



# Olympic Harriers Summer Syllabus 2021/22

Correct as at  
October 2021

November 2021– March 2022



Join a **Saturday Social Summer Run & Walk** over the summer season. Meet at 1.45pm for a 2pm start – either at the Clubrooms or around Wellington (check the website or internal comms for details).

**Clubrooms:** Waioara Hub, Alex Moore Park, Johnsonville



## NOVEMBER

- 6 **Saturday Social Summer Run & Walk**  
Waioara Hub  
**Athletics Wellington Track & Field Meeting**  
Newtown Park  
**Aorangi Undulator**  
Wairarapa
- 7 **Wairarapa Country Marathon (Wellington Marathon and Half Marathon Champs)**  
Masterton  
**New Zealand Road Race Championships – cancelled**  
Hamilton
- 13 **Saturday Social Summer Run & Walk**  
Waioara Hub  
**The Agency Group 10,000m Festival (NZ 10,000m championships, Wellington Championships and Masters Championships)**  
Newtown Park  
**Remutaka Rail Trail Run & Walk – cancelled**  
Kaitoke
- 14 **Athletics Wellington Junior Interclub**  
Newtown Park  
**Kāpiti Half - 21k, 10k, 5k, 2k**  
Paraparaumu
- 17 **Athletics Wellington Twilight Meet**  
Newtown Park
- 19-21 **South Island Masters Track & Field Championships**  
Dunedin
- 20 **Saturday Social Summer Run & Walk**  
Host: Hooft Family, Papakowhai

- Central Athletics League #2**  
Palmerston North
- 21 **Honest 10k**  
Freyberg  
**Pelorus Trust Run & Walk Event**  
Petone
- 27 **Saturday Social Summer Run & Walk**  
Venue tbc  
**Athletics Wellington Track & Field Meeting**  
Newtown Park
- 28 **Athletics Wellington Junior Interclub**  
Newtown Park
- 27-28 **North Island Masters Track & Field Championships – cancelled**  
Auckland
- 30 **Primary Sport Wellington Inter Zone Athletics – cancelled**  
Newtown Park

## DECEMBER

- 4 **Saturday Social Summer Run & Walk**  
Waioara Hub  
**Central Athletics League**  
Masterton
- 5 **Crazyman - cancelled**  
Eastbourne
- 7 **Primary Sport Wellington Regional Athletics**  
Masterton
- 8 **Athletics Wellington Twilight Meet**  
Newtown Park
- 11 **Saturday Social Summer Run & Walk**  
Venue tbc  
**Athletics Wellington Track & Field Meeting**  
Newtown Park

- 12 **Athletics Wellington Junior Interclub**  
Newtown Park
- 16-18 **NZSSAA Track & Field and Road Championships – cancelled**  
Inglewood
- 18 **Saturday Social Summer Run & Walk**  
Waioara Hub – Xmas special, dress up and treasure hunt  
**Scottish Night of Miles**  
Newtown Park
- 21 **Honest 10k**  
Freyberg  
**Daikin Night of 5's**  
Auckland

## JANUARY

- 7-9 **North Island Colgate Games**  
Newtown Park
- 8 **Saturday Social Summer Run & Walk**  
Venue tbc  
**Lovelock Classic**  
Timaru
- 14-16 **South Island Colgate Games**  
Invercargill
- 15 **Saturday Social Summer Run & Walk**  
Host: Andrea Adams  
**Wairarapa Track & Field Summer Series #1**  
Masterton
- 22 **Saturday Social Summer Run & Walk**  
Venue tbc  
**Potts Classic (NZ 3000m Champs)**  
Hastings
- 29 **Saturday Social Summer Run & Walk**  
Waioara Hub

- Xterra Wellington  
Queen Elizabeth Park
- Jumbo-Holdsworth Trail Race  
Tararua Forest Park
- 30 **Cooks Classic (NZ Mile Champs; U20 3000m Champs)**  
Whanganui

## FEBRUARY

- 1 **Athletics Wellington Twilight Meet**  
Newtown Park
- 4 **Capital Classic**  
Newtown Park
- 5 **Saturday Social Summer Run & Walk**  
Venue tbc
- 12 **Saturday Social Summer Run & Walk**  
Waiaora Hub
- 12-13 **Athletics Wellington Track & Field Championships**  
Newtown Park
- 19 **Saturday Social Summer Run & Walk**  
Venue tbc
- 20 **Athletics Wellington Junior Interclub**  
Newtown Park
- Round the Bays – 21k, 10k, 6.5k**  
Wellington
- Sir Graeme Douglas International**  
Auckland
- 26 **Saturday Social Summer Run & Walk**  
Waiaora Hub
- Wairarapa Track & Field Summer Series**  
Masterton
- International Track Meet**  
Christchurch

## MARCH

- 1 **McEvedey Shield**  
Newtown Park

- 2 **College Sport Wellington - Western Zone**
- 3 **College Sport Wellington - Hutt/Girls Zone**
- 4-6 **New Zealand Track & Field Championships**  
Hastings
- 5 **Saturday Social Summer Run & Walk**  
Venue tbc
- 11-13 **New Zealand Masters Track & Field Championships**  
Newtown Park
- 12 **Saturday Social Summer Run & Walk**  
Waiaora Hub
- 17 **College Sport Wellington Regional Track & Field Championships**  
Newtown Park
- 19 **Saturday Social Summer Run & Walk**  
Venue tbc
- Athletics Wellington Track & Field Meeting**  
Newtown Park
- 20 **Athletics Wellington Junior Championships Day 1**  
Newtown Park
- 26 **Saturday Social Summer Run & Walk**  
Waiaora Hub
- Athletics Wellington Track & Field Meeting**  
Newtown Park
- 27 **Athletics Wellington Junior Championships Day 2**  
Newtown Park

## SUBSCRIPTIONS

Member	Grade	Fee
Seniors (20+)	Senior men & women	\$171
Masters (35+)	Masters men & women	\$171
Adult student (full time)	All grades	\$111
Junior men & women	Junior men & women (19 & under)	\$111
Children (competitive)	Boys & girls 7-14 years	\$80
Children (recreational)	Boys & girls 7-14 years (club events)	\$60
Walker	All grades	\$111
Recreational	Social	\$72
<ul style="list-style-type: none"> <li>includes those social members attending Tuesday night training only</li> <li>can compete in club events, but not interclub races or trips</li> </ul>		

## FAMILY DISCOUNT

(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 contact the Treasurer.

Subs are due by **1 May 2022**. Register online at [olympicharriers.nz/membership](http://olympicharriers.nz/membership)

## AGE GRADE QUALIFICATION

Age as at 31 December 2021 for all grades except Masters (men / women aged 35+). Masters grades are based on your age on the day of the event.

## CLUB COACHING

**Adults, College & Intermediate-age**  
Tuesdays 6.30-7.30pm - *Alex Moore Park*  
*Form drills and interval training with Chris Speakman*

**Primary & Intermediate-age**  
Tuesdays 4.20-5pm; Thursdays 4.20-5pm - Grenada North Park, Tawa  
*Juan McDonald*

**Primary & Intermediate-age**  
Mondays 3.20-4pm; Wednesdays 3.20-4pm - Nairnville Park, Khandallah  
*John Cope*

**College-age**  
Tuesdays & Thursdays 4.15-5pm – Alex Moore Park  
*Mark Anderson*

**Core Classes**  
Thursdays 7.30-8.30pm – Waiaora Hub  
*Mark Anderson*

## CLUB CONTACTS

<b>President</b> Peter Denman	<b>Secretary</b> Tracy Bergan
<b>Treasurer</b> Jacqui Cope 022 315 0622	<b>Communications</b> Michelle van Looy
<b>Club Captain</b> Rob McCrudden 027 232 6377	<b>Deputy Club Captain</b> Graeme Moss
<b>Uniforms</b> Ruth Humble 027 407 5856	<b>Junior Track &amp; Field Coaching</b> Juan McDonald 027 437 6615
<b>Registrar</b> Michelle van Looy <a href="mailto:registrar@olympicharriers.org.nz">registrar@olympicharriers.org.nz</a>	
<b>To contact the committee, use the web contact form at:</b> <a href="https://www.olympicharriers.nz/contact/">https://www.olympicharriers.nz/contact/</a>	
<b>Committee</b> Peter Denman, Rob McCrudden, Bruce Atmore, Jan Sheppard, Brian Rusbridge, Andrea Adams, Graeme Moss, Jacqui Cope, Tracy Berghan, Chris Sutherland, Deborah Lynch	

