can only be won in their own grade.

ENTERING EVENTS OUT OF TOWN / INTER-CLUB & OPEN RACES

During the season there are many events out of town, including inter-club and open races (races that can be entered by anyone, including non-club members). These are for all abilities, fast or slow. We encourage you all to go try these; 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. Sometimes the Club will organise official Club relay teams (see below), but mostly you just need to enter yourself before the event. If you have doubts regarding participation in these types of events do not hesitate to ask a more experienced runner or walker.

RELAY EVENTS

There are a number of relay team events during the season. They culminate with the New Zealand Road Relay Championships here in Rotorua on 1 October. Prior to relay events a list will be placed in the clubrooms for club members to indicate their availability to the club selectors; alternatively phone Adrian Lysaght (027 615 3496) if you wish to participate. To avoid disruption to the teams finally selected it is important to ensure you have no conflicting commitments on the day of the event. The aim of the selectors is to include all club members who have made themselves available to compete for the Club. If the number of teams is limited the best teams available in each grade will be selected.

Selection guide lines for New Zealand Road Relay Championships:

1. Participate in at least four of the eight events marked with an star (★). These are events where selectors will be observing club members' fitness.
 2. Athletes must be a current financial Competitive member of the Lake City Athletic Club (and therefore Athletics New Zealand registered).
 3. Selections will in all cases be based on current form and regular participation.
- Only those who have met the qualifications standards listed above will be considered for selection. Contact the Convenor if you have any questions about the selection criteria.

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. Last updated 7/04/16.