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This Weeks Runs

- Tues 26th 5:30pm @ East End Clubrooms – Moturoa, 1 hour.
- Sat 30th 8:00am @ East End Clubrooms – 1.5 hours.

Subscriptions

We would appreciate prompt payment of all outstanding subscriptions for 2015. We allow people to run with us on two or three pack runs to see what our club is like before requiring a subscription, if you are continuing to participate we would appreciate you paying our 2015 membership. As a club we have a number of costs to cover including affiliation to Athletics Taranaki and Athletics New Zealand, we have endeavoured to keep our subscription fees (\$60) as low as possible and are very lucky with this in Taranaki compared to many parts of New Zealand. If you have any questions or concerns regarding membership please do not hesitate to contact a Committee member.

Please remember all new and returning members must fill in and sign a registration form and return to Robin. Forms can be downloaded from our website.

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

Well done to Joanna Godwin taking victory in her category at the Taranaki Mountain Running Championships at Mangamahoe last weekend.

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. The flyer is attached below. 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.

If you wish to enter you must be a current financial member of a club and be wearing club singlet.

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.



Farewell Alice

All the best to Alice, a club member for the last few years as she leaves New Plymouth for new adventures in Wellington.

Upcoming Club Events

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

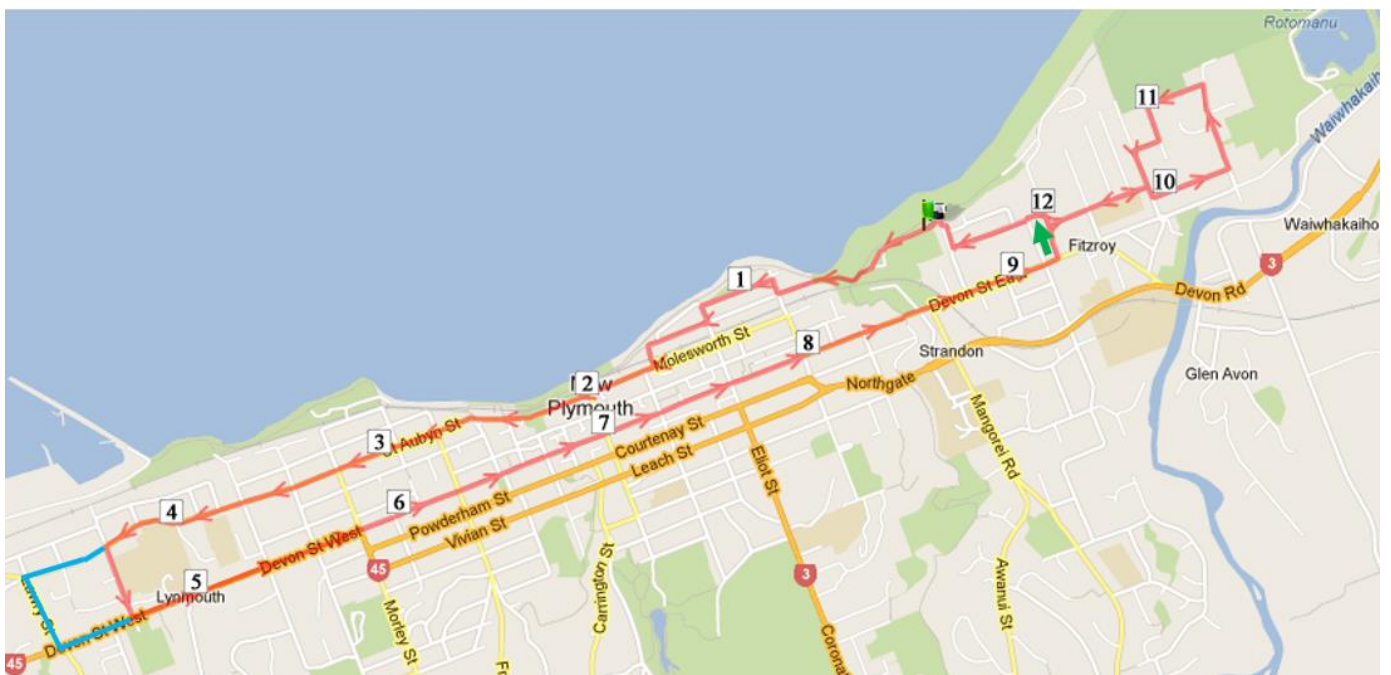
31st May – New Zealand Half Marathon Championships – Christchurch

13th June – Tom Verney Jr. Cross Country Interclub Event hosted by Stratford Runners and Walkers.

Other Upcoming Events

7th June – Taranaki Trail Series Event 3, see www.taranakitrailrun.co.nz

Tuesday Night Run - Moturoa



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 above red loop is approximately 12.5km, the additional blue line makes a loop of approximately 13.5km, cutting off the Fitzroy loop at the green arrow makes a loop of approximately 10km. Please remember an item of high visibility clothing for safety.





HUGHES MEMORIAL CROSS COUNTRY RACES

30th MAY 2015

Egmont A & P Showgrounds, Burnside Ave, Hawera

RACES

Walkers	4000m	1:00pm
Women 20yrs/Snrs/Masters	4000m	1:00pm
Boys & Girls 9/11/13 years	2000m	1:30pm
Girls 15 & 18 years	3000m	1:45pm
Boys 15 & 18 years	4000m	2:05pm
Men 20yrs/Snrs/Masters	8000m	2:30pm

- ❖ Walkers – Estimated time competition, prize for closest time. Pre-entry. No watches.
- ❖ Club uniform must be worn by all competitors.
- ❖ \$7 entry for all grades if entered by 6pm Thursday 28th May.
- ❖ \$10 entry for all grades if entered on the day (12-12:30 only).
- ❖ Entry includes afternoon tea. Non-competitors afternoon tea \$2 please.

PRIZES

Boys & Girls 9 to Snr Men & Women	1 st , 2 nd , 3 rd
Masters Men & Women	1 st , 2 nd (5 year age groups)
Men/Women combined Walk	1 st , 2 nd

- ❖ Team Prizes 4 to count (for each race except B & G 9/11/13)
- ❖ Spot Prizes drawn from all finishers who did not receive a Merit Prize
- ❖ Major Spot Prize drawn from all finishers
- ❖ Winners must be present to claim spot prizes
- ❖ Prizes depend on entries per grade. Placing's and prizes awarded at the discretion of the race referee and no further correspondence will be entered into.

For further details contact:

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