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## Councillor on the run - with 141 others

Councillor Toby Adams hot-footed it from Tirohia to Te Aroha on 5 July. He was among 142 runners and walkers in the 14 km first leg of Sport Waikato's 2015 Trail Trilogy – a series of Sunday fun runs or walks on the Hauraki Rail Trail. Seventy-seven of the entrants, including Toby and his wife Tracey Adams, the principal of Netherton School, were "trilogists" who have also signed up for the sequels in August and September.

"I've been doing a bit of exercise. I have a goal of running a half marathon," says Toby. "I thoroughly enjoyed this month's event, which was well organised to cater for people of all ages and fitness levels. I challenge other councillors to take part in the series, too."

The leaders set a blistering pace, with Serena Hammond reaching Te Aroha in 52 minutes 58 seconds, ahead of Jeff Goodhue in 54:44. Special Olympian Te Huia Apaapa of Waihi wasn't far behind, placing fifth in the individual male runners' category with 1:01:41 and showing a clean pair of heels to his sisters competing as a relay team.

But a fun time was more important than a fast time for many. Waikato entrants Diane Bland, Natasha Bland, Annette Ah Chee and Judith Rees came decked in the sunflower hats they've worn during Hamilton and Huntly walks. "They always elicit positive comments and smiles," says Diane.

"My husband Ted drives us to various events, and can always be relied on to provide wonderful lunches for us afterwards. My daughter-in-law Natasha suggested we do this off-road walk as something different – and it was. We really enjoyed the relaxed feel. There were even cowstops and a herd of cows."

Auckland Carol Gilling, who was last across the finish line, had the satisfaction of walking 14 km for the first time.

Another achiever was the Waihi 38-year-old registered as "Fat Boy Running Slim", who notched 14 km toward his personal goal of running the equivalent of the length of New Zealand in a year. "I mainly run to work and back, but it soon adds up," says Paul Hicks.

Just two years ago, he was 17 kg heavier, had inherited his



**MAD HATTERS:** Diane Bland (No. 12), her daughter-in-law Natasha Bland (No.13), and her Hamilton workmates Annette Ah Chee (left) and Judith Rees (right) combine fun and fitness. Diane's husband Ted (behind) drives "the girls" to various walking events.

father's high blood pressure, and had lost the fitness he'd formerly enjoyed as a semi-professional UK rugby player and a lawn mowing contractor.

After a New Year's Day stocktake prompted Paul to change his lifestyle, "I gave up eating pies, cut down on the drinking and started doing more exercise. My wife and I will definitely be doing the next part of the Trilogy."

The series promotes "off-peak" winter season use of the cycle trail – a facility in which the Council has invested significant resources – and gives locals and visitors an opportunity to enjoy it in a different way. "A number of entrants had never been on the trail before," says Sport Waikato organiser Lou Beer. One woman even travelled from Whangarei for the event.

Entries are open for the remaining Trail Trilogy races: a 21.6 km leg from Waihi to Paeroa on 16 August, and a 30 km leg from Paeroa to Thames on 27 September. Each is open to individuals or teams.

For more information or to enter online, visit [www.sportwaikato.org.nz](http://www.sportwaikato.org.nz).

## New carpark complete

Roll up – Paeroa's newest carpark is expected to be ready for service next week. The \$60,000 20-bay facility, including three mobility spaces, has been constructed on Council land at the corner of Arney Street and Princes Street, next to the Paeroa Swimming Pool.

Councillor Paul Milner says that on busy summer days, there has been "cars everywhere. The extra parking will definitely be appreciated by pool patrons and Hauraki Rail Trail users; and the benefit for elderly and other people visiting the nearby medical centre has always been a consideration".

The amenity will also provide easy access to surrounding businesses in a booming part of town, and to a small conference facility being incorporated into a current motel development on the carpark's east side.

The former grassed site was already used as an unofficial parking area to the extent limited by its uneven topography. A new retaining wall on the eastern boundary – constructed by the motel developer – allowed it to be recontoured, sealed, kerbed and drained. The full site could then be utilised, increasing its capacity from the originally envisaged 13 vehicles.

"This project has really tidied up the corner. We're very pleased with the result," says Paul.



## How's your earthquake knowledge?

Did you know that more than 20,000 earthquakes occur in and around New Zealand every year?

These sudden rapid tremors, between 200 and 300 of them big enough to be felt, are created by the breaking and shifting of rock beneath the earth's surface. The huge plates of rock that make up the earth's surface are constantly if slowly moving – over, under, past, and away from each other. Sometimes the plates become locked together, unable to release the accumulating pressure. When the forces grow strong enough, the plates abruptly break free, causing the ground to shake.

New Zealand has a number of large fault lines: fractures on plate boundaries where the earth has moved. Once a major fault has formed, future earthquakes are generated along the same line. The locations of many faults are still to be identified, because they're buried underground. However we know that our District straddles a 'red zone', one of the country's highest risk areas.

The Kerepehi faultline runs north of Tirau in the Waikato through the middle of Hauraki Plains and out into the Hauraki Gulf. It is estimated to be capable of producing earthquakes of up to magnitude 7 on the Richter scale of 10. As a comparison, the major Christchurch earthquake of February 2011 measured 6.3, but the scale is logarithmic – each whole-number increase indicates a tenfold jump in the amount of energy released. So a magnitude 7 quake is 10 times stronger than a 6.

While the actual damage caused depends

on factors like the depth of the earthquake, how close it is to urban areas, and how well we protect ourselves in advance, we have obvious reason to **take part in the world's biggest earthquake drill, ShakeOut, on Thursday 15 October at 9.15 am.**

At home, school or work, this is a chance to practise the Drop, Cover and Hold response that could protect you from falling objects in a real quake. Drop to the floor, take cover under a sturdy piece of furniture, and hold on to it.

If suitable furniture is not nearby, you should sit on the floor next to an internal wall and cover your head and neck with your arms. Why not head for a doorway? Because in modern Kiwi buildings, doorways are no stronger than any other part of the structure, and swinging or sliding doors can injure you.

The ShakeOut event is also an opportunity to check your preparations and plans for getting through the other hazards that earthquakes can trigger, including landslides, rockfalls, coastal tsunami, liquefaction, and aftershocks. 'Lifeline' services such as water, power, telecommunications and transport networks may be cut off. You may need to leave your home. Have you thought about what you would do?

More than 1670 people in the Hauraki District have so far registered to participate in ShakeOut. **You can sign up and get earthquake information and advice on [www.shakeout.govt.nz](http://www.shakeout.govt.nz).**



## PUBLIC NOTICES

### Council & Committee meetings

Pursuant to Section 46 of the Local Government Official Information and Meetings Act 1987, it is hereby advised that the Council meeting scheduled for Wednesday, 29 July 2015 at 9.00 am will now commence at 9.30 am following the Citizenship Ceremony.

Langley Cavers  
Chief Executive  
Hauraki District Council

### Nominations for 2015 Citizen Awards

The Hauraki District Council invites nominations for deserving nominees to be considered for Council's 2015 Citizen Awards.



To be eligible, nominees must satisfy the specified criteria. Further information on eligibility and nomination forms can be obtained from Council's Service Centres in Paeroa, Waihi or Ngatea, or by telephoning Customer Services at 07 862 8609 (or 0800 734 834 within district).

Nominations should be addressed to:

PA to the Mayor, Hauraki District Council,  
PO Box 17, Paeroa,  
to be received no later than  
4.00 pm on 31 July 2015.

### Nominations for 2015 Young Achievers Award

The Hauraki District Council invites nominations for deserving nominees to be considered for Council's 2015 Young Achievers Award.



To be eligible, nominees must satisfy the specified criteria. Further information on eligibility and nomination forms are available from the Mayor's Office by contacting Erin Wood at 07 862 8609 (or 0800 734 834 within district).

Nominations should be addressed to:

PA to the Mayor, Hauraki District Council,  
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JP Tregidga MNZM JP  
MAYOR