



# LAKE CITY Athletic Club INC

[www.lakecity.co.nz](http://www.lakecity.co.nz)

Clubrooms:

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

Patron: Graeme Dennett  
President: Rob Colledge 07 348 7768  
Secretary/Treasurer: John Marten  
Club Captain: Gay Timpany 027 3035386

## CROSS COUNTRY and ROAD COMMITTEE

**Convenor:** Matt Parsonage 021 0586 189  
**Committee:** Denise Caudwell, Rusty Clarke, Rob Colledge,  
Annemarie Gallagher, Pam Kenny, Adrian Lysaght, Sian  
Twiddy, Rachael Wright

### CLUB SELECTORS

**Runners:** Kim Stevenson (sole selector)

**Walkers:** Denise Caudwell, Sarah Wiwarena

### CLUB HANDICAPPER

Alain (Moustache) Ventelou

## 2019 WINTER RUNNING/WALKING CROSS COUNTRY AND ROAD SEASON PROGRAMME

The Club's winter activities take place on Saturday afternoons or Sunday mornings. The move to Sunday mornings for some events is to allow child members that play Saturday sports the chance to take part in our events as well as their parents.

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.

The committee has come up with a programme that has a new look about it.

### 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 6 Whakatane Sun to Surf half marathon and associated events
- Sat 13 Te Awamutu Athletic Club Golf Course Fun Run and walk
- Sat 27 Opening Day. Meet 1.45pm at clubrooms, Neil Hunt Park for a 2.5km or 5km over the summer Trout Fly course. 2.00pm event start. Afternoon tea provided courtesy of the Club. Duty Officer: Chris Corney 07 348 8775 assisted by the winter season sub-committee
- Sun 28 The Running/Walking Clinic's Champagne Breakfast – Skyline Skyrides. Pre event booking required.

### MAY

- Sat 4 Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. **Incorporates the Club, and Athletics Waikato-BOP marathon championships**
- Sun 12 **Event 1** - of the cross-country series at Hannahs Bay reserve. Start time 10.30am Duty Officer: Winter season sub-committee
- Sat 18 The Novice, Veteran and Costello Cup races for those aged 15 plus which is a sealed handicap event 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 0586 189 and Peter Vyver 07 348 8456.
- Sat 25 Tauranga Cross-country races, Waipuna Park, Welcome Bay, Tauranga. Races for all grades and abilities in a park like setting. Event details on Athletics Waikato BOP website.

- Sat 25 Orienteering Event at Okere Falls, starting at 2:30pm. Further details will be advised nearer the event.

### JUNE

- Sat 1 Queen's Birthday - no club event; Club members feel free to organise a pack run/walk from the clubrooms or take part in the Puarenga Park Run – see over page for parkrun details.
- Sun 2 New Zealand marathon championships, Christchurch
- Sat 8 Lake Okaro fun run. Details of meeting time and car-pooling will be advised nearer the event.
- Sat 15 The Foster / Smyth / Lamason Cross-country trophy races. This is a sealed handicap (mass start) for those taking part in the main event of approx. 10km. A 3km event for younger grades and those not wishing to tackle the longer distance will be held. Afternoon tea provided courtesy of the Club. Duty officers: Winter season sub-committee. Start time 2.00pm. Venue to be advised.

- New Zealand Secondary Schools cross-country championships, Timaru
- Sun 23 **Event 2** - of the cross-country series at Linton Park reserve. Start time 10.30am. Duty Officer: Winter season sub-committee

- Sat 29/30 Club cross-country championships, venue to be advised. First event gets underway at 1.30pm. Events for all grades and abilities including a walk event. Bring a plate for afternoon tea please. Duty officers: Winter season sub-committee.

### JULY

- Sat 6 North Island Cross-country championships, Thermal Park, Spa Road, Taupo. Races for all grades and abilities Puarenga Park Run – see over page for parkrun details.
- Sun 7 **Event 3** - of the cross-country series at Mt Ngongotaha Nature walk loop. Duty Officer: Winter season sub-committee
- Sat 13 Club Parkrun at Puarenga Park Run – see over page for parkrun details.
- Sat 20 The Athletics Waikato BOP cross-country championships at Tauhara Park, Hamilton - races for all grades and abilities Event details on Athletics Waikato BOP website
- Sat 27 River Trail Trot, Atiamuri - details to be advised. Duty officer; Adrian Lysaght 027 615 3496.

### AUGUST

- Sun 4 **Event 4** - of the cross-country series at Jackson Park. Start time 10.30am. Duty Officer: Winter season sub-committee Athletics New Zealand Cross-country championships, Wellington
- Sat 10 3, 5 and 10km road based time trial - venue and start time to be advised. Duty officer: Winter season sub-committee
- Sat 17 Lake Okareka pairs handicap race. Details of meeting time and car-pooling will be advised nearer the event.
- Sun 25 ★ Athletics Waikato BOP run and race walk championships, St Peters School, Cambridge - races for all grades and abilities. Event details on Athletics Waikato BOP website
- Sat 31 Minster Cup 10km estimated time run. A shorter 5km estimated time run and walk for those not wishing to tackle the longer distance. Also a shorter distance for younger grades. Meet 1.45pm by the Blue Lake Ski Club clubrooms 2.00pm start. Duty officers: Winter sub-committee.

### SEPTEMBER

- Sat 7 Okataina tracks fun run. Details of meeting time, car-pooling etc will be advised nearer the event.
- Sat 14 Puarenga Park Run – see over page for parkrun details.
- Sun 15 Athletics New Zealand road championships, Auckland Cambridge Half Marathon, Cambridge. Incorporates the Athletics Waikato BOP Half Marathon championships
- Sat 21 ★ Club road championships at Waingaehe Park, Hannahs Bay. First event commences 1.15pm. Duty officer: Winter season committee.
- Sat 28 Club members feel free to organise a pack run/walk from the clubrooms or take part in the Puarenga Park Run – see over page for parkrun details.

### OCTOBER

- Sat 5 Athletics New Zealand Road Relay championships, – Fielding
- Sat 12 Puarenga Park Run – see over page for parkrun details.
- Sat 19 the Forest 10km Open Handicap run or walk, including the Steph McHale Cup. Meet at the Pram Track off Long Mile Road with the first runner/walker leaving at 10.00am. Shorter distance event for younger grades and those not wishing to tackle the longer distance will be held. Duty officers: Winter season sub-committee
- Sun 20 Auckland Marathon and Half Marathon, Auckland.

### NOVEMBER

Sat 2 Winter Season's prize giving and social function at the Neil Hunt Park clubrooms. Details to be advised.

Sun 24 Toi's Challenge 18km run and associated events, Whakatane.

## DECEMBER

Thus 26 King and Queen of the Mountain, Mt Maunganui which Incorporates Athletics Waikato BOP Mountain running championships. Event details on Athletics Waikato BOP website.

## NOTES

### RELAY TEAMS

★ Denotes 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 events. Some are open handicap, 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.

### PUARENGA PARK RUN

A 5km timed event that starts 8.00am every Saturday behind MIGS Gym 200 Te Ngae Road. Please wear club uniform. Runners and walkers catered for. You must pre-register. Go to [www.parkrun.co.nz](http://www.parkrun.co.nz) to register.

### 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 - some later) leave from the Neil Hunt Park clubrooms. On occasions some groups leave from different venues.

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** by the old Post office building Hinemoa Street.

**Thursday; 8.00am** by Planet Bike, Waipa Mill Bypass Road, **5.30pm** by the old Post Office building Hinemoa Street.

### WEEKLY GUFF SHEET, WEBSITE and FACEBOOK

The weekly 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](http://www.lakecity.co.nz) You can also follow us on Facebook.

### 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 <sup>1</sup>
Senior Men	Senior Women	20-34 yrs <sup>2</sup>
Junior Men U20	Junior Women U20	18, 19 yrs <sup>2</sup>
Youth Men U18	Youth Women U18	16, 17 yrs <sup>2</sup>
Boys U16	Girls U16	14, 15 yrs <sup>2</sup>
Boys U14	Girls U 14	12, 13 yrs <sup>3</sup>

Boys U12	Girls U12	11 yrs and under
----------	-----------	------------------

**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 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

### 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 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 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 is one major relay event during the season - the Athletics New Zealand Road Relay Championships in Feilding 5 October. Prior to this event 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 selector(s) 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 ATHLETIC 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 Stevenson at [kss77@xnet.co.nz](mailto:kss77@xnet.co.nz) with a copy to [info@lakecity.co.nz](mailto:info@lakecity.co.nz). Kim can also be contacted on Facebook Messenger or Text Message on 02108222590.

Communication with Kim is very important. It will give you the best chance of making a Relay team, and will allow Kim to select the best possible teams.

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). Lake City Athletic Club Road Race Championships.

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 selector 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 05/05/2019