



Olympic Harrier & Athletic Club Inc



2017

CLUB SYLLABUS

Running for all

Clubrooms: Top Field, Alex Moore Park, Bannister Ave Johnsonville

Postal: PO Box 13-095 Johnsonville

Website: www.olympicharriers.org.nz

The club meets every Saturday afternoon during the season, 1 April to 14 October at **1.45pm**, at the Clubrooms, unless otherwise indicated. Interclub times are announced close to the event.

APRIL

- 01 Introduction Day**
For new and returning members
1:45pm - Introduction to harriers
2.00pm - Introductory pack run
Venue: Clubrooms
- 08 Official Opening Day and Maiden & Perston Races**
Club sealed handicap cross country races & walkers race
Venue: Grenada North Park

Afternoon tea at the clubrooms (please bring a plate to share)
- 15 Club Day**
Pack runs and walk
Venue: Clubrooms
- 22 Shaw Baton Relay** (*Olympic hosts*)
Inter-club cross country relays
Venue: Battle Hill Regional Farm Park, Pauatahanui
- 29 Club Day**
Pack runs and walk
Venue: Clubrooms
Also: Wgtn Mountain Running Champs, Wainuiomata

MAY

- 06 University Relays**
Inter-club cross country relay race & chocolate walk
Venue: QEII Park, McKay's Crossing
- 13 Club Day**
Pack runs and walk
Venue: Clubrooms

- 14 Kids Cross Country Series (Race 1)**
Venue: Trentham Memorial Park
- 20 Vosseler Shield**
Interclub cross country races
Venue: WHAC, Mt Victoria
- 20 Ekiden Walking Relay**
Interclub relay
Venue: Trentham
- 27 Grand Memorial**
Club cross country, open handicap races+ Hutt Valley Harriers Invitation
Venue: Onslow Pony Club, Boom Rock Rd, Ohariu Valley.

Afternoon tea at the clubrooms (please bring a plate to share)

- 28 Masters Classic Relay**
Venue: Trentham Memorial Park
- 28 Kids Cross Country Series (Race 2)**
Venue: Karori Park

JUNE

- 03 Hutt Valley Invitation Day**
Pack runs and walk
Venue: HVH Clubrooms (North East Cnr Petone Rec, Udy Street)
- 10 Dorne Cup**
Inter-club cross country races
Venue: Trentham Memorial Park
- 10 5k/10k Walking Races**
For registered Athletes
Venue: Trentham

- 17 Club Day**
Pack runs and walk
Venue: Alternative venue TBA
Also: NZ SS XC Champs, Chch
- 18 Wellington Marathon Half Marathon, 10K & Kids Magic Mile**
Venue: Westpac Stadium
Also: NZ & Wgtn Marathon Champs
- 24 Club Day**
Pack runs and walk
Venue: Clubrooms
- 25 Kids Cross Country Series (Race 3)**
Venue: WHAC Clubrooms

JULY

- 01 North Island Cross Country Championships, Taupo**
Club mid-winter trip
Venue: Spa Park, Taupo Club dinner in Taupo
- 08 Club Day**
Pack runs and walk
Venue: Clubrooms
- 08 5k/10k Walking Races**
For registered Athletes
Venue: Trentham
- 09 Athletics Wellington Cross Country Championships**
(*Olympic hosts*)
Inter-club cross country races
Venue: Grenada North Park
(*Incorporates Club Cross Country Championships*)

09 **Kids Cross Country Series (Race 4)**

Venue: Grenda North Park

15 **Club Day**

Pack runs and walk

Venue: Alternative venue TBA

16 **Masters 8k Road Race**

Road race & walk for registered Masters Athletes

Venue: Olympic Clubrooms

22 **Club Day**

Pack runs and walk

Venue: Clubrooms

29 **Club Day**

Pack runs and walk

Venue: Clubrooms

AUGUST

05 **Club Day**

Pack runs and walk

Venue: Clubrooms

12 **Bays Relay & Children's Relay**

Interclub road relay races

Venue: Island Bay - Evans Bay Marina

12 **Social Event**

Details to be advised

13 **Kids Cross Country Series (Race 5)**

Venue: Sladden Park

19 **Athletics Wellington Road Running Championships**

(Incorporates Club Road Championships)

Interclub road running races

Venue: Wainuiomata

19 **Athletics Wellington Road Walking Championships**

Interclub road walking races

Venue: Trentham

26 **Club Day**

Pack runs & walk

Venue: Alternative venue TBA

SEPTEMBER

02 **Club Day**

Pack runs & walk

Venue: Clubrooms

Also: Athletics NZ Road Champs, Christchurch

09 **Philp Shield**

Club teams race

Venue: Alex Moore Park
(Meet in clubrooms)

**Afternoon tea at the clubrooms
(please bring a plate to share)**

10 **Pelorus 10k & Half Marathon**

Venue: Petone

Also: Wgtn Half Marathon Champs

16 **Perston Baton Relay**

12:30pm Club relay & walk

Venue: Karori Park

23 **Club Day**

Pack runs & walk

Venue: Clubrooms

30 **Athletics NZ Road Relay**

Interclub road relay races

Venue: Rotorua

Also: Pack runs & walk from clubrooms

OCTOBER

07 **Club Day**

Pack runs & walk

Venue: Clubrooms

14 **Final Club Day & Prize-giving**

2.15pm Pack run/children's activities

3.15pm Junior's party

4.00pm Prize giving

Venue: TBC

14 **Club Dinner**

Venue: to be confirmed

15 **Masters 10k Road Race**

Road race for registered Masters Athletes

Venue: Lower Hutt

NOVEMBER

01 **Olympic Harrier Club Annual General Meeting**

Followed by social event

Venue: Clubrooms 7.30pm

School Cross Country and Road Events 2017

10 May

Inter College Cross Country Relays

21 May

HVPSSA Cross Country, Harcourt Park

30 May

PSW Northern Zone Cross Country

PSW Southern Zone Cross Country

PSW Tawa Zone

31 May

PSW Eastern Zone Cross Country

Wellington Secondary School Cross Country

6 June

PSW Central Zone Cross Country

13 June

Western Zone Cross Country

17/18 June

NZ Secondary Schools Cross Country

20 June

PSW Inter Zone Cross Country

LHPSSA Cross Country

22 June

Kapiti Cross Country

4 July

Regionals

2 August

Inter College Road Relays

16 August

Wellington Secondary Schools Road Races

CLUB COACHING

Monday

Raroa Intermediate School (with John Cope)

Primary, intermediate age (3.20pm to 4pm)

Tuesday

Grenada North Park (with Juan McDonald)

Primary and intermediate age (4.20pm to 5.00pm)

Alex Moore Park, Johnsonville (with Chris Speakman)

College, seniors and masters (6pm to 7pm)

Wednesday

Raroa Intermediate School (with John Cope)

Primary, intermediate and college age (3.20pm to 4pm)

Thursday

Grenada North Park, Tawa (with Juan McDonald)

All ages meet at the carpark at Grenada North Park off Nassau Street, Grenada North, Tawa at 4.20pm – 5pm

Alex Moore Park, Johnsonville (with Mark Anderson)

Intermediate and college age (4-5pm)

Any further information on coaching please contact

coaching@olympicharriers.org.nz

SOCIAL ACTIVITIES

All members are welcome to stay on after pack runs or return to the clubrooms after away events for a social hour or two. Refreshments are available, catering for all ages. **Social Events** throughout the season, details will be in the Wednesday bulletin.

www.olympicharriers.org.nz

SUBSCRIPTIONS

Member	Grade	Fee
Seniors 20+	SM & SW	\$160
Masters (M40+ & W40+)	MM & MW	\$160
Adult Student (full time)	All Grades	\$100
Junior Men & Women	JM/JW (19 & under)	\$100
Junior Boys & Girls	B/G (14 & under)	\$70
Social Junior Boys & Girls Membership	B/G 7-14	\$50
Registered Walker	All Grades	\$100
Associate Members	ANZ Reg with another club	\$60
Supporter Member	Non-competing	\$60

Family Discounts

(for families living at the same address)

3 members 20%

4 or more members 25%

NOTE: family discounts exclude associate and supporter membership. To receive this family discount please email the Treasurer at: treasurer@olympicharriers.org.nz advising the date your membership was paid, names of family members and your bank details.

Subs are due by **1 May 2017**, please register online using our online registration form on our website

<http://www.olympicharriers.nz/membership/subscriptions/>

You can pay online via credit card, or if you prefer, you can just register online and pay by cheque or internet banking. (If you'd prefer, a printable registration form, please contact registrar@olympicharriers.org.nz

AGE GRADE QUALIFICATION

Age as at 31 December 2017 for all grades except Masters. Masters – age on day of event
Masters Women / Masters Men 40+

CLUB CONTACTS

President

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While all information was correct at time of printing subsequent changes may be necessary. Club members will be notified of any changes via the Wednesday Bulletin e-mail and the website.