



Takapuna Spring running groups 2009

Monday:

-6:00 pm start from Takapuna Athletics Club. 10km on hilly terrain at an easy pace.

All levels of fitness welcome, run time is approximately 50 minutes and up to 1 hour. Contact Andrew by email, andrew@petroject.co.nz

Wednesday:

-6:00 pm start at the Rat Race, Milford Yacht Club. 5km out and back course. A favorite for all, walkers, joggers and all levels of Runners.

Thursday:

-6:00 pm start from Takapuna Athletics Club. A longer run that follows the Auckland Marathon course to Devonport and back. Distance and time varies each week up to 90 minutes. Reasonable Level of Fitness required. Contact Andrew by email, andrew@petroject.co.nz

-5:30 pm start from the Cricket Grandstand car parking at the Auckland Domain. Friendly pack run open to all. Contact Lesley Ryan by email, lesley@bccca.co.nz

Saturday:

-7:00 am start from outside Forrest Hill Motors, Forrest Hill Road. Meet in the car park for a long run. Contact John O'Donnell on 021 954098.

-9:00 am start from the Cricket Grandstand car parking at the Auckland Domain. Various groups run around the domain on Saturday Mornings, options can include a pack run, 1km, 2 mile, 4 mile and 10 mile efforts, run time up to 90 minutes. Reasonable Level of Fitness required. Contact Lesley Ryan by email, lesley@bccca.co.nz or Paul Angland by email, anglandpr@gmail.com.

-3:00 pm Junior running at Takapuna Athletics Club. Contact Kerry Pascoe by email scenic@nznet.gen.nz

