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This Weeks Runs

- Sat 11th 8:00am @ East End Clubrooms – 1.5 hours, Various Reserves through town.
- Tues 14th 5:30pm @ East End Clubrooms – Vogeltown, 1 hour.

Subscriptions

Unfortunately we are having issues in setting up the online payment portal for Credit Card payments, we will endeavour to get this online as soon as possible and I will let you know when this is the case.

Payment of Subscriptions for the 2015 Season are now due. It is appreciated if these can be paid promptly and preferably either online or through direct deposit to the club bank account (please remember to reference your name on all deposits)

If you wish to pay by cash or cheque please see our Subscriptions Officer Robin Grant.

Subscriptions were set for the 2015 season at our AGM at \$60 for all members.

Club Singlets

If you wish to purchase a club singlet please see the friendly team at Fronrunner on Devon Street who stock these for us.

They currently have a good range of sizes in both men's and women's cuts.

Peter Cattley Memorial Cross Country

The first interclub event for the season is the Peter Cattley Memorial Cross Country hosted by Egmont Athletics and held at Frankley Primary School with a course mostly over farmland. The event is a handicap event with participants leaving the start line at differing times for their handicap based on estimated times provided prior to the event. The flyer is attached on page 3, if you are interested in competing please have your estimated time to Karen Gillum-Green by next Wednesday. You must be wearing a club **singlet** to compete at interclub events.

ANZAC Day Relays

If any members are interested in running the ANZAC Day relays in Wanganui on Saturday the 25th of April please let me know. If there is sufficient interest we will enter teams and will carpool.

The course for this is a 2km cross country lap with teams of four for the women's and men's relays.

Start Times are as below:

- 12:30 - Children's Race
- 12:30 - Walkers 2 Person Relay
- 12:45 - Open Scratch Race
- 1:15 - Women's Relay - Bill Wells Trophy
- 2:00pm - Men's Relay - Keith Wells Trophy

Be Safe Be Seen

The NPDC through their 'Let's Go' programme are running a campaign through April and May to ensure people 'Be Safe Be Seen' encouraging people to wear high visibility clothing and utilise lights when running, walking and cycling. This is something that is of high importance to us as a club, especially at our Tuesday night pack runs but also at any other time when members are running/walking in low light conditions, even during the day when conditions are wet or foggy visibility for

other road users can be limited. Further details of their campaign can be found on the press release

<http://www.newplymouthnz.com/CouncilDocuments/NewsReleases/BeSafeBeSeen.htm>

Upcoming Club Events

9th May - Dr Davie, Graham Cup and Brenda Ballinger Memorial Cross Country – Highland's Intermediate.

Other Upcoming Events

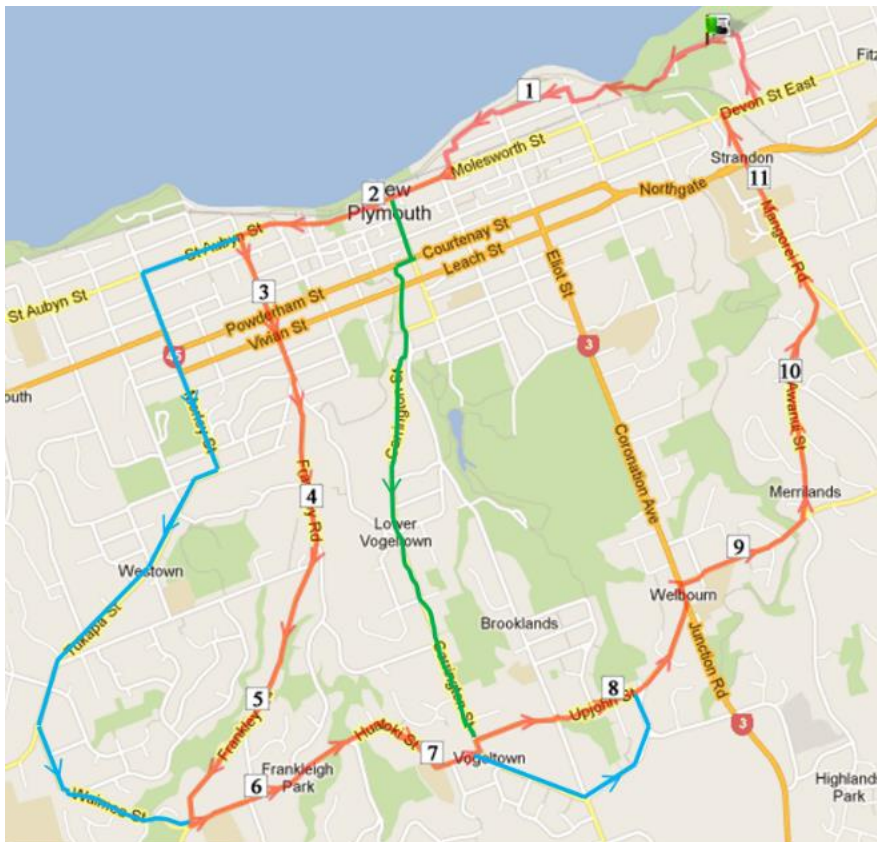
18th April – Peter Cattle Memorial Interclub Cross Country – see page 3

25th April – ANZAC Day Relays – Wanganui

26th April – Taranaki Trail Series – Race 1, see www.taranakitrailrun.co.nz

2nd May – Rotorua Marathon

Tuesday Night Run - Vogeltown



The idea of all our Tuesday night runs is to be out for approximately an hour, therefore this route serves as a basis for the run/walk only, and some groups will alter their route slightly to fit their pace. The green line up Carrington Rd makes a loop of approximately 9.5km, the red loop running up Frankley Rd is 12km. The blue additions create an approximately 13.5km loop.

Please remember to wear high visibility clothing for safety.

Health 2000

Peter Cattley Memorial Cross-country

Hosted by Egmont Athletics

Saturday, 18th April 2015

Frankley School, Frankley Road, New Plymouth

- > Open Handicap – 4% penalty will apply for racing faster than your estimated time
- > no watches to be worn
- > **SPOT PRIZES**

PROGRAMME

12:00pm	Walkers (70+ can do either 2km or 4km) Walkers – Boys & Girls 12 and under	4km 2km	\$5.00 \$2.00
1:00pm	Boys & Girls 12 and under	2km	\$2.00
1:20pm	Women	4km	\$5.00
2.00pm	Men	4km	\$5.00
3:00pm	Prize-giving and afternoon tea at Frankley School hall		

Please have estimated times to Karen Gillum-Green (karenandrodney@clear.net.nz) by Wednesday 15th April 2015

Entries are open to: club members – club uniform required