



www.lakecity.co.nz

Clubrooms:

Neil Hunt Park, off Tarawera Road, Lynmore, Rotorua
Phone: 07 345 9362 Email: admin@lakecity.co.nz

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|-----------------|----------------|--------------|
| Patron: | Graeme Dennett | |
| Vice President: | Pam Kenny | 07 348 8448 |
| Secretary: | Russell Clarke | |
| Treasurer: | John Marten | 029 348 2849 |
| Club Captain: | Matt Parsonage | 021 058 6189 |

CROSS COUNTRY and ROAD COMMITTEE

Convenor: Matt Parsonage 021 058 6189

Committee: Russell Clarke, Phil Gulbransen, Pam Kenny, Adrian Lysaght, Ephraim Sisay, Rach Wright

CLUB SELECTORS

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

CLUB HANDICAPPER

Alain (Moustache) Ventelou

2022 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.

These activities, which have variety and adventure, take place mainly on Saturday afternoons and usually commence around 2.00pm or slightly earlier. Some may be Sunday mornings or an evening during the week. With the later Saturday afternoon start this allows those involved in morning sports a chance to come along - youngsters and caregivers. Activities other than Saturday also allow those involved in Saturday sports the chance to take part in our events.

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. 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 or visiting the Club's website.

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

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 23 Opening Day. Meet 1.45pm at clubrooms, Neil Hunt Park for a trail run or walk on a marked course in the Redwoods. 2.00pm event start. Afternoon tea provided courtesy of the Club. Duty Officer: Matt Parsonage 0210586189 assisted by the winter season sub-committee

Te Awamutu Athletic Club Golf Course Fun Run and walk. A rare chance to run/walk on a golf course. Event details on the Athletics Waikato BOP website

Sat 30 River Trail Trot, Atiamuri - details to be advised. Duty officer; Adrian Lysaght 027 615 3496

MAY

Sat 7 The Novice, Veteran and Costello Cup races for those aged 15 plus 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. Meet at Centennial Park on the corner of Old Taupo Road and Moncur Drive at 1:45pm, for a 2:00pm event start. Duty Officers: Matt Parsonage (0210586189) & Peter Vyver 07 348 8456 assisted by the winter season sub-committee.

Sat 14 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 15 New Zealand Senior Marathon Championships – The Reboot Marathon, Christchurch

- Sat 21 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
- Thurs 26 An evening run in the Redwoods – Register at the Lake City Club Rooms prior to 6pm. Event start is 6:15pm. Bring a headlamp or torch. No entry fee. Event followed by BYO takeaways and social time at the club rooms. Duty Officer: Matt Parsonage (021 058 6189)
- Sat 28 No club event. Members can take part in Puarenga parkrun – see details in the information following the programme
- Mon 30 BOP Secondary Schools cross-country, Waipuna Park, Tauranga

JUNE

- Sat 4 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 parkrun
- Sat 11 Club cross-country championships, Linton Park West, Kamahi Place, Pukehangi. First event at 1:30pm. Races for all age grades and abilities including a walking event.
- Sat 18 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 the top of Utuhina Road. Event start 2.00pm sharp.
- Sat 18-19 New Zealand Secondary school's cross-country championships, Nelson
- Sat 25 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. Duty Officer: Rach Wright

JULY

- Sat 2 North Island Cross-country championships, Thermal Park, Spa Road, Taupo. Races for all grades and abilities. Event details on Athletics Waikato BOP website
- Sat 9 Wright Park cross-country fun run/walk – Meet at Wright Park on Pandora Ave (between Phoebe Pl and Orion St) at 1:45pm for a 2pm start. A new club event on a great loop. Duty Officers: Rach Wright & Matt Parsonage (021 058 6189)
- Sat 16 The Athletics Waikato BOP cross-country championships at Ray Boord Park, Rotorua - races for all grades and abilities. Event details on Athletics Waikato BOP website. Only online entry accepted with no late entry.
- Thurs 21 An evening run in the Redwoods – Register at the Lake City Club Rooms prior to 6pm. Event start is 6:15pm. Bring a headlamp or torch. No entry fee. Event followed by BYO takeaways and social time at the club rooms. Duty Officer: Matt Parsonage
- Sat 23 No club event. Option of taking part in Puarenga parkrun
- Sat 30 New Zealand Cross-country champs, Spa Park, Taupo. Event details on Athletics New Zealand website

AUGUST

- Sun 7 Jackson Park/ Tihi Rd reserve cross country relay. Meet at 10:15am at the carpark by Central Kids Jackson Park on Springfield Rd. Start time 10:30am. Duty Officer: Matt Parsonage
- Sat 13 ★Club Road championships at Waingaehe Park, Hannahs Bay. First event commences 1.15pm. Duty officers: Winter season sub-committee.
- Sun 21 ★Athletics Waikato BOP run and race walk championships - races for all grades and abilities. Venue to be advised. Event details on Athletics Waikato BOP website
- Sat 27 Minster Cup 10km estimated time run. A shorter 5.5km 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

SEPTEMBER

- Sat 4 ★Athletics New Zealand Road championships Upper Hutt. Event details on Athletics NZ website
- Sun 11 Redwoods Relay – Still awaiting confirmation if this event is going ahead, at the time of printing. Details to be advised
- Sat 17 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 24-25 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 1 Athletics New Zealand Road Relay championships, Christchurch (Takahe to Akaroa)
- Sat 8 Puarenga parkrun
- Sat 8-23 Forest 10km Open Handicap run or walk, including the Steph McHale Cup for females. To be run as a virtual event, from the 8th to the 23rd of October. Course details to be advised. Submit your result to Matt Parsonage on 021 058 6189 or matt1980@hotmail.co.nz
- Sun 16 Cambridge Half Marathon – including the Athletics New Zealand Half Marathon Championships. Details on Athletics Waikato BOP website and Athletics New Zealand website
- Sat 29 Winter Season's prize giving and social function at the Neil Hunt Park clubrooms. Details to be advised
- Sun 30 Auckland Marathon and Half Marathon, Auckland

NOVEMBER

- Sun 20 Rotorua off road Trail Run/Walk, Whakarewarewa Forest - half marathon, 10km, 5.5km Little Devils 1.5 or 2.5km
- Sun 20 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 PARKRUN

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 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** meet by 1231 Hinemoa Street (toilets). **Thursday; 8.00am** by Planet Bike, Waipa Mill Bypass Road, **5.30pm** meet by 1231 Hinemoa Street (toilets).

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.

RELAY EVENTS

There is one major relay event during the season - the Athletics New Zealand Road Relay Championships this year on 1 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 admin@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 performances at the Rotorua Marathon and associated events, 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.

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 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, club website, and the Lake City Facebook page.