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This Weeks Runs

- Sat 27th 3:00pm @ Brookland’s Lawn – Estimated Time Race.
- Tue 30th 5:30pm @ East End – Pack Run, Vogeltown Route – 1 hour.

Brookland’s Estimated Time Race

The next of our ‘Club’ Races for 2015 is on this coming Saturday (27th) 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.

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.

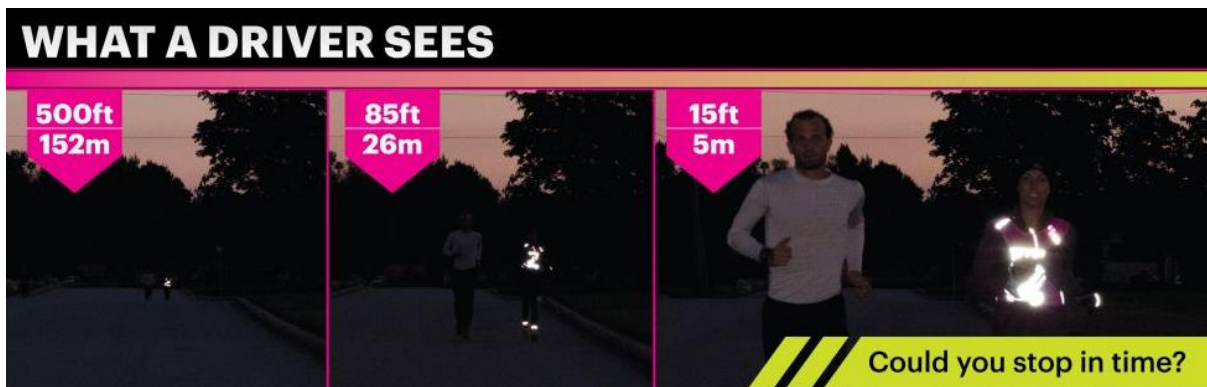
Upcoming Club Events

27th June – Brookland’s Estimated Time Race

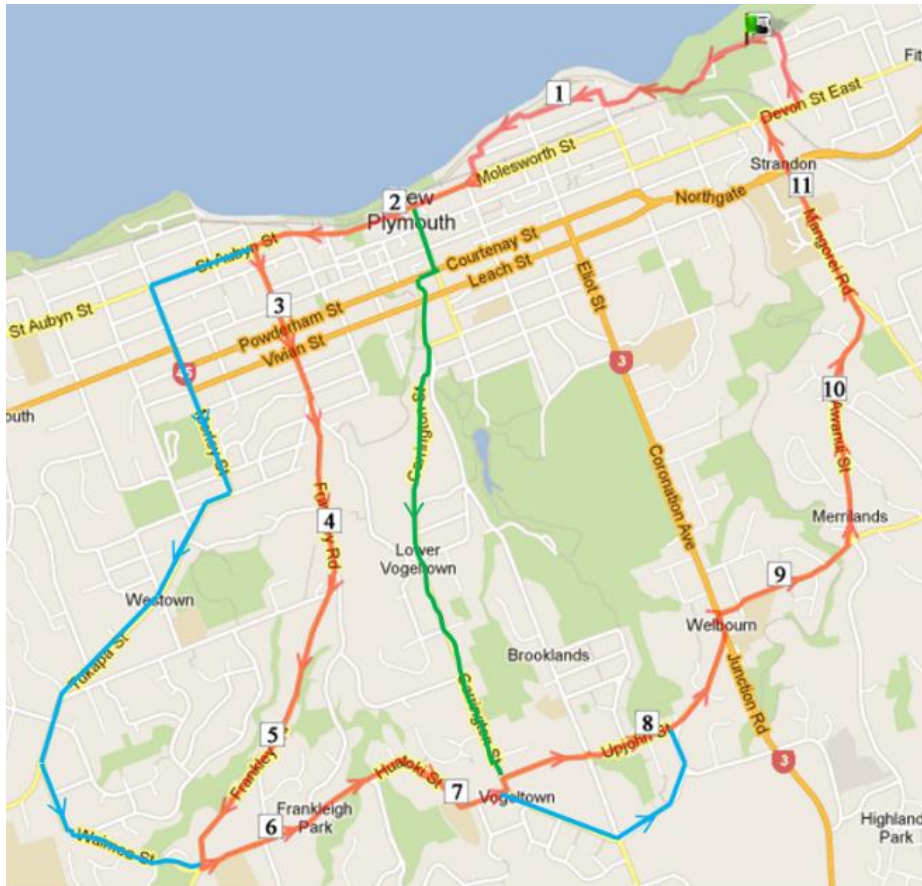
18th July – Taranaki and Club Cross Country Championships – Highland’s Intermediate School.

Other Upcoming Events

28th June – Egmont Village Mid Winter Fun Run



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.

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

