



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 029 348 2849
Club Captain: Matt Parsonage 021 0586 189

CROSS COUNTRY and ROAD COMMITTEE

Convenor: Matt Parsonage 021 058 6189

Committee: Rusty Clarke, Rob Colledge, Pam Kenny, Adrian Lysaght, Will O'Connor, Sian Twiddy

CLUB SELECTORS

Runners: Kim Stevenson (sole selector)

Walkers: Sarah Wiwarena

CLUB HANDICAPPER

Alain (Moustache) Ventelou

2020 WINTER RUNNING/WALKING CROSS COUNTRY AND ROAD SEASON PROGRAMME

The Club's winter activities take place mainly on Saturday afternoons. Some may be Sunday mornings or an evening during the week. Activities other than Saturday 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 some new events on it as well as the old. There are even weekday evening events!

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!

MAY

21/5-2/6 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. There will be a shorter distance event for younger grades and those not wishing to tackle the longer distance. Run as a virtual event from the 21st of May to the 2nd of June this year because of Covid-19.

JUNE

1-30/6 Athletics NZ Virtual 1km and 10km Champs – see <https://athletics.org.nz/virtual-1k-10k/> for details
4-16/6 The Foster / Smyth / Lamason Cross-country trophy races. Run as a virtual event this year from the 4th to the 16th of June - refer to guff sheet 30 May 20 or the Lake City Facebook page for details
Sat 13 Lake Okaro fun run/walk. Meet at the Lake Okaro Carpark on Okaro Rd at 2pm for a start time around 2:15pm. The run/walk is along the undulating 2.3km trail around the Lake, which you can complete 1,2,3 or 4 times. This is an informal event, and is a good chance to have some exercise with the family in a different area of the region.
Sat 20 No organised club event. Weekend kept free to allow people to register attempts for the Athletics NZ Virtual 1km and 10km Champs
Sun 28 Club cross-country championships, Boord Park, Devon Street West. The first event gets underway at 10:00am. Event distances for all grades and abilities including a walk event. Event details to be advised

JULY

Sat 4 Te Awamutu Golf course Fun run/walk details via Athletics Waikato BOP website
Sat 4 Restart date of parkruns in NZ, including Puarenga parkrun
Sat 11 River Trail Trot, Atiamuri - details to be advised. Duty officer; Adrian Lysaght 027 615 3496
Sat 18 Hamilton Hawks open cross-country races, Minogue Park, Hamilton. Details to be provided
Fri 24 Friday Night 5km Forest Run. Shorter distance of 2-3km for children. Registration at the Neil Hunt Park clubrooms prior to 6.00pm. Event start is 6.15pm. Bring a headlamp or torch. No entry fee payable. Event followed by BYO takeaways and social time at clubrooms Duty Officers: Winter season sub-committee

AUGUST

- Sat 1 The Athletics Waikato BOP cross-country championships at Waipuna Park, Tauranga - races for all grades and abilities. Event details on Athletics Waikato BOP website
- Sat 8 ★A road-based time trial for those members seeking a place in a Club team to take part in the Athletics New Zealand relay championships at Fielding 3 October. Venue and start time to be advised. Duty Officers: Winter season sub-committee
- Sat 15/16 Away trip to Kinloch. Run /walk tracks in this region. Not a runner/walker then bring your mountain bike. Further details to be advised.
- Sun 23 ★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 29 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: Men 50 plus ANZ relay team members
- Sat 29 Athletics New Zealand Cross-country championships, Dunedin. Event details on Athletics NZ Website

SEPTEMBER

- Sat 5 ★Club road championships. Venue and details to be advised. First event commences 1.15pm. Duty officers: Winter season sub-committee
- Fri 11 Friday Night 5km Forest Run. Shorter distance of 2-3km for children. Registration at the Neil Hunt Park clubrooms prior to 6.00pm. Event start is 6.15pm. Bring a headlamp or torch. No entry fee payable. Event followed by BYO takeaways and social time at clubrooms Duty Officer: Winter season sub-committee
- Sat 19 No event – option of doing Puarenga parkrun as a pre-marathon blow out.
- Sat 26 Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. **Incorporates the Club, and Athletics Waikato-BOP marathon championships**

OCTOBER

- Sat 3 Athletics New Zealand Road Relay championships – Fielding
- 8-20 Forest 10km Open Handicap run or walk, including the Steph McHale Cup for females. To be run as a virtual event this year, from the 8th to the 20th of October. Course details to be advised. Shorter course option for children.
- Sat 17 Ekiden Relay - volunteering. Puarenga Park Run – see over page for parkrun details
- Sun 18 New Zealand Trail running championships, Christchurch
- Sat 24 Winter Season's prize giving and social function at the Neil Hunt Park clubrooms. Details to be advised

NOVEMBER

- Sun 1 Auckland Marathon and Half Marathon, Auckland
- Sat 7 Athletics New Zealand Road Championships, Bruce Pulman Park, Auckland. Event details on Athletics NZ website
- Sun 22 Toi's Challenge 18km run and associated events, Whakatane

DECEMBER

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

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, others are sealed handicap which is 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.

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.

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 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 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 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	16, 17 yrs ²
Boys U16	Girls U16	14, 15 yrs ²
Boys U14	Girls U 14	12, 13 yrs ³
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, and so on

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 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 3 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 August** 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 August** in writing: i.e.

(a). Name onto list at the Neil Hunt Park Clubrooms, or

(b). Email to the Club's convenor 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.

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 Convenor of selectors will be considered. They are to be a current competitive financial member of the Lake City Athletic Club as at **1st August**.

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 21/6/20