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This Weeks Runs

- Sat 16th 8:00am @ East End Clubrooms – 1.5 hours
- Tues 19th 5:30pm @ East End Clubrooms – Heta, 1 hour.

Dr Davie Cup / Brenda Ballinger Memorial

Well done to all club members who competed in the Dr Davie and Brenda Ballinger Memorial Cross Country Races on Saturday. Also a huge thank you to all the club members who volunteered time and energy to make the event happen!

The 2015 winners were Des Phillips (Egmont) 26:39 in the 4km walk, Angus White (Egmont) 13:30 in the Men's 4km run and Hannah O'Connor (Egmont) 14:59 in the Women's 4km run. St Joseph's New Plymouth took home the Year 5 & 6 School's trophy with Highland's Intermediate claiming the Year 7 & 8 trophy.

Congratulations also to the winners of the sealed handicap events for our club members, Robin Grant won the Graham Cup for Men, Jane Elder won the Elders Trophy for Women and Dennis Jordan won the walkers trophy.

Results can be found on page 4 & 5



Men's Race



Year 5 & 6 Race Start



Kid's Fun Run

Club Singlets

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

Taranaki Mountain Running Champs

Saturday 16 May 2015 South end of Crematorium Car Park Lake Mangamahoe

12 noon 4.2km Course \$10 entry fee [No afternoon tea]

Snr Men 12Km 3 laps
Master Men 8km 2 laps
Master Men over 60 4km 1 lap
Men 19 8km 2 laps
Men 16 4 km 1 lap

Snr Women 8km 2 laps
Master Women 4 km 1 lap
Women 19 & 16 4km 1 lap

Walkers 4 km 1 lap

Hughes Memorial

This Interclub event is on May the 30th and is hosted by Hawera Harriers at the Hawera A&P Showgrounds and surrounding farmland. I will distribute the flyer when I receive it but in past years the women's race has started around 1:20pm and the Men's race around 2:20pm. This is a great event and addition to the normal individual rivalries and competition between all of the runners, walkers and clubs present the Hughes Memorial Shield is on the line contested by only the Men's teams from the Hawera and Energy City (New Plymouth) Clubs.

Tuesday Night Runs

Please remember 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 all local running and sports stores.



25 Rotorua Marathon's

Well done Dennis Jordan who brought up the milestone of 25 completed Rotorua Marathon's a couple of weekends ago! Marathon number 185 in total.

Upcoming Club Events

16th May – Taranaki Mountain Running Championships - Mangamahoe

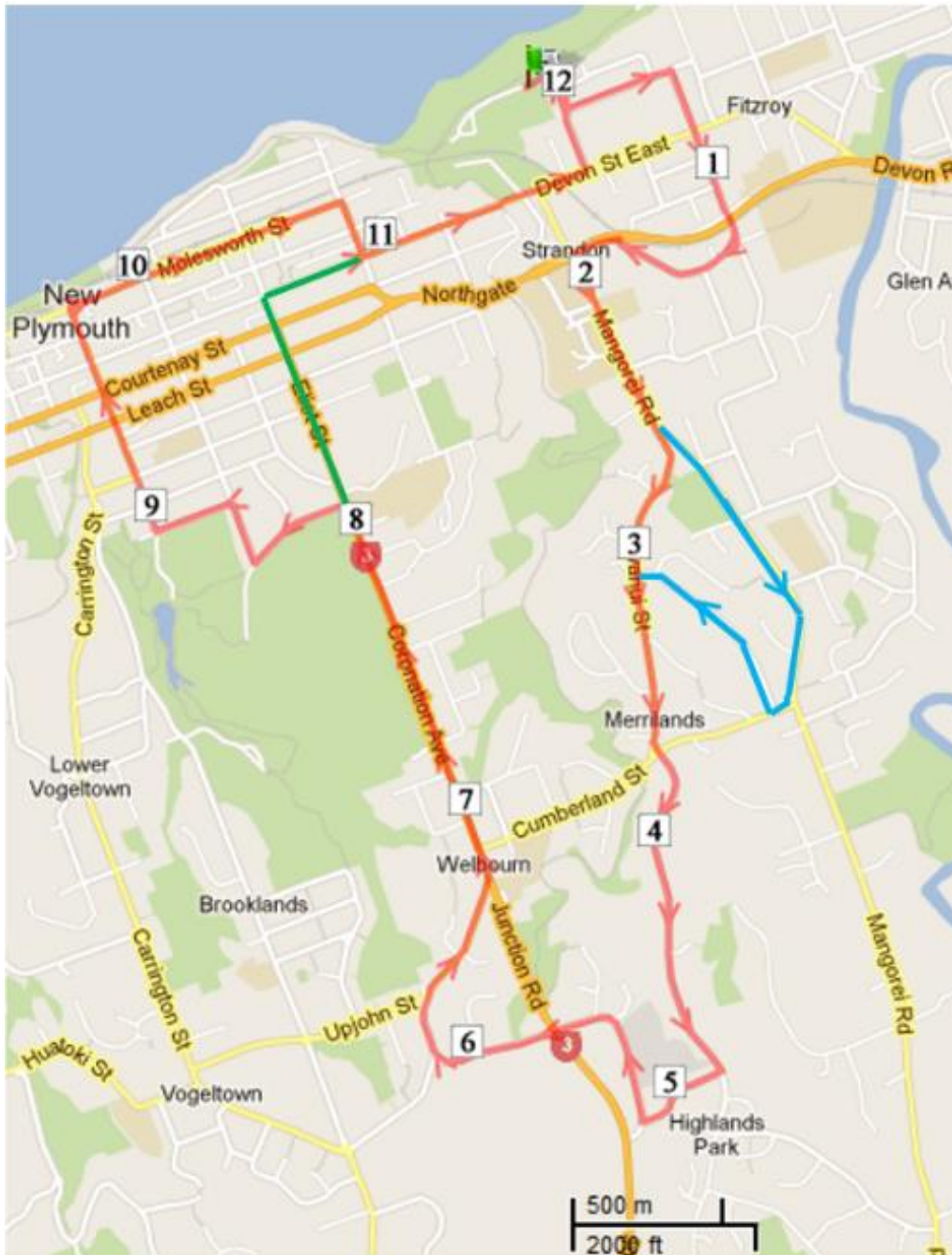
30th May – Hughes Memorial Interclub event hosted by Hawera Harriers

Other Upcoming Events

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



Tuesday Night Run - Heta



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 through the CBD makes a loop of approximately 10km

The red loop is approximately 12km.

The blue addition further up Mangorei Rd and down Nevada Drive creates an approximately 13.5km loop.

Please remember to wear high visibility clothing for safety.

**Brenda Ballinger Memorial & Dr Davie
Cross Country Races
Highlands Intermediate, New Plymouth 09 May
2015
Hosted by Energy City Harriers**

Results

Walkers 4km

Place	Name	Club	Gender	Time
1	Des Phillips	Egmont	Male	26:39
2	John Payne	Egmont	Male	27:28
3	Stella Bond	Egmont	Female	28:15
4	Laura Kehely	Egmont	Female	29:08
5	Keith Dye	Energy City	Male	30:46
6	Dennis Jordan	Energy City	Male	30:58
7	Vicky Jones	Egmont	Female	31:25
8	Vicky Adams	Egmont	Female	31:26
9	Emma Kehely	Egmont	Female	32:41
10	Tracy O'Sullivan	Stratford	Female	32:42
11	Angela Kehely	Egmont	Female	33:34
12	Briar Sutherland	Egmont	Female	33:47
13	Sue Park	TRWC	Female	36:51

Men – 4km

Place	Name	Club	Time
1	Angus White	Egmont	13:30
2	Robert Rawles	Energy City	13:44
3	Karl Dravitzki	Energy City	14:17
4	Dallas McCullum	WHAC	14:41
5	Jack Elliot	Hawera	15:15
6	Robin Grant	Energy City	15:22
7	Lachie White	NPBHS	15:38
8	Curtis Lockley	Egmont	15:43
9	Luke Rabe	NPBHS	15:46
10	Dak Jones	NPBHS	15:47
11	Max Gordon		15:55
12	Campbell White		15:57
13	Zac Schwases	NPBHS	16:09
14	George Tvrdeich	NPBHS	16:16
15	Richard Brewer	Hawera	16:18
16	Heath Parks	NPBHS	16:23
17	Thomas Fletcher	Egmont	16:24
18	John Nolly	Hawera	16:25
19	Tony Vaughan	Energy City	16:33
20	Jason Bard	Egmont	16:44
21	Mark Williams	Energy City	16:48
22	Michael O'Sullivan	Stratford	16:52
23	Damon Dravitzki	Energy City	17:00
24	Caleb Bond	NPBHS	17:04
25	Murray Laird	Energy City	17:10
26	John Lehman	Energy City	18:10
27	Paul Dominikovich		18:13
28	Marcus McLeod		18:21
29	Allan Thomas	Energy City	18:24

30	Andrew Sangster	Energy City	18:30
31	Warren Richardson		18:34
32	Peter Calver	Hawera	18:42
33	Steve Dickson	Energy City	20:12
34	Kevin Mace	Inglewood	20:55
35	John Henwood	Energy City	21:23
36	Alan Jones	Egmont	21:26
37	John Middleton	Energy City	21:39
38	William Mills		29:03
39	John Lykles		33:06

Yrs 5&6 – 1km

Place	Name	School	Time
1	Thomas Watson	St Joseph's NP	3:56
2	Emma Shotter	St John Bosco	3:57
3	Hannah Lee	Bell Block	3:59
4	Drew Sutherland	Merriland's	4:05
5	Briar Osbourne	St Joseph's NP	4:20
6	Deakin Cowley	St John Bosco	4:24
7	Connor Dillon	Hawera Primary	4:25
8	Harriet Healion	St Joseph's NP	4:30
9	Eason Joe	Woodleigh	4:37
10	Tara Shotter	St John Bosco	4:40
11	Blake Dowd	St Joseph's NP	4:40
12	Zoe Hall	St Joseph's NP	4:44
13	Kade Mockett	St Joseph's NP	4:44
14	Jody Carver	St Joseph's NP	4:44
15	Riley Toulton	St Joseph's NP	4:45
16	Ryan Johnson	St John Bosco	4:46
17	Bryer Dravitzki	St Joseph's NP	4:54
18	Jack Sothern	St Joseph's NP	5:05
19	Lillian Brown	St John Bosco	5:09
20	Elizabeth Winyawonk	St John Bosco	5:20
21	Ellen Tom	St Joseph's NP	5:24
22	Lucy Howarth	St Joseph's NP	5:24
23	Niko McDonald	St Joseph's NP	5:29
24	Zak Mockett	St Joseph's NP	5:29
25	Gabrielle Gerente	St Joseph's NP	5:30
26	Ben Hardyman	St Joseph's NP	5:35
27	Chay Neeson	Home School	5:45
28	Ella Foster	St Joseph's NP	5:54
29	Levi Neeson	Home School	5:57

Yrs 7&8 - 2km

Place	Name	Club	Time
1	Maccullum Rowe	Highland's	7:53
2	Robbie White	Oakura	8:15
3	Trent Clarkson	Highland's	8:18
4	Lucy Elliot	Highland's	8:34
5	William Olliver	Highland's	8:40
6	Alyssia Nolly	Hawera Int	8:41
7	Jason McGrath	Devon	8:51
8	Abby Carver	Hawera Int	9:00
9	Ryan Flynn	Devon	9:03
10	Logan Faulkner	Devon	9:09
11	Lachlan Moles	Highland's	9:12
12	Simon Bond	Oakura	9:13
13	Ewan Macavoy	Highland's	9:20
14	Mathew Dillon-Springfield	Hawera Int	9:21
15	Lucy Atkinson	Highland's	9:31
16	Zach McGowan	Highland's	9:35
17	Ethan Rowe	Highland's	9:36
18	Olivia Grainer	Highland's	9:42
19	Nevaeh Te Huia	Devon	9:42
20	Eva Dickson	Highland's	9:48
21	Jayden Gulliver	Highland's	10:02
22	Joshua Ace	Highland's	10:12
23	Ester Cocker	Devon	10:15
24	Mark Rabe	Highland's	10:25
25	Brodie Sculpher-Perry	Devon	10:35
26	Nathan Brophy	Oakura	10:51
27	Brook Reid	Highland's	10:58
28	Gemma Avery	Highland's	11:03
29	Kelsyn McCook	Highland's	11:03
30	Jayde Elmann	Highland's	11:04
31	Danielle McLeod	Highland's	11:04
32	Becky Moles	Highland's	11:04
33	Emma Gulliver	Highland's	11:05
34	Emma Kehely	Highland's	11:05
35	Ella Simpson	Highlands	11:06
36	Asha Bhakta	Highland's	11:12
37	Elana Nicholas	Devon	11:15
38	Kayi Erol-Watt	Devon	11:16
39	Elena Hedlow	Highland's	11:16
40	Amy Foy	Highland's	11:17
41	Scott McDonald	Highland's	11:25
42	George Lehrke	Oakura	11:41

43	Phoenix Crowskey	Devon	11:52
44	Connor Dillon	Highland's	11:55
45	Josie Blair	Highland's	11:56
46	Joanna Quirant	Devon	12:13
47	Joshua Henshilwood-Old	Devon	12:33
48	Zak Chitty	Devon	12:34
49	Amber Johnston	SHGC	12:52
50	Meadow Spencer	Devon	13:29
51	Toby Penno	Devon	13:29
52	Taliesin Trembath	Highland's	13:47

Women – 4km

	Name	Club	Time
1	Hannah O'Connor	Egmont	14:59
2	Madeleine Roughan	Egmont	16:05
3	Isobella Kelly	NPGHS	16:18
4	Holly Pearson	SHGC	16:34
5	Kate Baxter	Egmont	16:37
6	Jane Elder	Energy City	17:38
7	Cheryl Leuthart	Energy City	18:03
8	Jessica Dillon	Hawera	18:12
9	Kirstin Foley	Stratford	18:51
10	Aneila Mellish	Hawera	18:54
11	Nicola Godwin	NPGHS	19:12
12	Maya Irving	NPGHS	19:18
13	Nicola Carver	Hawera	19:27
14	Karen Gillum-Green	Egmont	19:44
15	Holly Sutherland	Egmont	19:50
16	Helen Bowie		20:29
17	Kate Atkinson	NPGHS	21:16
18	Charlotte Godwin	NPGHS	21:21
19	Ra Rubick	Energy City	21:28
20	Joy Baker	Energy City	21:46
21	Sarah Foy		21:56
22	Karen Elliason	Egmont	22:14
23	Vicky Adams	Egmont	22:23
24	Alice Doig	Energy City	22:31
25	Joanna Godwin	Energy City	23:02
26	Michelle Hoffmans	Hawera	28:36