



LAKE CITY Athletic Club INC

www.lakecity.co.nz

Clubrooms
Neil Hunt Park, Rotorua
07 345 9362

Patron: Graeme Dennett
President: Lindsay Foster 348 6818
Secretary: Siobhan Griffiths 349 1379
Treasurer: Phil Kerrison 345 5709
Club Captain: Jason Steyn-Ross 027 351 0096

CROSS COUNTRY and ROAD COMMITTEE

Convenor: Tony Broadhead 027 637 6273
Committee: Chris and Kerris Browne, Lindsay Foster, Dennis and Pam Kenny, Steven O'Callaghan, Trevor Ogilvie, Jason Steyn-Ross, Andrew Twiddy, Alain Ventelou, Peter Vyver

CLUB SELECTORS

Jason Steyn-Ross (convenor), Steven O'Callaghan, Alain Ventelou

CLUB HANDICAPPER

Alain Ventelou

2011 WINTER RUNNING/WALKING CROSS COUNTRY AND ROAD SEASON PROGRAMME

Smell the homely farm animals, hear the crunching under your feet, feel the wind in your hair, dodge the cow-pats, smile at the shrieking kids, and when you reach the top, pause to enjoy the views.

This is our typical winter cross-country season with the whole family. Many of today's athletes started out just like this, jogging along with a parent or grandparent many years ago. Yes there's the occasional shoulder-ride, an encounter with a gate, or someone ending up in the wrong paddock. It's all part of the fun being with like-minded people, getting outdoors in the winter months, and staying fit together.

Because the days are so short in winter, we run most of our training events and races on Saturday afternoons. This allows time for the kids to complete their morning team sports, grab some lunch, and bring the rest of the family to our afternoon events. We have ALL abilities attending these; couch potatoes, kids, grans, walkers, joggers, and even some barefoot mountain goats!

You DON'T have to keep up with 'the guns'. There are always shorter routes and distances for kids and beginners. The routes are explained and you go at your own comfortable pace. Those who finish first simply have to put the coffee on and get the bikkies ready for when you get back.

The earlier winter months sees us at outdoor venues including rolling hills, farms, reserves, and of course the popular Redwoods. Even on cold days you'll have the perfect excuse to get the whole family off the computer or playstation. Plus the kids will usually show steady improvement at their school cross-country races towards the end of the season.

The latter months of winter takes in more road running - after hilly cross-country, you feel like you are really flying! Road running is great fitness and experience too, especially if you are considering relay events or thinking about joining next year's Marathon or Half Marathon Clinics in the Summer. Many of our adult members really enjoy the ever-popular Relay events; both local club relays and out of town events where you compete against other clubs. We have a very strong master-mens team that consistently takes placings. But relay teams are made up of ALL ABILITIES, including beginners. These are great fun; even the slowest teams have a blast travelling together and retelling their memorable moments. There will always be someone else around your pace; some of the closest races have been at the very back of the field!

Ring us now, find out where the next event is, and come give it a go. Lake City Club membership is one of the cheapest in NZ, but even then, we won't expect you to pay until you've been a couple times and are sure you enjoy our outings.

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 2 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 officers: The Committee.
- Sat 9 Meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start. Followed by a cuppa and bikkies - courtesy of the Club. Duty officers: The Committee.
- Sat 16 Meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start. Followed by a cuppa & bikkies - courtesy of the Club. Duty officer: Kerris Browne - Ph. 348 0790 Te Awamutu cross-country fun run/walk based on the Te Awamutu golf course. Athletics New Zealand Mountain running championships, Porirua, Wellington.
- Sat 23 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 24 Pack run or walk in conjunction with Marathon Clinic members, 7.00am, from clubrooms. Champagne breakfast will follow. \$5.00 charge for breakfast. Duty officers: Tony Broadhead - Ph. 027 637 6273, and Jason Steyn-Ross.
- Sat 30 The Lion Foundation Rotorua Marathon, plus half marathon, 5km and 10km fun run / walk, Government Gardens, Rotorua. Incorporates Club, Athletics Waikato BOP and New Zealand Marathon championships.

MAY

- Sat 7 Meet 1.45pm at the Neil Hunt Park clubrooms for the Redwoods Ramble and Rave - 2.00pm start. All welcome with a special invite to marathon clinic members - runners and walkers. Join in a social time (after exercising) to rave about your previous weekends efforts. Please bring a plate for afternoon tea. Duty officers: The Committee.
- Sat 14 Cambridge Cross-country relays, Cambridge. Teams of all abilities taking part from the Waikato BOP region. Those not travelling meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start.
- Sun 15 Haggis Hustle. A 6km or 3km approx. Cross-country run or walk over farmland at top Uthina Road leaving 1 Haratua Place, Rotorua at 9.30am sharp. Please bring plate for brunch at 10.30ish. Duty officer: Lindsay Foster - Ph. 348 6818.
- Sat 21 Meet 1.45pm at Neil Hunt Park clubrooms for a 2.5km handicap Cross-country event in the Scion Archives Nursery area - 2.00pm start. Please bring a plate for afternoon tea. Duty officer: Trevor Ogilvie Ph. 347 8181.
- Sun 22 Huntly Half Marathon, Huntly. Incorporates Athletics Waikato BOP half marathon championships.
- Sat 28 Tauranga Cross-country races, Waipuna Park, Welcome Bay, Tauranga. Races for all grades and abilities. Those not travelling meet 1.45pm at the clubrooms Neil Hunt Park for a pack run or walk - 2.00pm start.

JUNE

- Sat 4 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.
- Sat 11 Meet 1.45pm in Sala Street (by Scott Street) for a 2.5km dash on the grass - 2.00pm start. Followed by a cuppa and bikkies at the Neil Hunt Park clubrooms - courtesy of the Club. Duty officer: Pam Kenny - Ph. 348 8448.
- Sat 18 Foster / Smyth / Lamason Cross-country races - First walker(s) leave 1.30pm. First runner(s) leaves 2.00pm. Meet end Wharenui Road. Handicap cross-country race of approx. 10km. Inter club day with clubs from Athletics Waikato BOP region. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Afternoon tea follows at Neil Hunt Park clubrooms. Duty officer: Lindsay Foster - Ph. 348 6818. New Zealand Secondary School Cross-country championships, Ashburton.
- Sat 25 Club Cross-country championships. Meet 1.45pm at Bishop's Farm, Whakatane Highway. First event gets underway 2.00pm. Please bring a plate for afternoon tea at venue. Duty officers: Trevor Ogilvie Ph. 347 8181 and Tony Broadhead.

JULY

- Sat 2 North Island Cross-country championships, Thermal Park, Spa Road, Taupo. Races for all grades and abilities. Those not travelling meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start.

- Sun 3 Kawerau Half Marathon, 12km fun run and 3km little trail run, Kawerau.
- Sat 9 Athletics Waikato BOP Cross-country championships, at Hamilton. Races for all grades and abilities. Those not travelling meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start.
- Sat 16 Blue Lake Blat. Two runner relay teams. Walkers one individual lap. Meet 1.45pm by the Blue boat ramp - 2.00pm start. Shorter distance event for younger grades and those not wishing to tackle the longer distance. Please bring a plate for afternoon at Neil Hunt Park clubrooms. Duty officers: Andrew Twiddy - Ph: 345 7382 and Trevor Ogilvie.
- Sat 23 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 30 Athletics New Zealand Cross-country championships, Christchurch.
- Sat 30 Matamata 3km Road relay, Matamata. Club day away - no event locally. Teams of all abilities taking part from the Waikato BOP region. Note: Event guideline of fitness for New Zealand Road Relay.

AUGUST

- Sat 6 Athletics Waikato BOP Road championships, "The Lakes" Tauranga. Races for all grades and abilities. Note: Event guideline of fitness for New Zealand Road Relay. Those not travelling meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start.
- Sat 13 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
- Sat 20 Athletics New Zealand road championships, Wellington. Those not travelling meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start.
- Sat 27 Meet 1.45pm for 1.0km, 2.5km and 5km road events at Waingaehe Park, Hannah's Bay, First event commences 2.00pm. Complimentary sausage sizzle back at Neil Hunt Park clubrooms. Duty officer: Lindsay Foster - Ph. 348 6818.

SEPTEMBER

- Sat 3 Athletics New Zealand Road Relay championships, Auckland. Those not travelling meet 1.45pm at the clubrooms, Neil Hunt Park for a pack run or walk - 2.00pm start.
- Sat 10 Meet at Davidsons, Sala Street 1.45pm for 3k blast in Fenton Park - 2.00pm start. Please bring a plate for afternoon tea at the venue. Duty officers: Trevor Ogilvie - Ph. 347 8181 and Tony Broadhead.
- Sat 17 Red Stag Redwoods Forests Relay, Rotorua. Duty Officers: Pam Kenny - Ph. 348 8448 - Phil and Christine Kerrison.
- Sat 24 Club road championships. Venue to be advised.

OCTOBER

- Sat 1 Meet at the Neil Hunt Park clubrooms 1.30pm for Forest 10km open handicap run or walk - 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. Duty officers: Alain Ventelou - Ph. 349 6100 - and the Committee.
- Sat 8 Ekiden Relay, Rotorua. Club assists with event marshalling, timekeeping.
- Sat 15 Meet 1.30pm at 396 Clayton Road for the Jubilee Jaunt - 2.00pm start. Duty officers: Kerris & Chris Browne - Ph. 348 0790 Season's prize giving and social function in the evening. Details to be advised.

- Sun 30 Auckland Marathon and Half Marathon, Auckland.

NOVEMBER

- Sun 6 Bays to Bridges 14km run or walk Tauranga.
- Sun 20 Toi's Challenge 18km run and associated events, Whakatane.

DECEMBER

- Sun 26 King and Queen of 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 means 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 beginners as well. 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 for the kids and real beginners. 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 too. Even if you walk the whole way, at least you are showing your kids a great example.

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.

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. Usually they 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.

PACK / FAMILY RUNS

These are fantastic little group-jogs for the whole family; beginners and children will have lots of fun running or walking with others of similar abilities. Sometimes we will have cool themes and interesting locations, and sometimes we will just post a map and meeting point in the Guff Sheet. Just turn up and jog out and back together. There may sometimes be faster runners too, but most of these Pack / Family Runs 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.

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.

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

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 enter all our local Lake City Club events for free, 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.

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.

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 designated trial for the event for which selection is sort. If this is not possible advise one of the selectors prior to the trial.
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.
5. The Executive of the Club, when considering a club subsidy to the New Zealand Road relay championships will take into account participation and assistance at club events throughout the season.

For your physio needs contact

The Physiotherapy Clinic - inquiry@physiotherapyclinic.co.nz or 07 347 8380