



Summer Syllabus 2017/18 (Seniors / Masters)

October

- 7 **1:45 pm: Saturday club run / walk – Clubrooms**
Have a go day (intro to track and field) –
Newtown Park
- 8 Masterton Marathon
- 14 **1:45 pm: Saturday club run / walk – Clubrooms**
Melrose Shield relay meet – Newtown Park
12:00 pm: Course covering new IAAF rules –
Newtown Park
- 15 Masters 10k road race for masters athletes –
Lower Hutt
- 18 7pm: Annual Prizegiving – clubrooms
- 21 1:30 pm: Bernie Portenski Handicap memorial
Trophy – St Timothy’s Church, Titahi Bay
(hosted by Wellington Scottish)
- 28 **1:45 pm: Saturday club run / walk – Clubrooms**
Regional League 1 (track and field) - Inglewood

November

- 4 8:00 am: pacing for parkrun – Bothamley Park
Porirua
1:45 pm: Saturday club run / walk – AWAY
Regional League 2 (track and field) - Wanganui
- 11 **1:45 pm: Saturday club run / walk – Clubrooms**
- 18 8:00 am: pacing for parkrun – Bothamley Park
Porirua
1:45 pm: Saturday club run / walk – AWAY
Regional League 3 (track and field) - Masterton
- 24-26 North Island Masters track & Field Champs -
Inglewood
- 25 **1:45 pm: Saturday club run / walk – Clubrooms**
Athletics Grand Prix 1 (track and field) –
Newtown Park

December

- 2 **1:45 pm: Saturday club run / walk – AWAY**
- 4 Track replacement: Newtown Park track
unavailable until 19 January
- 9 **1:45 pm: Saturday club run / walk – Clubrooms**
Lower North Island track & field champs -
Inglewood
- 16 **1:45 pm: Saturday club run / walk – AWAY**
Scottish night of miles – Basin Reserve
- 23 **1:45 pm: Saturday club run / walk – Clubrooms**
(Christmas dress up run)
- 30 **1:45 pm: Saturday club run / walk - AWAY**

January

- 6 **1:45 pm: Saturday club run / walk – Clubrooms**
- 13 **1:45 pm: Saturday club run / walk – AWAY**
Athletics Grand Prix 2 (track and field) –
Masterton
- 19 Capital Classic / Commonwealth Games Trials –
Newtown Park
- 20 **1:45 pm: Saturday club run / walk – Clubrooms**
- 20-27 Oceania Masters Games - Dunedin
- 23 Cooks Classic – Cooks Gardens, Wanganui
- 27 **1:45 pm: Saturday club run / walk – AWAY**
Potts Classic - Hastings

February

- 2-4 Wellington Centre Track & Field Champs and
Athletics Grand Prix 3 – Newtown Park
- 3 **1:45 pm: Saturday club run / walk – Clubrooms**
- 10 **1:45 pm: Saturday club run / walk – AWAY**
Porritt Classic - Hamilton
- 17 **1:45 pm: Saturday club run / walk – Clubrooms**
- 18 Round the Bays (half marathon / 10k / 5k) -

- Wellington
- 24 **1:45 pm: Saturday club run / walk – AWAY**
NZ 1000m champs - Inglewood

March

- 2-4 NZ Masters Track and Field Champs - Whangarei
- 3 **1:45 pm: Saturday club run / walk – Clubrooms**
- 9-11 NZ Track and Field Champs - Hamilton
- 10 **1:45 pm: Saturday club run / walk – AWAY**
- 17 **1:45 pm: Saturday club run / walk – Clubrooms**
Wellington 10000m run and walk champs –
Newtown Park
- 24 **1:45 pm: Saturday club run / walk – AWAY**
Athletics Grand Prix 4 and Wellington 5000m run
and walk champs – Newtown Park
- 30 **1:45 pm: Saturday club run / walk – Clubrooms**

Club runs have packs for all paces/abilities.

Meetup locations for the ‘Away’ club runs will be advertised on the club Facebook page and weekly email on the Thursday before the run. Our aim for these is to run somewhere scenic around Wellington, and meet up in a cafe/bar afterwards.

This programme covers the main track and field events – championships, grand prix events, and other high profile events only. The full summer track and field programme is available on the Athletics Wellington website.

The Welcome Day to open the 2018 winter harrier’s season is yet to be set, but will likely be on either 30 March or 6 April 2018.



Club training: Form drills and interval training on Tuesday nights outside the clubrooms at Alex Moore Park. 6:30 – 7:30pm during the daylight savings period (this entire syllabus)



Club Contacts

President:

- Juan McDonald
- president@olympicharriers.org.nz

Captain:

- Rob McCrudden
- captain@olympicharriers.org.nz

Deputy Captain:

- Trent Corbett
- deputy@olympicharriers.org.nz

Facebook: www.facebook.com/olympicharriers

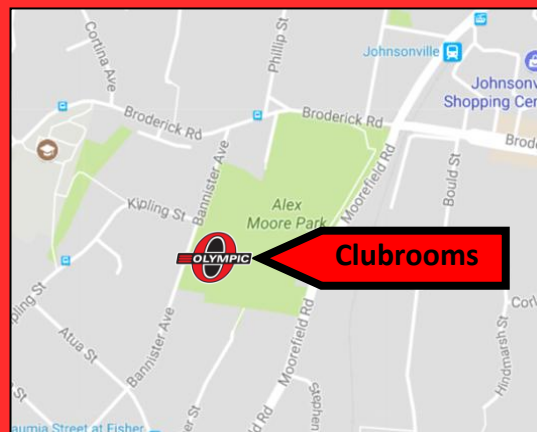
Website: www.olympicharriers.nz

Strava Group: www.strava.com/clubs/146441

To sign up for our weekly emails, contact:
registrar@olympicharriers.org.nz

Clubrooms:

Alex Moore Park, Bannister Ave, Johnsonville



Summer Syllabus

October 2017 – March 2018

<http://www.olympicharriers.nz>

