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**This Weeks Runs**

- Tues 23<sup>rd</sup> 5:30pm @ East End Clubrooms – Heta, 1 hour.
- Sat 27<sup>th</sup> 3:00pm @ Brookland's Estimated Time Race

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**Tom Verney (Jr.) Cross Country**

Well done to those club members who competed at the Tom Verney (Jr.) Cross Country in Stratford last weekend. Energy City results were:

Women's 6km Run

Erin Vaughan	2 <sup>nd</sup> SW	28:09
Ra Rubick	1 <sup>st</sup> W50	34:00

Men's 6km walk

Dennis Jordan	2 <sup>nd</sup>	49:18
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Men's 9km Run

Robbie Rawles	2 <sup>nd</sup> SM	34:08
Tony Vaughan	1 <sup>st</sup> M55	38:31
Allan Thomas	2 <sup>nd</sup> M55	44:51

Hawera Harrier's won the Tom Verney (Jnr.) Trophy with Stratford Runners & Walkers 2nd, Egmont Athletics 3rd and Energy City 4th.

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**Taranaki Team Selection**

Well done to Murray Laird, Tony Vaughan, Robin Grant, Ra Rubick, Robbie Rawles and Erin Vaughan who were selected in the Taranaki team for the North Island Cross Country Championships should they wish to attend.

**Brookland's Estimated Time Race**

The next of our 'Club' Races for 2015 is on this coming Saturday (27<sup>th</sup>) held at Brooklands Park, on the lawn behind the zoo. The 'race'



starts at 3pm. It is an event where everyone on the start line has an equal opportunity to win the trophy, it is a very relaxed event that is a lot of fun.

The circuit itself (see map on page 3) is a 1.8km lap which is run or walked 4 times for a total distance of 7.2km. It covers a mixture of

surfaces starting on the lawn at Brookland's Park before heading out to Kaimata Street down the grass beside Brookland's Road and back up the park track behind the zoo. Before the race everyone estimates the time they think it will take them to complete the four laps, these times are recorded so that only the individual and the recorder know what times have been chosen. No watches are allowed to be worn during the race. Following the race actual times are compared with estimates to find the closest estimate and therefore the winner of the trophy.

Following the race we will meet at Keith Dye's house on Coronation Ave for Tea, Coffee and a shared afternoon tea, please bring a plate of food to share.

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**Housekeeping**

Please remember to respect the clubrooms and leave them clean and tidy after club events. If your shoes have got dirty or muddy please consider leaving them outside.

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### Upcoming Club Events

27<sup>th</sup> June – Brookland's Estimated Time Race

18<sup>th</sup> July – Taranaki and Club Cross Country Championships – Highland's Intermediate School.

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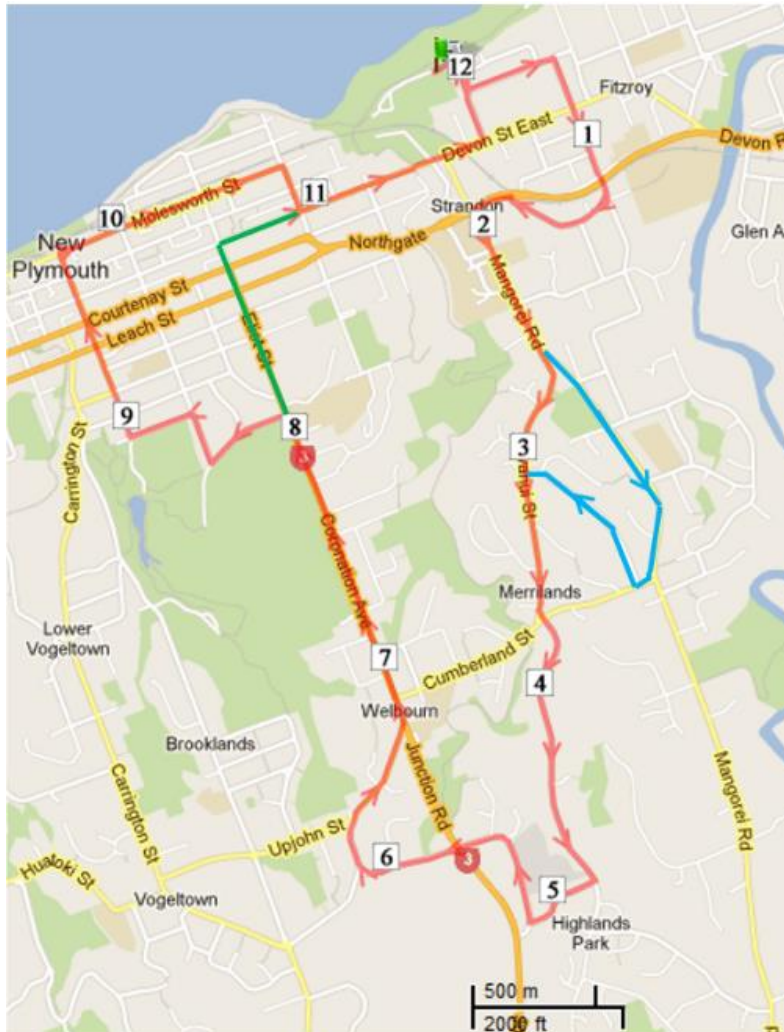
### Other Upcoming Events

28<sup>th</sup> June – Egmont Village Mid Winter Fun Run

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### 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.

**Brookland's Estimated Time Race – Lap x 4 = 7.2km**



**MID WINTER VILLAGE FUN RUN**  
**3 / 5 / 7 / 10km Run / Walk**  
**Sunday 28<sup>th</sup> June 2015**  
**Wet or Fine**

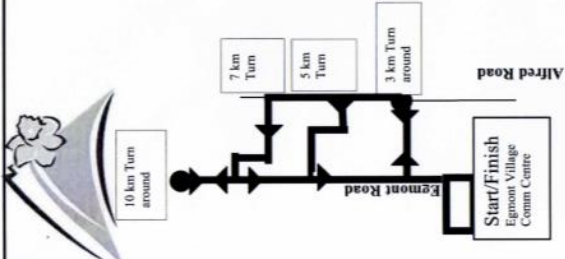


Fundraising for Egmont Village School  
 Start/Finish at Egmont Village Community Centre  
**START TIMES: 10km Walkers – 9.30am**  
**3 / 5 / 7 Km Runners/Walkers & 10km Runners – 10.00am**

Prizegiving 11.45am. 1 in 6 chances for a spot prize. BBQ, tea, coffee etc for sale

Early Bird (before 25 June)	Entry Fee (late entries)
Adult (15 and over) \$7	\$10
Child (under 15 years old) \$2	\$5
Family (2 adults, 2 children) \$15	\$20

Please make cheques payable to Egmont Village Home & School Association.  
 Entries can be dropped into Egmont Village School or post to:  
**Mid Winter Fun Run, c/- 1319 Egmont Road, RD 6, Inglewood**  
 More entry forms are available from Laura van Koppen [peter.laura@gmail.com](mailto:peter.laura@gmail.com) or Kevin Mace [macefam@xtra.co.nz](mailto:macefam@xtra.co.nz)



**Entry Form – One form per person please.**

Please note the following: The 5km, 7km and 10km distances will take competitors over the Bovine Trust & Cradle Farms No 2 which is managed by the Hancock family.

By signing below, I acknowledge that I release Bovine Trust & Cradle Farms No 2 from all liability or claims what so ever from my participation in this event. I enter at my own risk and am aware of the risks involved.

Surname	First Name	Distance (circle one)	Adult/Student		EVS Student	Yes/No
			Adult	Student		
		Walk /Run				

I enter this event at my own risk and agree to the above statement.

Signed: \_\_\_\_\_

Signature of caregiver if under 15 years of age.

No dogs, scooters or bikes. Roads are not closed. Please obey Event Marshalls.  
 Spot prize winners must be present at prize giving.