



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
Club Captain: Megan Grant 0273219114

CROSS COUNTRY and ROAD COMMITTEE

Convenor: Matt Parsonage 021 0586189
Committee: Denise Caudwell, Russell Clarke, Rob Colledge, Megan Grant, Pam Kenny, Adrian Lysaght.

CLUB SELECTORS

Kim Stevenson (Sole selector - runners), Denise Caudwell (walkers).

CLUB HANDICAPPER

Alain (Moustache) Ventelou

2018 WINTER RUNNING/WALKING CROSS COUNTRY AND ROAD SEASON PROGRAMME

The Club's 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.

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 21 Opening Day. Meet 1.45pm at clubrooms, Neil Hunt Park for a novelty event in the Redwoods. 2.00pm event starts. Afternoon tea provided courtesy of the Club. Duty Officer: The winter season sub-committee
Te Awamutu Athletic Club Golf Course Fun Run, Walk & Relay
- Sat 28 Pre-marathon 5km. Meet 1.45pm at the clubrooms, Neil Hunt Park for a 2.55km or 5km run or walk on the Trout Fly course plus a 1.4km option for children - 2.00pm start. Duty officer: Chris Corney (Ph. 07 348 8775), assisted by the Winter season sub-committee.
- Sun 29 The Running/Walking Clinic's Champagne Breakfast - Skyline Skyrides. Pre-event booking essential.

MAY

- Sat 5 Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. Incorporates the Club, Athletics Waikato-BoP and New Zealand marathon championships.
- Sat 12 Mokopuna Dash. Meet 1.45pm at clubrooms, Neil Hunt Park for 2.00pm start in the Redwoods. Event distance options start from just under 2km. Bring a plate for afternoon tea, please. Duty Officer: Winter season sub-committee
- Sat 19 Novice, Veteran and Costello Cup races for adults (ages 15+): a sealed handicap race of about 7km on road and cross-country. Meet 379A Old Taupo Road at 1.30pm with event starting 2.00pm. There will be a shorter distance event for younger grades and those not wishing to tackle the longer distance. Bring a plate for afternoon tea, please. Duty officers: Matt Parsonage (021 0586189) and Peter Vyver (Ph 07 348 8456).
- Sat 26 Tauranga Cross-country races, Waipuna Park, Welcome Bay, Tauranga. Races for all grades and abilities. Puarenga parkrun - 8am start behind MIGS gym for those not going to Tauranga cross-country. Wearing of club uniform is encouraged. Runners and walkers catered for. See www.parkrun.co.nz for information on how to register.

JUNE

- Sat 2 No event (Queen's birthday long weekend); Club members feel free to organise a pack run/walk from the clubrooms, or take part in the Puarenga parkrun - 8am start behind MIGS

gym. See www.parkrun.co.nz for information on how to register.

- Sat 9 Foster / Smyth / Lamason Cross-country races. First walker(s) leave 1.15pm. Venue to be advised. The main event is around 10km, plus a 3km event for younger grades and those not wishing to tackle the longer distance. Duty officers: Winter season sub-committee. Members of the Rotorua Trail Running Club and Tauranga Club have been invited.
- Sat 16 Club parkrun 8am - The Lake City Athletic Club will host the Puarenga parkrun for the morning, and provide 7 volunteers to the event. A good turnout of runners and walkers to promote the club would be great. Please wear club uniform. See www.parkrun.co.nz for information on how to register. Duty Officer: Matt Parsonage (021 0586189)
New Zealand Secondary Schools cross-country championships, Taupo
- Sat 23 Club cross-country championships. First event gets underway at 1.30pm. Venue to be advised. Races for runners and walkers of all grades and abilities. Bring a plate for afternoon tea, please. Duty officers: Winter season sub-committee.
- Sat 30 Event based at Lake Okaro. Details of meeting time, carpooling etc will be advised nearer the event.

JULY

- 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.
North Island Cross-country championships, Thermal Park, Spa Road, Taupo. Races for all grades and abilities.
- Sat 14 Lake Okataina Pack run/walk. Meet 1:30pm sharp at the Neil Hunt Park clubrooms to carpool to venue. Social group run/walk exploring some of the tracks in the area.
- Sat 21 Athletics Waikato BOP Cross-Country Championships, Whakatane. Races for all grades and abilities.
- Sat 28 River Trail Trot, Atiamuri. Details to be advised. Duty officer: Adrian Lysaght (Ph 027 615 3496).

AUGUST

- Sun 5 Lake Okareka Pairs Handicap race along the Lake Okareka Walkway (5km). Shorter option for children. Meet at the picnic area/car park at Lake Okareka at 1:30pm for first person to start at 2pm. Duty Officers: Winter season sub-committee.
Athletics New Zealand Cross-country championships, Wellington
- Sat 11 Minster Cup 10km estimated time run or walk. 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: Winter season sub-committee.
- Sat 18 ★Athletics Waikato BoP Road Championships St Peters School, Cambridge. Races for all grades and abilities.
- Sat 25 Club parkrun 8am - The Lake City Athletic Club will host Puarenga parkrun for the morning, and provide 7 volunteers to the event. A good turnout of runners and walkers to promote the club would be great. Please wear club uniform. Duty Officer: Matt Parsonage with club volunteers

SEPTEMBER

- Sat 1 ★Athletics New Zealand run and race walk road championships St Peters School, Cambridge
Mokopuna Dash. Meet 1.45pm at clubrooms, Neil Hunt Park for 2.00pm start in the Redwoods. Event distance options start from just under 2km. Bring a plate for afternoon tea, please. Duty Officer: Winter season sub-committee
- Sat 8 ★Red Stag Redwoods Forest Relays, Rotorua
- Sun 9 Athletics New Zealand Half Marathon championships, Dunedin
- Sat 15 Puarenga parkrun - 8am start behind MIGS gym. Please wear club uniform. Runners and walkers catered for. See www.parkrun.co.nz for information on how to register.
- Sun 16 Cambridge Half Marathon, Cambridge. Incorporates the Athletics Waikato BoP Half Marathon Championships.
- Sat 22 ★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: Winter season sub-committee.
- Sat 29 The 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 officer: Tony Broadhead with assistance from the winter season sub-committee.

OCTOBER

- Sat 6 Athletics New Zealand Road Relay championships Christchurch – Takahe to Akaroa
- Sat 27 Forest 10km Open Handicap Run or Walk, including Steph McHale Trophy. 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: Siobhan Griffiths (Ph 021 128 9925).
- Sun 28 Auckland Marathon and Half Marathon, Auckland.

NOVEMBER

- Sat 3 Winter Season's prize giving and social function at the Neil Hunt Park clubrooms. Details to be advised
- Sun 18 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 Athletics 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 - Sunday mornings

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 City Focus, Tutanekai Street. **Thursdays; 8.00am** by Planet Bike, Waipa Mill Bypass Road, **5.30pm** at the City Focus, Tutanekai 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. Please wear the club uniform if involved in any publicity.

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

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 two relay team events during the season – The local Red Stag Redwoods Forest Relays on September 8 and the Athletics New Zealand Road Relay Championships in Christchurch on 6 October. Prior to relay events a list will be placed in the clubrooms for club members to indicate their availability to the club selector(s); 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.

Lake City Club Policy for Selection of Teams to Participate in the Athletics New Zealand Road Relay Championships:

1. Be a financial competitive member of the Lake City Athletic Club since 1st June of the current season. Any athlete transferring from another Club/Centre to the Lake City Athletic Club is to ensure the transfer is carried out by 1st August.
2. "Expression of Interest" by athletes to participate in the event as a team member to be made by 1st July in writing: i.e.
 - (a). Name onto list at the Neil Hunt Park Clubrooms, or
 - (b). Email to the Club's convener of selectors - Kim at kss77@xnet.co.nz with a copy to info@lakecity.co.nz
3. Selection for a Road Relay team will be based purely on "Current Fitness" and participation in the following events (denoted with ★ in the programme):

- (a). Athletics Waikato BoP Road Race Championships.
- (b). Athletics NZ Road championships (selected as an Athletics BOP representative at the ANZ championships)
- (c). Lake City Athletic Club Road Race Championships.
- (d). Red Stag Redwoods Forest Relay.

There will be automatic selection for athletes representing Athletics Waikato BOP and participating in the Athletics New Zealand Road Race Championships the same year as the Athletics NZ Road Relay.

Any club members who are competing overseas at a high level and have an "Expression of Interest" by the due date and have submitted results to the Convener of selectors will be considered. They are to be a current competitive financial member of the Lake City Athletic Club as at 1st June.

Team(s) selection will be compiled by the Lake City Athletic Club selectors and will be final. In the event of injury/withdrawal to a team member the Club selectors will re-evaluate the composition of the team(s).

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 15/7/2018