



LAKE CITY Athletic Club INC

www.lakecity.co.nz

Clubrooms: Neil Hunt Park, Lynmore, Rotorua
Phone: 07 345 9362 Email: info@lakecity.co.nz

Winter Season Committee: Matt Parsonage, Joe Gallaher, Tony Broadhead, Pam Kenny, Blake Wilkins, Michael Voss.

2024 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.

MIDWEEK ACTIVITIES: Every **Wednesday** there is a session held at Smallbone park, suited for walkers and runners.

Meet at 6:15 pm for a warm-up, and a 6:30 pm session start.
Hosted by Joe Gallaher (0225347004)

DATE	EVENT DETAILS
MAY	
18 th Saturday	Opening Day Handicap Run & BBQ Neil Hunt Park Clubrooms <i>Meet at 2:00 pm; This is a ~5 km run, followed by a BBQ courtesy of the Club.</i> Duty Officer: Joe Gallaher (022 534 7004)
25 th Saturday	Tauranga Open Cross Country Waipuna Park, Tauranga <i>Programme on Athletics Waikato BOP website (see Additional Information section below)</i>



JUNE	
1 st Saturday	No Club Event <i>Club members feel free to take part in Puarenga parkrun</i>
8 th Saturday	Novice, Veteran, and Costello Cup Centennial Park on the corner of Old Taupo Road and Moncur Drive. <i>Meet at 1:45pm, for a 2:00pm event start.</i> <i>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.</i>

15 th Saturday	Foster / Smyth / Lamason Cross-Country Paiaaka Trust Farmland at the top of Utuhiina Road. <i>Event start 2. 00pm. This is a sealed handicap (mass start) for those taking part in the main event of approx. 10km. An approx. 3 km event for younger grades and those not wishing to tackle the longer distance will be held. Trophies at stake are for the 10km event.</i>
23 rd Sunday	Club Cross-Country Champs Ray Boord Park, Devon Street West. <i>The first event gets underway 10.00am. Event distances for all grades and abilities including a walk event.</i>
29 th Saturday	No Club Event <i>Club members feel free to take part in Puarenga parkrun.</i>



JULY	
6 th Saturday	North Island Cross-Country Championships Spa Thermal Park, Spa Road, Taupo. <i>Races for all grades and abilities. Event details: www.taupoharriers.com</i>
13 th Saturday	Minster Cup Meet 1.45pm by the Blue Lake Ski Club clubrooms to submit your event estimated time. 2.00pm start. <i>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.</i>
20 th Saturday	WAI/BOP Cross-Country Champs Waipuna Park, Tauranga <i>Programme on Athletics Waikato BOP or Tauranga Athletics websites</i>
27 th Saturday	No Club Event <i>Club members feel free to take part in Puarenga parkrun</i>

AUGUST	
3 rd & 4 th	Athletics NZ Cross-Country Championships Mission Estate Winery, Napier <i>Website and full entry details: www.athletics.org.nz</i>
11 th Sunday	Jackson Park/ Tihi Rd Reserve <i>Meet at 10:15am at the carpark by Central Kids Jackson Park on Springfield Rd.</i> <i>Start time 10:30am.</i>
17 th (or 18 th)	WAI/BOP Road Champs <i>Venue and exact date TBC</i>
24 th Saturday	Club Hill Climb Details TBC Duty Officer: Blake Wilkins

31st Fenton Park Blast & Road Relays Muster
Saturday Murray Linton Rose Garden, Kain Ave.
Meet at 1:45pm, for a 2:00pm event start.
A 3km run or walk on a flat course around the streets of Fenton Park. There will be a 1.5 km distance for children.
If you are interested in being on a club team for the New Zealand Road Relays in Taupo, come along to this event and find out more about this event
 Duty Officer: Tony Broadhead (027 492 7026)



SEPTEMBER

8th Red Stag Relay
Sunday **Details TBC**

14th Club Road Champs
Saturday Parawai Rd. Ngongotaha Cycleway course.
Meet at the Beaumont Rd end of Parawai Rd. First race starts at 1:30pm

21st No Club Event
Saturday *Club members feel free to take part in Puarenga parkrun*

28th Athletics NZ Road Relay Championships
Saturday Taupo Motorsport Park, Taupo
We would like to have as many club teams as possible take part. Road Relays is always a fun event, and running around a car racetrack will be a unique experience this year. See the Additional Information section for more information.
 If you would like to be part of a team, contact either:
 Tony Broadhead
 (027 492 7026 | divertony@hotmail.com) or
 Matt Parsonage
 (021 058 6189 | matt1980@hotmail.co.nz).

OCTOBER

5th Forest 10 km Handicap Run or Walk & Steph
Saturday **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.

ADDITIONAL INFORMATION:

CANCELLATION OF EVENTS

All events will be held wet or fine. Only in very exceptional circumstances will an event be cancelled. Any cancellation or alterations will be posted on Facebook.

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.

PUARENGA PARKRUN

A 5km timed event that starts 8.00am every Saturday on the path adjacent to the Whakarewarewa Rugby Club, heading towards the city centre. Runners and walkers catered for. Register at www.parkrun.co.nz (if you haven't already done so – you only need to register once), print your barcode and take it with you.

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.

ATHLETICS WAIKATO-BAY OF PLENTY

All event details, course maps, and timetables for events hosted by Athletics Waikato-Bay of Plenty can be found on their website: athleticswaikatobayofplenty.org.nz

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. 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!

ATHLETICS NZ ROAD RELAY CHAMPIONSHIPS

The New Zealand Road Relays are being held in Taupo this year, on Saturday September 28, at the Taupo Motorsport Park. Because they are so close, we would like to have as many club teams as possible take part. Road Relays is always a fun event, and running around a car race track will be a unique experience this year. There is a social grade, as well as competitive grades from Under 18 to Masters 60+, so all abilities are welcome, whether you are a V8, Mini, Combi-van or Model T!

To be eligible for participation you must 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.

If you would like to be part of a team, contact either Tony Broadhead (027 492 7026 or divertony@hotmail.com) or Matt Parsonage (021 058 6189 or matt1980@hotmail.co.nz).

Website and full entry details: www.athletics.org.nz

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 Facebook.