www.lakecity.co.nz

Clubrooms:

Neil Hunt Park, off Tarawera Road, Lynmore, Rotorua

Phone: 07 345 9362 Email: info@lakecity.co.nz

Patron: Dennis Kenny

President: Kelly Albrecht

Secretary Russell Clarke

Treasurer: John Marten

Club Captain: Rach Wright

CROSS COUNTRY and ROAD COMMITTEE

Convenor: Matt Parsonage 021 058 6189

Committee: Tony Broadhead, Peter Caudwell, Sarah Jane Caudwell, Russell Clarke, Phil Gulbransen, Pam Kenny, Rach Wright

CLUB SELECTORS

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

CLUB HANDICAPPER

Alain (Moustache) Ventelou

#### 2023 WINTER RUNNING/WALKING CROSS COUNTRY AND ROAD SEASON PROGRAMME

Most of the club’s winter events take place on Saturday afternoons, with the occasional event on Sunday morning. 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.

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| 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 15 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: Matt Parsonage (021 058 6189) assisted by the winter season sub-committee.

Te Awamutu Athletic Club Golf Course Fun Run and walk.

Sun 16 New Zealand Senior Marathon Championships, Christchurch Marathon

Sat 22 The River Trail Trot, Atiamuri – A fantastic event where you run or walk to earn points for your team. Meet at the clubrooms at 12:45pm for carpooling out to the event start. Duty officer: Adrian Lysaght 027 615 3496.

Sat 29 Interclub cross country at the old Narrows Golf Course, 512 Airport Road. Tamahere, Hamilton, hosted by Cambridge Athletics & Harrier Club. Gold coin donation. See http://www.sporty.co.nz/cahcnz for event details. A good opportunity to have a run on the course which will be used for this year’s AWBOP cross country champs.

MAY

Sat 6 Rotorua Marathon, plus Half Marathon, Quarter Marathon & 5.5km Fun Run/Walk, Government Gardens, Rotorua. Incorporates the Club, and Athletics Waikato-BOP marathon championships, and the Athletics New Zealand Masters Marathon Championships.

Sat 13 Puarenga parkrun – see over page for parkrun details.

Sun 14 Huntly Half Marathon

Sat 20 The Novice, Veteran and Costello Cup races for those aged 15 plus is a sealed handicap event of 6-7km 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 (021 0586189).

Sat 27 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 3 Kings Birthday - no club event; Club members feel free to take part in Puarenga parkrun.

Sun 10 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. An approx. 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.

Sat 17 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. Duty Officers: Rach Wright & Matt Parsonage (021 058 6189)

New Zealand Secondary Schools cross-country championships, Palmerston North

Sun 25 Club cross-country championships, Ray Boord Park, Devon Street West. The first event gets underway 10.00am. Event distances for all grades and abilities including a walk event.

 New Zealand Half Marathon Championships, Wellington.

JULY

Sat 1 North Island Cross-country championships, Spa Thermal Park, Spa Road, Taupo. Races for all grades and abilities. Event details on Athletics Waikato BOP website.

Sat 8 Minster Cup 10km estimated time run. A shorter 5.5km estimated time run and walk for those not wishing to tackle the longer distance, and a shorter distance for younger grades. Meet 1.45pm by the Blue Lake Ski Club clubrooms 2.00pm start. Duty officer: Matt Parsonage

Sat 15 The Athletics Waikato BOP cross-country championships at the old Narrows Golf Course, 512 Airport Road. Tamahere, Hamilton - races for all grades and abilities. Event details on Athletics Waikato BOP website

Sat 22 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 1.30pm. Shorter distance event for younger grades and those not wishing to tackle the longer distance will be held.

Sat 29 New Zealand Cross-Country Champs, Spa Park, Taupo. Event details on Athletics New Zealand website

Sun 30 New Zealand Cross-Country Relay Champs, Spa Park, Taupo.

AUGUST

Sat 5 Papamoa Hills Regional Park Hill Climb followed by a pack run – interclub event hosted by Tauranga Ramblers – further details to be provided.

Sun 6 Jackson Park/ Tihi Rd Reserve fun run/walk. Meet at 10:15am at the carpark by Central Kids Jackson Park on Springfield Rd. Start time 10:30am. Duty Officer: Matt Parsonage & Jo Liddell

Sat 12 Puarenga parkrun

Sun 20 ★Athletics Waikato BOP Road Race championships, St Peters School, Cambridge - races for all grades and abilities. Event details on Athletics Waikato BOP website

Sat 26 Puarenga parkrun

SEPTEMBER

Sat 2 ★ Club Road Championships, Parawai Rd. Ngongotaha Cycleway course. Meet at the Beaumont Rd end of Parawai Rd. First race starts at 1:30pm.

Sun 10 ★Athletics New Zealand Road Championships, Palmerston North. Race information and entry details at www.athletics.org.nz

Sun 17 Redwoods Forest Relay/Red Stag Relay – Details to be advised.

Sat 24 Cambridge Half Marathon, Cambridge. Incorporates the Athletics Waikato BOP Half Marathon championships.

Sat 30 Athletics New Zealand Road Relay Championships, Christchurch.

OCTOBER

Sat 7 Winter Season’s prize giving and social function at the Neil Hunt Park clubrooms. Details to be advised.

Sun 15 Athletics New Zealand Long Course Trail Running Championships, Crater Rim, Christchurch

Sun 29 Auckland Marathon and Half Marathon, Auckland.

NOVEMBER

Sun 5 Julians Berry Farm and Café Toi’s Challenge 18km run and associated events, Whakatane.

DECEMBER

Tues 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 PARKRUN

A 5km timed event that starts 8.00am every Saturday behind MIGS Gym 200 Te Ngae Road. Runners and walkers catered for. Register at [www.parkrun.co.nz](http://www.parkrun.co.nz) (if you haven’t already done so – you only need to register once), print your barcode and bring it with you.

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 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 public toilets Hinemoa Street. Opposite Super Fern retailers.

 *Thursday*; 8.00am by Planet Bike, Waipa Mill Bypass Road, 5.30pm by the public toilets Hinemoa Street. Opposite Super Fern retailers.

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.

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| --- | --- | --- |
| Grade (male) | Grade (female) | Age |
| Masters Men | Masters Women | 35 yrs plus1 |
| Senior Men | Senior Women | 20-34 yrs2 |
| Junior Men U20 | Junior Women U20 | 18, 19 yrs2 |
| Youth Men U18 | Youth Women U18 | 16, 17 yrs2 |
| Boys U16 | Girls U16 | 14, 15 yrs2 |
| Boys U14 | Girls U 14 | 12, 13 yrs3 |
| Boys U12 | Girls U12 | 11 yrs and under |

Note 1. Master’s grades are the age on the day. Masters compete in 5-year age-groups, e.g., 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,

65-6, 70-74

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, except for 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. If you would like to be part of a team for this event, contact 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 July** 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). Message by Text or Email to the Club's convenor of selectors - Matt at 0210586189 or matt1980@hotmail.co.nz

(b). Name on a list at the Lake City Clubrooms

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 other road events and at Puarenga parkrun 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 by 1st July.

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).

IMPORTANT NOTE re TRAVEL to CHRISTCHURCH

**Relay team members are to arrange their own travel to and from Christchurch this year (as opposed to previous years where the club has organised flights). It is recommended to book flights early to get cheaper air fares.**

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 01/04/2023.