

# Newsletter

## 9 July 2026



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Good Afternoon All

### **Dedication of the Mike Murray Seat**

The Dedication of the Mike Murray Seat will be at 3:00 PM this Saturday, 11 July. The bar will be open and refreshments will be available.

As you know, Mike Murray was president of the Club for many years, a well-known and well-liked character. When he died he left a sum of money to the Pakuranga Athletic Club to spend as they wished. PAC decided a seat in the corner which is now named after him would be a suitable memorial for him. On behalf of the PAC, the Joggers and Walkers section organised the seat, its placement and the planting behind it.

Mike's family will be at the dedication. It would be good if could attend this short ceremony to show our appreciation of what he achieved for the Club over the years.

### **Mid-Winter lunch and Photo Caption Competition**

Your committee has had positive feedback for our mid-winter lunch and quiz. We are pleased so many enjoyed the different format for this event. We were able to hold the price at a reasonable level and anticipate that we will be able to do so at Christmas as well.

We are already preparing for the Christmas event. We will let you have the details when we have finalised our plans.

Many wondrous photographs were taken at our mid-winter event on Tuesday. A number are worthy of appropriate captions and this stimulated your committee to initiate a competition to find the best caption for the images. The photographs will be on the noticeboard on Tuesday, 14 July. We are looking forward to reading your clever and witty entries and selecting the winner(s).

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### **Calendar**

You will recall the calendar has been revised. It had become too full. The schedule has been updated on our website and in our recently released annual handbook. This is also available on our website. The events for the next couple of months are below.

**Tuesday 28 July****Hare and Tortoise Event**

This event is for teams of 2 people. One is the hare, the other the tortoise. Each starts the circuit in opposite directions. When they meet, the tortoise turns around and they walk back to the Clubrooms together. For the tortoises, the course goes down Cascades Road, along Aviemore Drive, up the main Highway to Cascades Road and back to the Club. The hares will walk the course in the opposite direction.

This year there will be spot prizes.

Entries will be collected from this Tuesday, 14 July.

**Tuesday 1 September****Spring Day**

The flowers that bloom in the spring, tra-la! Wear something that will remind us that winter is over.

**Tuesday 8 September****Tahuna Torea (Glendowie) Spit Walks**

A personal favourite of mine. We meet at the park at the bottom of Roberta Ave. There are pleasant walks around the park. There is a track that takes you to some bush and ponds where you will see pied stilts and other bird-life. The adventurous may wish to walk out along the spit to shake hands with the ferry pilot as he navigates his vessel between the spit and the small yacht club at Little Bucklands Beach.

Morning tea and biscuits will be provided by the committee.

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***General Information*****Car Pooling**

Committee members will drive anyone who would like a lift (from the clubrooms) for any outing away from the club.

We request that those accepting rides make a contribution of \$5 to their driver – the usual attendance fee for casual members.

Please contact or speak to a committee member several days before the event if you require a ride.

### **Health & Safety**

Please ensure that there is at least one mobile phone available in the pack you are walking/running in - in case of accidents etc. If there is an accident - big or small, an incident report needs to be completed at the time. Please see a committee member if this is required.

Use pedestrian crossings or pedestrian traffic lights to cross the road.

If you have any respiratory infection, please do not come to the club until you are better. If you test positive for Covid after attending a Tuesday or Thursday please contact John or Cris directly.

### **Shared Morning Tea**

For special occasions we have a shared morning tea to celebrate. It is very much appreciated when everyone who is able brings along a plate to help in the celebration.

### **Finally**

The committee thanks you all for your ongoing support and welcomes any ideas around events, trips, ways to enjoy ourselves.

**The Pakuranga Joggers and Walkers Committee.**