



LAKE CITY Athletic Club INC

www.lakecity.co.nz

Clubrooms:

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

Patron: Pam Kenny
President: Kelly Albrecht
Secretary: Paul Wollaston
Treasurer: John Marten
Club Captain: Matt Parsonage

CROSS COUNTRY and ROAD COMMITTEE

Committee: Matt Parsonage, Tony Broadhead, Joe Gallaher,
Pam Kenny, Blake Wilkins

CLUB HANDICAPPER

Adrian Lysaght

2025 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)

APRIL

- Sat 26 **No club event**
Club members feel free to take part in Puarenga parkrun.
- Sun 27 **Mauao King & Queen of the Mountain**
Mt Maunganui
Event and entry details on the Athletics Tauranga website.



MAY

- Sat 3 **Rotorua Marathon**, Half Marathon, 12km & 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 3 **Runway 5**
NZ 5km Road Champs, Rotorua
- Sat 10 **Cambridge Relays**
Recreation Ground, Vogel St, Cambridge

Sat 17 **Novice, Veteran and Costello Cup**

Meet at Centennial Park on the corner of Old Taupo Road and Moncur Drive at 1:45pm, for a 2:00pm event start.
Races for those aged 15 plus is a sealed handicap event of around 6km 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: Matt Parsonage (021 058 6189).



Sat 24 **Tauranga Cross-Country**

Waipuna Park, Welcome Bay, Tauranga

Races for all grades and abilities in a park like setting. Event details on Athletics Waikato BOP website.

Sat 31 **No club event**

Club members feel free to take part in Puarenga parkrun.

JUNE

Sun 8

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.

Sat 14

Foster / Smyth / Lamason Cross-country trophy

Paia Trust Farmland at the top of Utuhina Road

Event start 2.00pm. 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.

Sat 14

New Zealand Secondary Schools cross-country championships

Whangarei

Sat 21

No club event

Club members feel free to take part in Puarenga parkrun.

Sat 28

No club event

Club members feel free to take part in Puarenga parkrun.

Sun 29

Waikato-Bay of Plenty Masters Cross Country

Waipuna Park, Tauranga.

Details to follow.

Sun 29

NZ Half Marathon Championships

Wellington

JULY

Sat 5

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 12

Whakatane Bush Half Marathon and Relay

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Sun 20

Athletics Waikato BOP cross-country championships

Ray Boord Park, Rotorua

Races for all grades and abilities. Event details on Athletics Waikato BOP website.

Sat 26

The Fenton Park Blast

Kain Ave, Rotorua

Meet at 1:45pm for a 3km (1.5km for children) race around the streets of Fenton Park. Race start 2pm. Come along if you would like to be in a team for the National Road Relays in early October. Duty Officer Tony Broadhead (027 492 7026).

AUGUST

- Sat 2 **New Zealand Cross Country Champs**
Hagley Park North, Christchurch.
- Sun 3 **NZ Cross Country Relay Champs**
Hagley Park North, Christchurch
- Sun 10 **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
- 16/17th **Athletics Waikato BOP Road Race championships**
To Be Confirmed
- Sat 23 **Hill Climb Challenge**
Details to follow. Duty Officer; Blake Wilkins
- Sat 30 **New Zealand 10km Road Championships**
Architectural Glass Products site, 137 Swayne Road, Cambridge



SEPTEMBER

- Sat 6 **Minster Cup**
Details to be advised
- Sat 13 **Club Road Championships**
Parawai Rd. Ngongotaha Cycleway course. Meet at the Beaumont Rd end of Parawai Rd. First race starts at 1:30pm.
- Sun 21 **Cambridge Half Marathon**
Cambridge. Incorporates the Athletics Waikato BOP Half Marathon championships.
- Sat 27 **No club event**
Club members feel free to take part in Puarenga parkrun.

OCTOBER

- Sat 4 **New Zealand Road Relay Championships**
Feilding
- Sat 11 **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.

NOVEMBER

- Sun 16 **Julians Berry Farm and Café Toi's Challenge**
Whakatane



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 U14	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 Feilding this year, on Saturday the 4th of October.

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.