



Energy City Harriers NEWSLETTER

Issue 2

August 2006

Welcome

An enjoyable brunch was held at The Eden on Sunday, 23 July to farewell Peter and Judy Larsen. Peter and Judy have moved to Auckland to manage an apartment block. They will be a big loss to the club. We wish them well and I am sure we will not lose touch with them.



The cross country season is now behind us with our last cross country event being the NZ Champs in Stratford on Saturday 5 August. Energy City was well represented with the club featuring well in the results. Many thanks to those who helped on the day.

Looking forward we have a number of challenging road events. The first road event is our Club Road Champs this Saturday with Hutchinson Cup, Taranaki Schools Road Relays and Brooklands Road Race to follow.

All these events have required the preparation of Traffic Management Plans and I would like to take this opportunity to thank Tony Vaughan, now qualified as a Site Traffic Management Supervisor (STMS), for the work he has done for the club in preparing traffic management plans. Traffic Management Plans are required where there is a disruption to traffic and may only be prepared by an appropriately trained person. Thank you Tony for taking on this responsibility and for the time and effort you put into this role.

Yours in running and walking.

Helen Begg
President



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Upcoming Events:

- Saturday 12 August - Club Road Championships Kaimata St, New Plymouth.*
- Saturday 19 August - Taranaki Road Championships Hawera.*
- Pack run from clubrooms at 1.30pm - Barretts Lagoon/Ratapihipi Reserve.
- Saturday 26 August - Robinson Shield.*
- Sunday 27 August - Mountain Run.*
- Saturday 2 September - Hutchinson Cup.*
- Saturday 9 September - Marton to Wanganui Relay (if enough members interested).

Pack run NPOB Surf Club, Oakura at 1.30pm. Afternoon tea at Butlers.

* See following pages for more information.

Club Road Champs (12 August)

Once again we intend to use the one kilometre Kaimata St circuit. All races are 5km and this is a sealed handicap event.

If you are intending to compete in this event please put your name on the noticeboard in the clubrooms or advise Brian Hall, ph 752 7590 or email Brian at brian.hall@contact-energy.co.nz before Thursday, 10 August.

Times:

1pm	All Walkers
1.40pm	All Women
2.10pm	All Men

Prizegiving and afternoon tea back at clubrooms. Please bring a plate.

Trophies for contention:

NPHC Club Road Champs Ballinger Trophy	B13
NPHC Club Road Champs Ballinger Trophy	G13
NPHC Club Road Champs U17 Ballinger Trophy	M16
NPHC Club Road Champs U17 S Barry Trophy	W16
Anniversary Cup	M19
NPHC Club Road Champs U20 Woman Trophy	W19
NPHC Club Road Champs – Ballinger Cup	SM
NPHC Club Road Champs – Ballinger Cup	SW
NPHC Club Road Camps Vet Man Trophy	MM
NPHC Club Road Camps Vet Woman Trophy	MW
Miniature trophy	Walkers

For avoidance of doubt the winners of the open men and open women trophies shall be the first male and female across the line. The winners of the B13, G13, M16, W16, M19, W19 and masters championships shall be the first across the line in each category so long as they are not winners of the open championship, i.e. members can win only one championship category.

Taranaki Road Champs (19 August)

Hosted by Hawera Harriers. Just as the newsletter was ready to go to print I received the information on this event from Hawera. See page 9 for programme.

For those not registered there will be an interesting pack run from the clubrooms at 1.30pm to Barretts Lagoon/Ratapihipihi Reserve along regular course which has proven very popular.

Novelty Relay – Robinson Shield (26 August)

Assemble at clubrooms at 1.30pm and group run/walk to road circuit at Rosendale Ave via Ngamotu Rd where teams of four will be organised to run the 1.2km (runners) and 800 metres (walkers) circuit. On arrival at the Rosendale Ave we will run a circuit to familiarise ourselves with the course while teams are organised. Each runner/walker will complete two circuits in team order.

After the relay run/walk back to the clubrooms for prizegiving and afternoon tea.

Mountain Run (Sunday, 27 August)

Meet at Stratford Mountain House at 9.30am.

This is a challenging run incorporating plenty of steps but also includes some of the best running on the around the mountain circuit. The map on the next page shows the course we will be taking.

The track is narrow and undeveloped so extreme care must be taken at all times. The total climb is around 300 metres so it is very demanding as the very nature of the terrain around this area is either sharply up or down if one travels in any lateral direction. There are many steep gullies to cross which means many narrow slippery sections of streams, bridges and steps etc – nevertheless the tracks that have been selected for this run are probably the best of what is available offering numerous pockets of good running which gets better as one gets higher on the mountain.

If you look at the map (not drawn to scale) you will see we start the run at the Stratford Mountain House on the Waiongongoro Track following all the signs that point towards Dawson Falls. We pass the Patea Loop Track on the right then pass the Enchanted Walk on the right to the swing bridge (note only one person at a time allowed by DOC). After the swing bridge there are a series of steps which may require the odd walk as you climb up sharply onto the ridge track. We then pass the track to Dawson Falls carpark on the left toward Stratford Plateau and join the Round the Mountain track turning right toward the Stratford Plateau. We pass the track to Jacksons Lookout to Stratford Plateau. We can then return the same way or continue down the road back to the Stratford Mountain House.



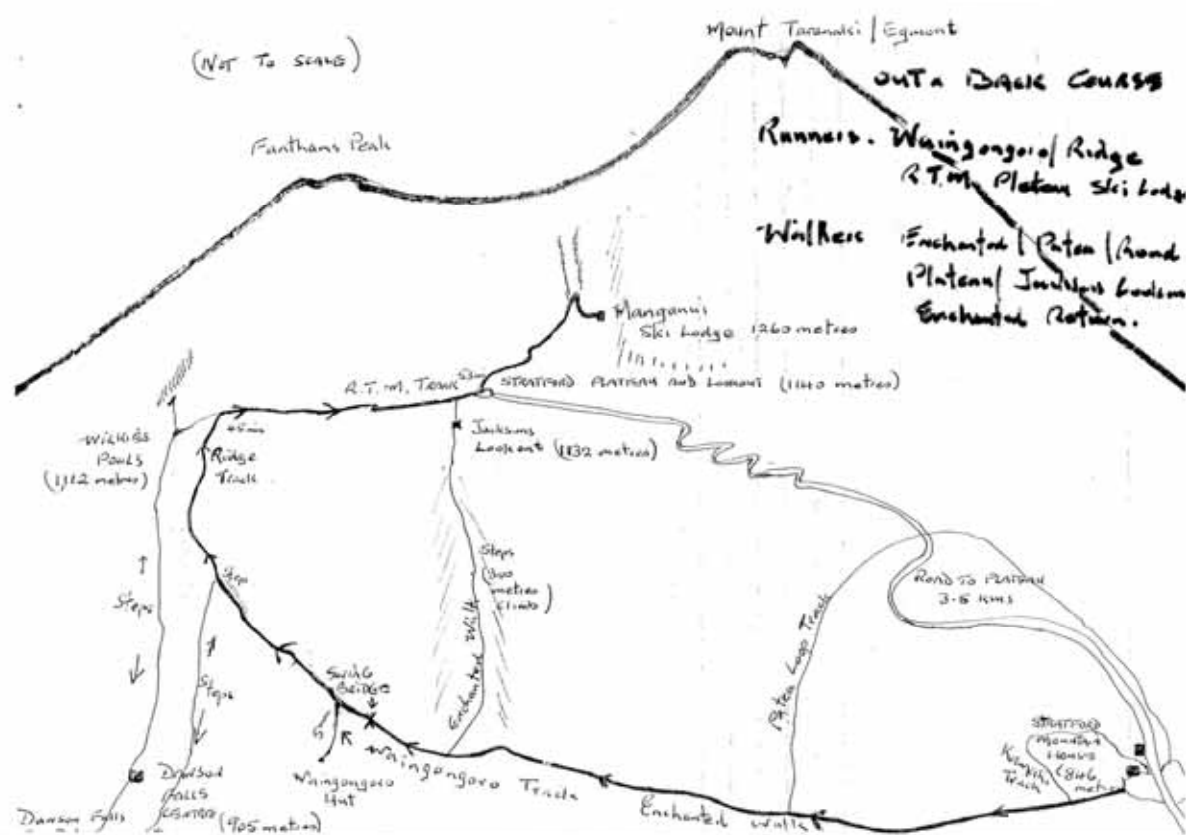
The faster runners, from the Stratford Plateau, can continue sharply up the 4-wheel drive track for 1 km to the Manganui Gorge and tunnel to the Manganui Ski Lodge. An additional 15-20 minutes, very demanding running. Do not attempt to go any further than the Ski Lodge as it is too dangerous at this time of year and the quality of the track is poor for running.

The walkers course follows the Waiongongoro Track turning right on to the Patea Loop Track coming out on the sealed road to the Stratford Plateau (3 ½ km towards Manganui Ski Field and return to the Mountain House via Jacksons Lookout to the left of

the Plateau (off the Round the Mountain track) then left again down the many steps of the Enchanted Walk turning left again to the Mountain House.

Do not attempt any variation to the planned course as our club will not take responsibility for anyone doing their own thing. Warm clothing is essential at this time of the year.

We are hoping for good weather and if you are interested in stopping off at McFarlanes Inglewood for lunch please let Helen know so she can advise McFarlanes of numbers. Lunch is booked for 12.30pm.



Hutchinson Cup (2 September)

Meet at the league clubrooms carpark St Andrews Dve, Hickford Park, Bell Block. This is 5 km handicap event. Walkers and women's race at 1pm and men's race at 1.40pm. Afternoon tea and prizegiving back at the clubrooms at approximately 3pm. Please bring a plate.

Trophies for contention:

- ~ Hutchinson Cup - first senior man or masters man on handicap.
- ~ Hurworth Cup - first senior woman or masters woman on handicap.

- ~ K Green Trophy - first male 19 years and under on handicap.
- ~ O'Rourke Cup - first female 19 years and under on handicap.
- ~ Miniature Cup - first walker.

All competitors competing in club champs, interclub and registered events must be wearing club uniform.

Tom Verney Jnr Memorial (10 June)

It was that time of the year for the Northern dwelling Energy City Harriers to head south to central Taranaki to take part in the annual Tom Verney Jnr Memorial cross country event which was held at the Stratford Racecourse. The half hour drive was just long enough to warm your bones to then be reawakened to the fact that you were that bit further south as soon as you opened the car door! A stiff westerly breeze was blowing around the edge of our beloved "hill" and brought with it a refreshing "wake me up and get out there running" feel with it. All good!!

It was 1 o'clock "kickoff" for girls and boys (2k), W16 (3k), W19 (4k) all walkers and senior and masters women runners (6k). It was good to see the mass start as it showed that there is a good following for events such as this. It was also a good vantage point to see which way the course went and after keeping an eye on where everyone was going, it was beginning to look like a long 2 k loop (well, to a new start harrier like me anyway)

There was one point where you almost lost sight of people's heads about a quarter of the way around the course, a point to watch out for later on I was warned by a few who had already done a warm up lap. "Stick to the left" was the call, thanks Keith and Steve, it saved looking for grappling hooks and ropes to pull myself out later on!!

Men's race (8k) was set to start at 2 o'clock, so it was time for a warm up lap while the other races continued and a good way to have a closer look at the course which is to be used for the New Zealand Cross Country Champs in July. It was reasonably flat but had plenty of humps and hollows to keep you well focused and to watch out for where you were landing your feet. Speaking of which, there was a point of debate as to whether the racecourse sheep had been out for a big night the night before the race, the debate being whether they had been drinking Lion Red or had ordered a feed of Chicken Vindaloo??. Anybodies guess, but either way, it had to be good for the garden when cleaning my shoes when I got home. The warm up lap completed, it was time to watch the finish of the other races and get ready for the men's race.

Just prior to the start of the race, people were making their way to the start line and a group from Energy City thought they would take shelter from the wind behind the photo finish barrier. Good idea I thought, tucking in there with them, until there were shouts of "ya look like ya in a police line up, ya bunch of crims!!" Trouble is, I think those shouts were coming from fellow club members!

The race was started and it wasn't long before the field spread and people got positions sorted out. Although fairly flat, the course was still quite demanding with the combination of both short rises and falls and facing the westerly wind for the 8th time on the fourth lap. The course was well marked out with loads of red marker flags, but you still had to stay focused on where you were going to avoid taking a wrong turn. Rumour has it that one of our more experienced runners took a bit of an oops in regard to this, but he shall go nameless, ALTHOUGH, I will give his initials as KD. Keith Goodwin was heard to be debating whether his flash new red and Persil white spikes were "cutting the mustard", or whether he should stay au naturelle and stay with that farm fresh feeling, only time will tell!!

From Energy City, Brody Schultz was second home in the Under 13 boys, a focused young guy with a determined attitude. Cheryl Leuthart was 2nd woman runner home with Ra Rubick coming in for 5th place. Katie Tahere was 1st woman walker home, looking like she was keen to carry on past the line at the finish. Good results for Energy City in the men's race as well, with Mark Doody, Peter Handcock and Tony Brownrigg finishing 2nd, 3rd and 4th respectively.

It was time for a shower, a cuppa and a catch up of stories post race. Egmont took out the Tom Verney Jnr Memorial Trophy, Energy City 2nd followed by Hawera and Stratford.

The Taranaki team for the North Island Cross Country Champs was named and congratulations must go to all of those selected.

I enjoyed the race at Stratford and would like to thank all of the people who are very supportive and openly willing to share their knowledge and skills with me as a new member of Energy City Harriers. Thanks.

Murray Hodson

The **FRONTRUNNER**

Mountain Run - Ihaia Track to Waiaua Gorge Hut (17 June)

The skies were gloomy and the weather was unpredictable as a bunch of hardy individuals gathered at the Clubrooms in preparation for the trip to Ihaia road and the mountain run. Nobody was questioning anyone else's sanity on a day of such inclement weather. Everyone knew why they were there - to meet the challenge of the mountain run no matter what. So, armed with everything from water for washing to a thermal blanket (just in case), a van and a couple of cars loaded with intrepid adventurers set off.

As we headed towards Okato, the weather seemed to clear and the further we travelled, the better it got - so much so that there were comments that those who had chosen to do the pack run were going to be worse off. This was confirmed when the sun came out as we travelled along the Wiremu Road and we had great views of the snow covered slopes of the mountain. We reached our destination at about lunchtime, parked the vehicles and prepared ourselves for the run - thermals, beanies, gloves and other essential preparations. Keith Dye had brought his trusty camera, so we posed in front of the mountain for an all-in shot or two just for the record.

We headed off over the kilometre or so of farmland towards the style that signals the start of the Ihaia Track. The sun was still shining but there was plenty of evidence that there had been plenty of recent rain. Dodging the boggy bits on the farmland while trying to warm up at the start of a run can be a bit tricky, but we all seemed to make it to the style without getting too muddy. It was hard to continue to dodge the wet and muddy patches, though, as we began our ascent of the track. Although the track does not rise all that steeply, its rise is relentless. Keeping the momentum going and the feet relatively dry eventually became almost impossible. People

slipped, stopped to do up those pesky shoelaces that come undone in the wet, climbed under and over fallen trees and dodged the odd patch of bush lawyer as we worked our way up to the old Waiaua gorge Hut site where only the foundations exist. First time runners can be forgiven for asking "are we there yet?" when reaching this spot. Alas, the answer is no!! There is more.

By the time we reached this point, we were a group of three, with some groups ahead out of sight and



some behind (we hoped!!) also out of sight. As we had all done this run before, our group decided to head out to the river bed and make our way up the river bed to the point where we could enter the bush again at the track that leads to the Waiaua Gorge Hut. As we began our river bed run, the sun was shining and the mountain looked majestic. We ran /

rock-hopped for quite some distance up the river, keeping a look out for the track entrance.

However, one of our group stood on a rotten log while climbing over boulders. The log collapsed, causing one shin to come onto hard contact with one boulder. After a short spell of walking to maintain mobility and ease the pain, we were able to resume our running / rock-hopping again.

However, while we were trying to locate the track through the bush to the Hut, the temperature suddenly dropped dramatically. Large black clouds replaced the blue out towards the sea and it felt like a storm was on its way. At this point we made the sensible decision to discontinue our quest for the Hut track and backtrack to the shelter of the bush. As we were doing this it began to snow. This was an amazing experience and we all commented on how neat it was. The chill actually went off the air and snowflakes gently fluttered down all around us as we made our way back into the bush and under cover, although we did come across patches of light snow on the track at places where there were no trees above.

We decided to head up the track to the Waiaua Gorge Hut and hadn't gone too far when we met one of the other groups coming back down. Having made contact (just to let others know we were still alive!!) we came back down the track with the others. On the return journey, the combination of runners, mud and the extra water from the snow/light rain turned the track into a miniature stream. Now nobody was concerned about keeping clean or trying to maintain dry feet. The water underfoot was cold and really good motivation to keep running. The track looked quite different in reverse, with the reasonably gentle downhill slope refreshing and enjoyable to run. Because you had to concentrate on every step on the way up and down, it's difficult to get a real appreciation of the beauty of the place. You probably have to walk the track in the summer to do that.

Once out of the bush, and with no sign of rain, it was a rinse off of the legs and shoes in the nearby stream, then back to the van and cars to change, account for everyone, chat, reminisce and count the wounds. Then off to Butlers at Oakura for some well earned refreshments before heading home. The consensus was that it was a great day, well worth the effort and that we'll all be back next year. Next time, you'll join us for this magical experience.

McIntyre's Invitation (8 July)

There was a great turnout of club members at the woolshed on McIntyre's property on the Rimutauteka Road, out past Inglewood, as we prepared to take on the legendary hills that have been a part of EHC cross-country running for the last 37 years. It was great to see a mixture of new and not-so-new members assemble in very pleasant conditions, all eager to experience what lay ahead. It was also great to see Katie there - normally a walker, she was prepared to run for one and a half to two hours.

We set off down the road from the woolshed towards McIntyre's house in groups and as we worked our way from the road to the stockrace and over a hill or two, those groups rearranged themselves as runners decided the pace that suited them best. After the first hill there was a section of flat running over farm paddocks which lead us back to the farmrace and the first monster hill. Our group was passed by some of the fast group members who had decided to take the

long way round on the first section. Anyway, by the time we had reached the gate to a paddock near the top of the hill, I'm sure everyone was feeling like I was - exhausted. Then it was across some undulating terrain until we reached more flat paddocks. We had to divert some of our attention away from running to keep an eye on the bulls in the paddocks and there were interesting and humorous comments about the significance of the colour red (shades of which some members of our group were wearing) while trying to avoid the bulls. We all got through safely and this distraction helped us pass through a number of paddocks and lead us to the meeting of the Waitara and Manganui rivers. This is a spectacular sight and well worth the visit.

Then it was more hills to climb and soggy bits to traverse as we made our way back in a clockwise loop to the metal road that is an extension of the sealed Rimutauteka Road. Once on the road there was still a huge hill ahead of us and this hill just seems to go on and on. It's one of those that have another section just when you expect to be on the horizon, and another, and another.

Back at the woolshed we cleaned up and changed and then we headed to McIntyre's house for a very welcome afternoon tea. El Presidente Helen made a great little speech, thanking the McIntyre family once again for their hospitality. There was plenty of food, mostly with chocolate content and it went down a treat. It was about then that the weather just started to turn, so we had definitely got the best part of the day. The run had truly lived up to its expectations of being demanding yet very satisfying. So, a challenge for you if you have not "done McIntyre's" is to make you do next year. It is well worth it.



From a newcomers point of view

Time was 12.15pm. Yes I was early to the clubrooms, very keen to join the runners. I waited patiently for members to arrive at the clubrooms to head out to McIntyre's farm in Inglewood. I was sure there was going to be plenty to see and swish, swoosh, swoop in.

I remember Helen B said in her email or the newsletter bring old shoes. So I had a look at what I could find in my collection and came across my trainers - they will do the job. People started to arrive at the clubrooms. We organised who to get a ride with and I chose to go with my trusty driver Brian along with Helen and Mike Ingram.

We had to make a brief stop to pick up a nice gift basket for the McIntyre family.

Not much of a keen runner since my good old school days I was thinking on the way out what my walking pals would think when they find out I jogged with the runners today. I blame Helen B for that as she made the email reading very interesting, I knew on the spot - that's it I'm gonna jog with the runners. Hope they won't mind me tagging along after all I am a hard core walker. Arrived into Inglewood I couldn't turn back or try and change my mind, I was too keen anyway I like new challenges. How pretty the countryside was. I enjoyed a new part of Taranaki I'd never seen before.

Helen was a good navigator as Brian did his best to take instructions. All I remember Helen say: "that's the farm house we have to keep going". Because I was admiring the views Helen said "here Brian" or something along those lines. Mike and I felt the car brakes. They worked very well. Sorry no skid marks or smoke signals.

Once we got to the farm there was a good group of keen people waiting. I threw off my tracks and good shoes and got organised quickly. I asked if there were toilets. My answer was "NO" I think it was just nerves. Brian had his camera to have a group photo and off we all went. I stayed with a group I thought would put up with me and not knowing how I would cope as it had been a while since I ran a cross country. Not too far in to the start of the run there was a down hill. I was jogging along thinking I was getting myself closer to the group in front and ran with them for about 5 minutes. We ended up slightly off the trail but backed up and thankfully I met up with my previous group and decided to stay with them.

The paddocks were just how I imaged - lots of mud, pot holes and cow pats.

My first glory mother of a hill came out of nowhere in a bush area. I tried to run it but it got the better of me and my walking skills took over. It was a big climb if you had never done it before. Keith G was doing his best to guide us sheepish lot through the paddocks. We came across a few herd of cows. Helen B was unsure of them and tucked in behind Keith a few times where I stayed at the end of the pack.

We made it to the Meetings of the Waters. It was a really a cool place to see the water rushing from two separate rivers into one. Off we went after a quick pit stop. Some parts of the run were very slippery. Ross did a beauty, I went up on a side bank to avoid the mud. He went through the mud slightly slipping but he managed to recover. We had plenty more up and down paddock areas to go.

My last encounter was just another hill. I gave it a go walking and running it. I was very pleased Helen Phillips did so well and pushed herself all the way up she gave it all she had - well done. Finally up on flat land - I felt my calves and the sides of my little legs I truly had had a good work out. We carried on for a short distance then it was down hill - home sweet home. Thanks Energy City I had a great time out there.

We finished the day off with plenty of chocolate at afternoon tea with a nice speech and thank you to the McIntyre family. Funny thing it started to spit. Fancy that someone was watching over us and kept the rain away.

Katie Tahere

Good luck Eleanor

In early September Eleanor Hamilton will be taking part in an international triathlon!

Eleanor will join a New Zealand team of 100 athletes taking part in the Age Group Triathlon Championships in Switzerland (1,500m swim, 40km bike, 10km run).

The athletes competing range in age from 18 to 75 years old.



Club Cross-country Championships (15 July)

Once again the well-oiled course set-up and clubrooms preparation teams were in action early to set the scene for the Club championships. A big thank you to all those involved, especially those helping for the first time. So the 1.3 km circuit was marked out and taped, the tent was erected (and secured a couple of times as wind gusts threatened to take it away) and the start/finish gantry was put up. This needed to have the signage tied on because of the wind.

There was a good turnout of club members to contest the Cups that were up for grabs. Overhead conditions were good for running with no rain expected. At ground level, there was a bit of wind and the ground was a little soft underfoot.

A field of 4 walkers faced the starter at 1pm. This 4k race was closely a battle between Anne Fraser and Katie Tahere, with Katie winning in a time of 28:41 and Anne coming in just 5 seconds later on handicap time.

Ten women runners competed over a distance of 4k, with Hannah Sturmer getting an early break on Cheryl Leuthart and hanging on to finish first in a time of 16:59. So Hannah was the recipient of the NPHC Senior Women Cup and Cheryl took home a miniature for being first Veteran Woman to finish in a time of 17:03. Danielle Fougere was awarded the miniature for gaining first place in the U13 Girls section.



From left: Nathan Coombes (men's champion), Hannah Sturmer (women's champion)

A good sized field of 26 men also raced over a 4k distance. Nathan Coombes completed the distance in 14:16 and received the Dalkeith Cup (No 2), Tony Vaughan received the miniature for being first in the Veteran Mens' category in a time of 14:38. Brody Schultz won the Boys' U13 title in 19:04.

Thanks to those who contributed to an excellent afternoon tea, to Anne Fraser for her wonderful calligraphy on the certificates and to the cleanup crews who work almost unnoticed. Well done, everyone.

Afternoon tea was enjoyed by all

Well Done Karl

Karl Dravitzki recently competed for New Zealand in the World Orienteering Champs in Denmark.

Editorial: "The Origins of Harrier Running"

Harrier running is steeped in antiquity. Many centuries ago the aristocracy of "Ye Olde England" spent much of their leisure time (they had plenty!!) in hunting the hapless fox on their horses, assisted by hounds. Not to be outdone the "commoners" devised their own form of hunting. Their victim was the hare which they hunted on foot, assisted by the harrier - a small dog bred especially for chasing hares. Harriers is a term for cross country runners and still is today.

In the course of time this led to the sport of hounds and hares. Eventually the Paper Chase and the Point to Point running became common. One or two people known as "hares" lay a trail in sawdust, flour, chalk and shredded paper for a group of runners who were known as "hounds" to follow. The trail included loops and check points where the continuation of the trail had to be searched for. False trails were designated to slow the pace and keep runners together as a pack.

How does this translate to the "modern world of running and walking" where a lot of clubs are struggling with falling membership and competition from multisports, ½ & full marathons, the ever popular 5 & 10k's and other local and national events? I guess that this is the challenge for all modern Running and Walking Clubs, both Committees and Members - how to stimulate membership and fit into the modern world of running/walking and other sport?

Club Trips

Information is on the club noticeboard re the following possible club trips. If there is enough interest the club will enter teams. Please put your name on the noticeboard by Tuesday 15 August if you are keen to participate.

Marton to Wanganui Relay (Saturday 9 September)

A social relay made up of 2 leg or 10 leg teams.
69 km road race (run starting at 10am)
69 km road race (walk starting at 7am)

This would be a down and back trip on the same day.

Redwoods Forest Relay Rotorua (Saturday 16 September)

This would be a social weekend trip.

NZ Road Relay Champs, Feilding (Saturday 7 October)

To compete you must be a fully registered runner.
67.432km long course SM, SW, MM (7 laps, approx 10km each). Start 8.30am.
38.221km short course JM, JW, MW, Composite, Walkers (6 Laps). Start 9am runners, 8.35am walkers.

Helpers Needed!!

Taranaki Schools Road Relay - Kaimata St

This event is being held on Sunday 10 September. If you are able to help please contact Tony Vaughan or Helen Begg. We require about 2 hours of your time.

The juniors (Yrs 7 & 8) run at 11am and the intermediate (Yrs 9 & 10) and seniors (Yrs 11, 12 & 13) run at 11.30am.

Many thanks to the Around the Mountain Relay Committee for sponsoring this event.

Energy City Harriers Committee

President:	Helen Begg	752 7590
Club Captain:	Ross Bowling	757 8168
Vice Captain:	Keith Goodwin	753 6894
Secretary:	Steve Grant	751 3259
Treasurer:	Cheryl Leuthart	753 2144
Handicapper:	Brian Hall	752 7590
Subscriptions Secretary	Ra Rubick	755 4188

Rob Davies	Gerald Dravitzki	Max Dravitzki
Mike Ingram	Tony Vaughan	Denise Stewart-Jacks

Taranaki Road Champs (19 August)

Hawera A & P, Maire St entrance. Athletes MUST be registered and MUST wear their club uniform.

12 noon - WALK

Boys & Girls 11	2km
Boys & Girls 13	3km
M19, W19, M16, W16	5km
SM, SW, MM, MW	10km
MM (B grade), MW (B grade)	10km

Walkers entering the B grade MUST be registered but are not required to conform to the race walking standards, i.e. straight leg. They will not be disqualified unless, in the opinion of the judges, they have blatantly run.

1.30pm - RUN

Boys & Girls 11	3km
W16, W19, MW	5km

2.00pm - RUN

Boys & Girls 13	4km
M16	6km
M19	8km
SM, SW, MM	10km

Entry fee \$5 (payable on the day).

Prizegiving/Afternoon tea \$2 (includes raffle).

Prizegiving at Hawera Harrier Clubrooms, Hawera Showgrounds.

Thanks Rob

Many thanks Rob for organising the social get-together at Zanzibar on Saturday 15 July. A great time was had by all.



P O Box 683, New Plymouth

Clubrooms

Calvert Rd, New Plymouth

Ph 06-758 8714

www.energycityharriers.co.nz