



Clubrooms:

Neil Hunt Park, off Tarawera Road, Lynmore, Rotorua

Email: admin@lakecity.co.nz

Website: www.lakecity.co.nz

Facebook: <https://www.facebook.com/lakecityathletic>

Phone: 07 345 9362

President: Matt Parsonage **Secretary:** Paul Wollaston

Club Captain: Tony Broadhead **Treasurer:** John Marten

CROSS COUNTRY and ROAD COMMITTEE

Matt Parsonage (Convenor), Tony Broadhead, Pam Kenny,
and their helpers

CLUB HANDICAPPER

Adrian Lysaght

2026 WINTER RUNNING/WALKING CROSS COUNTRY AND ROAD SEASON PROGRAMME

Welcome to the winter activities of our Club. 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 involved.

How we communicate:

- The weekly **GUFF SHEET** is emailed weekly, Thursdays, to financial members. This publication has details of upcoming events, results etc.
- Facebook <https://www.facebook.com/lakecityathletic>
- Website www.lakecity.co.nz

APRIL

Sat 18 No club event. Club members feel free to take part in Puarenga parkrun. Details on the next page.

Sun 19 King and Queen of the Beach - a Community Beach Run, at Mt Maunganui. This year this event is replacing the annual King and Queen of Mt Maunganui. Details on Tauranga Athletics website.

MAY

Sat 2 **Red Stag Rotorua Marathon:** Half Marathon, 10km & 5km Fun Run/Walk, Headquarters Novotel Hotel, lake end of Tutanekai Street. Incorporates the Club, and Athletics Waikato-BOP marathon championships, plus the Athletics New Zealand Masters Marathon Championships.

Sat 9 **Cambridge open cross-country including a team event:** Recreation Ground, Vogel St, Cambridge. Details on the host club's Cambridge Harriers website

Sat 16 **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 of around 6km on road and cross-country for those aged 15 years plus. 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).
Social time to follow at Rotorua CT Club, Moncur Drive



Sat 23 **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 or the host club Athletics Tauranga's website.

Sat 30 **No club event: (Kings Birthday weekend)**
Club members feel free to take part in Puarenga parkrun.

JUNE

Sun 7 **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. Have your Sunday morning exercise at this event.

Sat 13 **Foster / Smyth / Lamason Cross-country trophy:** Paiaka Trust Farmland at the top of Utuhina Road. Event start 2.00pm. The main event is 10km approx. and is a mass start for those 15 years plus. There is a supporting 3km event for younger grades and those not wishing to tackle the longer distance. Trophies at stake for financial club members are for the 10km event. This is a great afternoon up in the countryside with fantastic views of the city and its surrounds.



Hamilton Hawks open cross-country: Details on host club's website - Hamilton Hawks

Sat 20 **No club event:** Club members feel free to take part in Puarenga parkrun.
New Zealand Secondary Schools cross-country championships: Whangarei

Sat 27 **Sulphur Point cross-country event:** Old Motutara Golf Course, Hatupatu Drive, Government Gardens. Come and support a new event in an area that many don't even know is there. Another of Rotorua's hidden secrets. Details to come.

Sun 28 **Waikato-Bay of Plenty Masters Cross Country:** Waipuna Park, Tauranga. Hosted by Tauranga Masters. Details to come.

JULY

Sat 4 **North Island Cross-country championships:** Spa Thermal Park, Spa Road, Taupo Races for all grades and abilities. Event details on Athletics Waikato BOP website or host club Taupo Harriers.

10/11 **Under the Lights:** A new event of cross-country running and walking at night in Rotorua. Venue, Date, and details to be confirmed.

Sat 18 **Athletics Waikato BOP cross-country championships:**
Venue to be confirmed

Sat 18 **Whakatane Bush Half marathon and Relay:** Details on Whakatane Harriers website:

Sat 25 **Minster Cup:** Planet Bike, Waipa Mill By Pass Road. Meet by the entrance to Fern Drive 1.45pm for an estimated time run. A shorter 5.5km estimated time run or walk for those not wishing to tackle the longer distance, plus a shorter distance for younger grades. This is the day you don't wear a watch



AUGUST

- Sat 1 **New Zealand Cross Country Champs:** Hagley Park North, Christchurch.
- Sun 2 **NZ Cross Country Relay Champs:** Hagley Park North, Christchurch
- Sun 9 **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
- 15 **Athletics Waikato BOP Road Race championships:**
Location to be confirmed
- Sat 22 **No club event:** Club members feel free to take part in Puarenga parkrun.
- Sat 29 **New Zealand 10km Road Championships:** New Plymouth
Event details and entry information on Athletics NZ website.

SEPTEMBER

- Sat 6 **Hannahs Bay:** The headquarters for an event at another of the City's secret locations. Details to come.
- Sat 12 **Club Road Championships:** Parawai Rd, Ngongotaha Cycleway course. Meet at the Beaumont Rd end of Parawai Rd. First race starts at 1:30pm
- Athletics NZ Road Mile Championships:** Dunedin. Refer to on Athletics NZ website for event details etc
- Sun 20 **Cambridge Half Marathon:** Cambridge. Incorporates the Athletics Waikato BOP Half Marathon championships.
- Sat 26 **No club event:** Club members feel free to take part in Puarenga parkrun.

OCTOBER

- Sat 3 **New Zealand Road Relay Championships:** Manawatu/ Whanganui region. See the paragraph below – Athletics NZ Road relay championships for details.
- Sat 10 **Forest 10km Open Handicap:** Run or walk, including the Steph McHale Cup to be won by a female participant. 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 15 **Julians Berry Farm and Café Toi's Challenge:** Whakatane

ADDITIONAL INFORMATION

MIDWEEK ACTIVITIES - in Rotorua:

"Workout Wednesdays"

These weekly sessions are on the field outside Scion, right by the Te Whare Nui o Tūteata building at the end of Titokorangi Drive (formerly Long Mile Road). 6.15pm warmup, with workout 6.30pm. Sessions open to everyone. Hosted by Joe Gallaher (0225347004)

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 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 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 the Manawatu/Whanganui region this year, on Saturday the 3rd 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).

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.

HOW TO REGISTER WITH THE CLUB

Proceed to the club's weekly guff sheet or the club's website (www.lakecity.co.nz) for details of how to renew your club membership or join as a new member for 2026/2027

WE WELCOME runners, walkers,
the fast or slow plus volunteers

