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This Weeks Runs

- Sat 9th Dr Davie and Brenda Ballinger Memorial Cross Country Races – Highland’s Intermediate – from 1:00pm
- Tues 12th 5:30pm @ East End Clubrooms – Vogeltown, 1 hour.

Dr Davie Cup / Brenda Ballinger Memorial

The Dr Davie Cup is the second Interclub cross country event in Taranaki for the season in which we will compete with runners and walkers from other clubs including Hawera Harriers, Stratford Runners & Walkers and Egmont Athletics.

The Brenda Ballinger Memorial Cross Country races are open to anyone wanting to give cross country running a go. A big part of this is encouraging kids in the school age races. Energy City hosts these events and this year will be the fourth year that we have held them as a combined event.

Our own members will also compete for the Graham Cup through a sealed handicap (handicaps only revealed following the race); race points for the Club Points Trophy are based off these results.

The flyer is included on page 4. Please note revised race start times.

Club members please remember you must be wearing a club **singlet** to be eligible for

interclub and sealed handicap trophies. Also if you are intending on racing please email either myself or Cheryl so that Cheryl can generate a handicap for you for the Graham Cup.

This week we have a bit of background on the people that this weekend’s Cross Country races are named after.

Dr Davie

Dr Davie was a General Practitioner who lived and practised from his house / surgery on the corner of Robe Street and Powderham Street. He was a great supporter of the club over many years. Dr Davie was the clubs first President 1929-31 and Patron from 1932-40 and again after the war 1946-49 when he died. The Dr Davie Cup was first raced for in 1931 as the President’s Cup.

Brenda Ballinger

Brenda Boyd was born in Hamilton in 1965 and discovered that she had natural athletic ability when she won the school cross-country at the age of 14. After attending an Arthur Lydiard Training camp, he suggested she get a coach and join a club. She did and gained a third place in the New Zealand Secondary Schools road race in Invercargill in 1982. She moved to New Plymouth at 18 and joined the New Plymouth Harrier Club, met and married Paul and they had three children, During this time Brenda and Paul developed ‘The Frontrunner’ as a successful business, Brenda continued running and achieved success as a track, cross country and road runner. At a club level Brenda won the Women’s Cross Country Championships in 1994, 1997 and 2001 and Road Champs in 1994, 1997, 1999 and 2000. She was also Taranaki Women’s Cross Country and Road Champion on a number of occasions from 1985 onwards, her last title being in 2002. At the national level, Brenda figured in the NZ Cross Country Champs (6th in 1994, 5th in 1999) and Road Champs (3rd in

1994) she is the Women's record holder for the Daily News Half marathon (1:17.56 set in 1991). She was part of the New Plymouth Harriers Women's team that won the National Road Relay in 1986. Brenda was a National representative in 1988, 1994, 1997, 1999 & 2000. Brenda had other interests, finding time to play drums and graduating from the NZ Radio Training School with a Diploma in Broadcasting in June 2002. Her competitive running career came to an abrupt end when on 19th September 2002 she underwent radical surgery to remove malignant melanoma from lymph nodes in her right leg. She died in January 2004 and the Brenda Ballinger Memorial event continues her legacy of her love of running. The first Brenda Ballinger Memorial Cross Country was held in 2004.

Rotorua Marathon

Well done to all club members who competed at the Rotorua Marathon and associated events last weekend, apologies if I have missed anyone's results, there were a lot of people in all of the events.

Energy City Results:

Marathon Run:

Damon Dravitzki 3:18:34

Eleanor Hamilton 5:51:55

Marathon Walk:

Dennis Jordan 5:55:31

Half Marathon Run:

Charlene Jacobs 1:35:05

Vaughan Minton 1:47:24

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.

Night Runs

For our Tuesday night pack runs/walks everyone must wear some form of High Visibility Clothing, we want everyone to be seen and be safe out on the roads in the dark. Even though we endeavour to stick to streets

with lighting this does not make us clearly visible to other road users. High visibility belts, vests etc. can be purchased at most local running and sports stores.



Upcoming Club Events

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

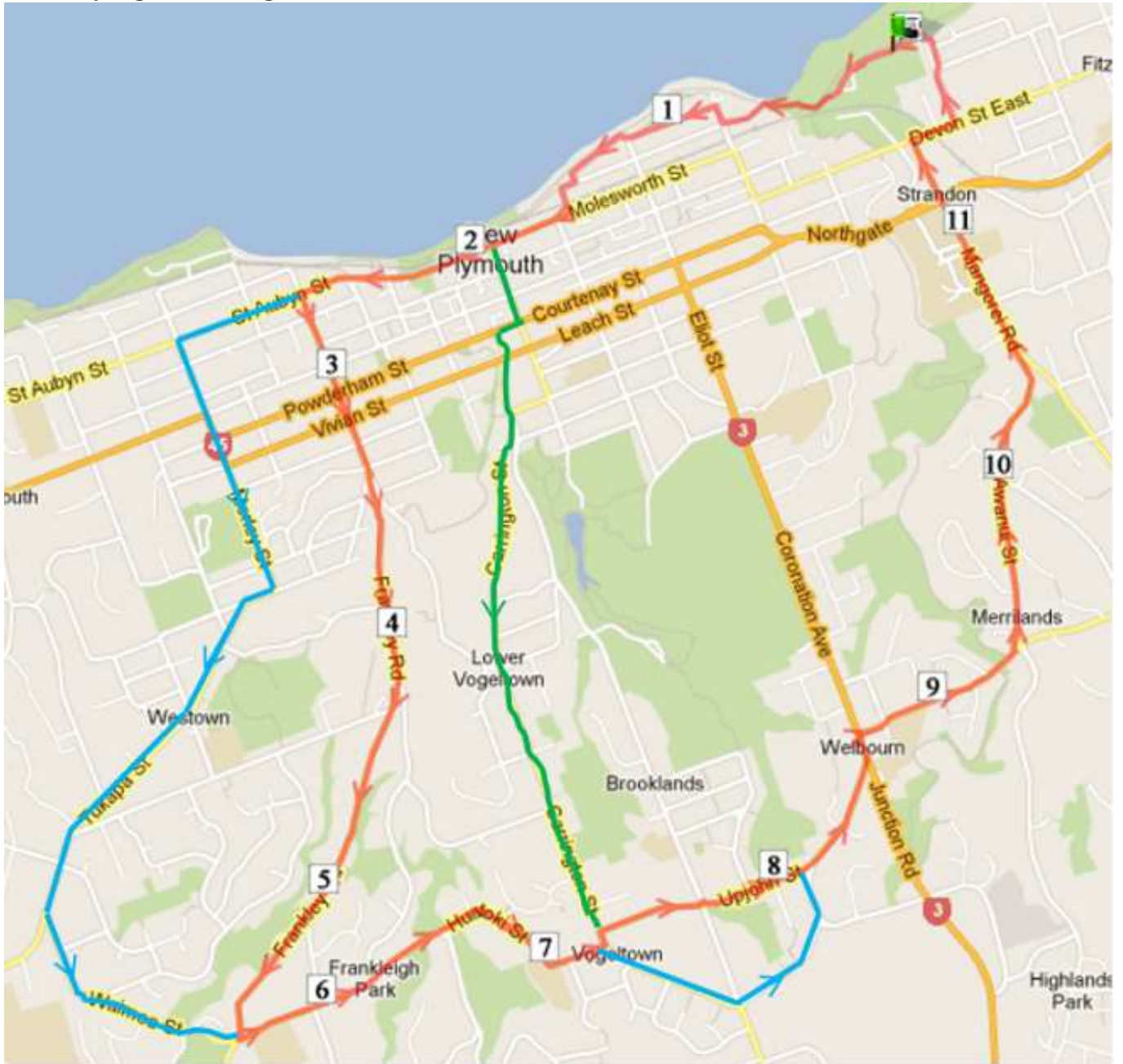
30th May – Hughes Memorial Interclub event hosted by Hawera Harriers

Other Upcoming Events

17th May – Taranaki Trail Series Night Mission, see www.taranakitrailrun.co.nz



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.

Energy City Harriers invite you to join the Dr Davie Cup and Brenda Ballinger Memorial Cross Country Races

Everyone is welcome from the kids to grandma, walkers to runners.
Give cross-country running a go!



Saturday, 9 May 2015
Highlands Intermediate, New Plymouth



	Time	Distance	Entry Fee
All walkers	1.00pm	4km	No charge
All male runners	1.45pm	4km	No charge
Yrs 5&6 Primary School Challenge	2.15pm	1km	No charge
Children's fun run	2.30pm	1km	No charge
Yrs 7&8 Intermediate School Challenge	2.45pm	2km	No charge
All female runners	3.15pm	4km	No charge

Coffee for sale during the events. Prizegiving will be held at Highlands Intermediate, New Plymouth at the conclusion of the events.

MERIT PRIZES

Brenda Ballinger memorial cups:	First female runner (all those competing eligible) First male runner (all those competing eligible) First walker (all those competing eligible) Yrs 5 & 6 Primary School Challenge Cup Yrs 7 & 8 Intermediate School Challenge Cup
Dr Davie Cup:	First ANZ registered male runner (club uniform must be worn)
Brenda Ballinger cup:	First ANZ registered female runner (club uniform must be worn)
Peter & Pat Clark walking cup:	First ANZ registered walker (club uniform must be worn)

This event is kindly sponsored by The Radio Network

For further details contact: Lisa McCready (Secretary) 0275 499 697