



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 0586 189

Committee: Russell Clarke, Rob Colledge, Pam Kenny, Adrian Lysaght, Sian Twiddy, Rach Wright

CLUB SELECTORS

Runners: Chris Coney, Siobhan Griffiths, Adrian Lysaght, Matt Parsonage (convenor)

CLUB HANDICAPPER

Alain (Moustache) Ventelou

2021 WINTER RUNNING/WALKING CROSS COUNTRY AND ROAD SEASON PROGRAMME

What is the winter season about?

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 and build camaraderie. The winter months are most enjoyable. Don't be afraid to come and give some or all of the events a go!

These activities, which have variety and adventure, take place mainly on Saturday afternoons. Some may be Sunday mornings or an evening during the week. Activities other than Saturday are to allow child members that play Saturday sports the chance to take part in our events as well as their parents. When there is no Sunday event listed the customary pack/group runs, in the main, leave from the club rooms between 7.00am and 8.00am. Arrange leaving times with those you regularly run with. You can find out more information by emailing the club, sending a message to the Lake City Athletics Club Facebook page, or asking club members.

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!

APRIL

Sun 11 New Zealand Marathon championships in conjunction with the Christchurch Marathon

Sat 17 Te Awamutu Athletic Club Golf Course Fun Run and walk. A rare chance to run/walk on a golf course

New Zealand Mountain Running championships, Coronet Peak Ski Resort. Details on Athletics NZ web site

MAY

Sat 1 Opening Day. Meet 1.45pm at clubrooms, Neil Hunt Park for a 3km or 4km over the summer Trout Fly course. 2.00pm event start. Afternoon tea provided courtesy of the Club. Duty Officer: Matt Parsonage 0210586189 assisted by the winter season sub-committee

Sun 2 The Running/Walking Clinic's Champagne Breakfast – Skyline Skyrides. Pre event booking required

Sat 8 Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. Incorporates the Club, Athletics Waikato-BOP and New Zealand Master grade marathon championships

Sat 15 A romp out at the Hannahs Bay Reserve. Meet 1.45pm at the reserve at the end of Willow Ave for event briefing with a 2.00pm start. Duty officer: Matt Parsonage 0210586189

Sun 16 Huntly Half Marathon and associated events

Sat 22 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. Duty Officer: Peter Vyver 07 348 8456 assisted by the winter season sub-committee.

Sun 23 New Zealand 100k championships, Hagley Park, Christchurch. Details on Athletics NZ website

Sat 29 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

JUNE

Sat 5 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 of Puarenga Park Run details.

Sat 12 The Foster / Smyth / Lamason Cross-country trophy races for those 15 years plus. 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. Trophies at stake are for the 10km event. Venue: Paiaka Trust Farmland at Top Utuhina Road. Event start 2.00pm sharp.

New Zealand Secondary school's cross-country championships, Hawera

Sun 20 Club cross-country championships, Boord Park, Devon Street West. The first event gets underway 10.00am. Event distances for all grades and abilities including a walk event

Sat 26 Jackson Park/ Tihi reserve cross country relay. Meet at 1:40pm at the carpark by Central Kids Jackson Park on Springfield Rd. Start time 2:00pm. Duty Officer: Matt Parsonage

Sun 27 Wellington Marathon

JULY

Sat 3 North Island Cross-country championships, Thermal Park, Spa Road, Taupo. Races for all grades and abilities. Event details on Athletics Waikato BOP website

Sat 10 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: Matt Parsonage and the Winter season sub-committee

Sat 17 River Trail Trot, Atiamuri - details to be advised. Duty officer; Adrian Lysaght 027 615 3496

Sat 24 The Athletics Waikato BOP cross-country championships at Boord Park, Rotorua - races for all grades and abilities. Event details on Athletics Waikato BOP website. Only online entry accepted with no late entry

Thru 29 An evening run in the Redwoods – 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 and social committee

AUGUST

Sat 7 ★Ngongotaha Cycleway 3, 5 and 10km time trial. A good opportunity to race on the road as a lead up to the Waikato BOP Road Race. Start time 2.00pm. Duty officers: Winter season sub-committee Athletics New Zealand Cross-country championships, Dunedin

Sat 14 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.

Sun 22 ★Athletics Waikato BOP run and race walk championships, Mystery Creek, Ohaupo - races for all grades and abilities. Event details on Athletics Waikato BOP website

Sat 28 ★Club road championships at Waingaehe Park, Hannahs Bay. First event commences 1.15pm. Duty officers: Winter season sub-committee.

SEPTEMBER

Sat 5 ★Athletics New Zealand road championships Mystery Creek, Ohaupo. Event details on Athletics NZ website

Sun 12 Redwoods Relay – Details to be advised

Sun 19 Cambridge Half Marathon, Cambridge. Incorporates the Athletics Waikato BOP and New Zealand Half Marathon championships. Details on Athletics Waikato BOP website and Athletics NZ website.

Sat 25 Club day at the Blue Lake 24 Hours Challenge. Meet at 1:45pm at the Blue Lake Water Ski clubrooms and join this challenge. Run as many loops of the Blue Lake as you want, starting at 2pm. Further details to be advised.

OCTOBER

Sat 2 Athletics New Zealand Road Relay championships, Christchurch (Takahe to Akaroa)

Sat 9 Forest 10km Open Handicap run or walk, including the Steph McHale Cup for females. Shorter distance event for younger grades and those not wishing to tackle the longer distance will be held. More details nearer event.

Sat 16 Puarenga Park Run – see over page for parkrun details

Sun 17 New Zealand trail running championship, Christchurch

Sat 30 Winter Season's prize giving and social function at the Neil Hunt Park clubrooms. Details to be advised

Sun 31 Auckland Marathon and Half Marathon, Auckland

NOVEMBER

Sun 14 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 events 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.

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 may be 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. Master's grades are the age on the day. Master athletes 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 social and non-club members). These are for all abilities, fast or slow. We encourage all to go and 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 members 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 – entry is mostly on line. 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 this year on 2 October on the famed Takahe to Akaroa course (Christchurch). This year, club members will be contacted by Team Captains and asked if they would like to be part of a team for this event. You can also indicate that you would like to be involved by contacting Matt on 0210586189, or matt1980@hotmail.co.nz. 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 June** in writing: i.e.

(a). Response to email/message from Team Captain

(b). Email to the Club's convenor of selectors - Matt at matt1980@hotmail.co.nz with a copy to info@lakecity.co.nz

3. Selection for a Road Relay team will be based on Current Fitness. Participation and performances at the events listed below (and denoted with ★ in the programme) will have the greatest importance, however Puarenga parkrun and other races results will also be considered.

(a). Athletics Waikato BOP Road Race Championships.

(b). Athletics NZ Road championships.

(c). Lake City Athletic Club Road Race Championships.

(d). Ngongotaha Cycleway Club Time Trial

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 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.