



Olympic Harriers Winter Syllabus 2019

Version 3.0
Correct as at
15 April 2019

March – October 2019



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

<http://www.olympicharriers.nz>

Clubrooms: Alex Moore Park, Johnsonville



MARCH

- 23 **Introduction Day**
Start of the season for new and returning members
1:45pm welcome and intro
2pm Pack run / walk
Venue: Clubrooms
- 24 **Lions Johnsonville Community Run and Walk**
Venue: Alex Moore Park
- 30 **Club pack run / walk**
Venue: Clubrooms
Wellington 5000m Champs
Venue: Newtown Park

APRIL

- 6 **Official Opening Day & Maiden & Perston Races**
Club sealed handicap cross country run and walk races
Venue: Grenada North Park
Followed by afternoon tea at the clubrooms – please bring a plate
- 7 **Porirua Grand Traverse**
- 13 **NZ & Wellington Mountain Running Champs**
Venue: Wainuiomata
- 20 **Club pack run / walk**
Venue: Clubrooms
- 27 **Shaw Baton Relay**
Interclub cross country relays
Venue: Battle Hill Regional Farm Park, Pauatahanui
We are hosting – all club members are asked to help out with setting up the course and event marshalling / support duties as their race time permits.

MAY

- 4 **Club pack run / walk**
Venue: Clubrooms

Rotorua Marathon

- NZ Marathon champs
- 11 **University Relays & Chocolate Walk**
Interclub cross country relay race, and a 6km walking race
Venue: Queen Elizabeth II Park, McKay's Crossing
Club pot luck dinner to follow in the evening at the clubrooms
- 18 **Club pack run / walk**
Venue: Clubrooms
- 25 **Vosseler Shield**
Interclub cross country race
Venue: Mt Victoria (WHAC hosting)
- 26 **Masters Classic Relay**
Venue: Trentham Memorial Park

JUNE

- 1 **Combined pack run / walk with Hutt Valley Harriers**
Social run and walk with HVH.
Venue: Hutt Valley Harriers
Followed by afternoon tea. Bring a plate to share
- 2 **Aurora Handicap Marathon**
Venue: Upper Hutt
- NZ Marathon Champs**
Venue: Christchurch
- 8 **Dorne Cup**
Interclub cross country races
Venue: Trentham Memorial Park
- Trentham 10 km Walking Race 1**
Venue: General Motors course
Trentham
- 15 **Trinity Run**
Social run with WHAC and Scottish
Venue: Wilton Bowling Club
- 22 **Grand Memorial**
Open handicap cross country races.
Former club members, NZ Army, and Vic Uni Run Club invited to take part

- Venue: Onslow Pony Club, Boom Rock Rd, Ohariu Valley
Followed by afternoon tea at the clubrooms – please bring a plate
- 29 **Club pack run / walk**
Venue: Clubrooms
- 30 **Wellington Marathon (includes Wellington Marathon Champs)**
Includes half, 10km, kids mile.
Venue: Westpac Stadium

JULY

- 6 **North Island Cross Country Champs**
Club mid-winter trip to Taupo for all ages. First weekend of the school holidays. Club dinner in the evening.
Venue: Spa Park, Taupo
- 13 **Club pack run / walk**
Venue: Clubrooms
Trentham 5/10 km Walking Race 2
Venue: General Motors course
Trentham
- 20 **Wellington Cross Country Champs**
Interclub cross country races
Venue: Grenada North Park
We are hosting – all club members are asked to help out with setting up the course and event support duties as their race time permits.
- 27 **Olympic Harriers Cross Country Champs**
Venue: Onslow Pony Club, Boom Rock Rd, Ohariu Valley
- 28 **Masters 8km Road Race**
Hosted from our clubrooms
Venue: Johnsonville
- AUGUST**
- 3 **Club pack run / walk**
Venue: Clubrooms
- 4 **New Zealand Cross Country Champs**

Club training: Form drills and interval training on Tuesday nights outside the clubrooms at Alex Moore Park, 6:30 – 7:30pm during daylight savings, 6:00 – 7:00pm in winter

Core Class: Circuits to build core stability. Thursdays 7:30-8:30 at the clubrooms



- Venue: Harcourt Park
 10 **Club pack run / walk**
 Venue: Clubrooms
 17 **Bays Running Relay and walkers 5km Turkey Trot**
 Interclub road relay running races, and walking race
 Venue: Island Bay to Evans Bay marina
 24 **Wellington Road Running Champs (Olympic Harriers Road Champs)**
 Interclub road running races, these double as our club champs
 Venue: Wainuiomata
Wellington Road Walking Champs
 Venue: General Motors course
 Trentham
Club pack run / walk
 Venue: Clubrooms
 31 **Trinity Run**
 Social run with WHAC and Scottish
 Venue: WHAC Clubrooms, Mt Victoria

SEPTEMBER

- 1 **NZ Half Marathon Champs**
 Venue: Dunedin
 7 **Philp Shield**
 Club teams race
 Venue: Clubrooms / Alex Moore Park
 14 **Club pack run / walk**
 Venue: Clubrooms
 15 **NZ Road Racing Champs**
 Venue: TBC
 21 **Perston Baton Relay**
 Club run and walk relay
 Venue: Karori Park
 28 **Club pack run / walk**
 Venue: Clubrooms

OCTOBER

Summer Syllabus for track & field, and club summer runs will start this month

- 5 **NZ Road Relay Champs**
 Club away trip. National interclub relay races for high school ages, seniors, and masters. We usually do a club trail /

- mountain run the following day
 Venue: Feilding
 12 **Club pack run / walk**
 Venue: TBC
 13 **Wairarapa Country Marathon (includes Wellington Half Marathon Champs)**
 Includes half, 10k, 5k.
 Venue: Masterton
NZ Trail Running Champs
 Venue: Christchurch
 15 **Club Prize Giving**
 Venue: Clubrooms
 19 **Club pack run / walk**
 Venue: TBC
 20 **Masters 10km run / walk**
 Venue: Lower Hutt
 26 **Bernie Portenski Memorial Handicap**
 Interclub social handicap road/trail race
 Venue: Titahi Bay

NOVEMBER

- 2-3 **Around the Mountain Relay**
 Venue: Taranaki
 2 **Club pack run / walk**
 Venue: TBC
 9 **Club pack run / walk**
 Venue: TBC
The Agency Group 10000m
 Elite 10000m race on the track
 Venue: Newtown Park Track
 16 **Club pack run / walk**
 Venue: TBC
 22-24 **North Island Masters Track & Field Champs**
 Venue: Whakatane
 23 **Club pack run / walk**
 Venue: TBC
 24 **Pelorus Trust Marathon**
 Includes half, 10km, kids mile
 Venue: Petone
 30 **Club pack run / walk**
 Venue: TBC



School Cross Country & Road Competition

8 May

- College Sport Wellington (CSW) Scottish Cross Country Relays, Karori Park

28 May

- Primary Sport Wellington (PSW) Tawa Zone Cross Country, Grenada North Park (postponement 30 May)

29 May

- CSW Cross Country Champs, Harcourt Park
- PSW Eastern Zone Cross Country, Hataitai (postponement 5 June)

4 June

- PSW Central Zone Cross Country, McAlister Park (postponement day 6 June)

6 June

- PSW Northern Zone Cross Country, Grenada North Park (postponement 13 June)
- PSW Southern Zone, Houghton Valley School (postponement 11 or 13 June)

11 June

- PSW Western Zone Cross Country, Karori Park (postponement 13 June)
- PSW Northern Zone Junior Invitational Cross Country, Amesbury School

15-16 June

- NZ Secondary Schools Cross Country, Timaru

18 June

- PSW Inter Zone Cross Country, location TBC (postponement 20 June)

2 July

- Wellington Region Primary and Intermediate Schools Cross Country, Queen Elizabeth Park (postponement 4 June)

7 August

- CSW Road Race Champs, Trentham





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CLUB COACHING

Monday

Nairnville Park, Khandallah

- John Cope: Primary, intermediate age (3:20pm to 4pm)

Tuesday

Grenada North Park

- Juan McDonald: Primary and intermediate age (4:20pm to 5pm)

Alex Moore Park, Johnsonville

- Mark Anderson: College age (4:15 – 5pm)
- Chris Speakman: Seniors and masters, and college age (6pm to 7pm winter, 6:30 to 7:30 pm during daylight savings)

Wednesday

Nairnville Park, Khandallah

- John Cope: Primary, intermediate age (3:20pm to 4pm)

Thursday

Grenada North Park, Tawa

- Juan McDonald: Primary and intermediate age meet at the carpark at Grenada North Park off Nassau Street, Grenada North, Tawa at 4.20pm – 5pm
- Mark Anderson: College age (4:15 - 5pm)

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. We hold social events throughout the season, details will be in the weekly email bulletin.

www.olympicharriers.nz

SUBSCRIPTIONS

Member	Grade	Fee
Seniors (20+)	SM & SW	\$170
Masters (35+)	MM & MW	\$170
Adult Student (full time)	All Grades	\$110
Junior Men & Women	JM/JW (19 & under)	\$110
Junior Boys & Girls	B/G (14 & under)	\$80
Social Junior Boys & Girls Membership	B/G 7-14	\$60
Registered Walker	All Grades	\$110
Associate Members	ANZ Reg with another club	\$70
Supporter Member	Social	\$70
<ul style="list-style-type: none"> • includes those social members attending Tues night training only • Can compete in club events, but not interclub races or trips 		

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 contact the Treasurer advising the date your membership was paid, names of family members and your bank details.

Subs are due by **1 May 2019**, 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 the Registrar.

AGE GRADE QUALIFICATION

Age as at 31 December 2019 for all grades except Masters (men / women aged 35+). Masters grades are based on your age on the day of the event.

CLUB CONTACTS

President and Women's Captain

Michelle Van Looy
021 244 8645

Treasurer

Gillian Peoples
027 339 4727

Club Captain

Rob McCrudden
027 232 6377

Uniforms

Deb Platts-Fowler
022 474 3517

Registrar

Merryn Jones
022 681 8475

Secretary

Jan Sheppard
027 437 8140

Communications

Melissa Crompton
027 593 9992

Deputy Club Captain

Trent Corbett
021 0256 2923

Junior Track & Field & Coaching

Juan McDonald
027 437 6615

To contact the committee, use the web contact form at:

<https://www.olympicharriers.nz/contact/>

Committee

Michelle Van Looy, Rob McCrudden, Bruce Atmore, Jan Sheppard, Gillian Peoples, Brian Rusbridge, Tony Simmers, Andrea Adams, Cathryn Wood, Trent Corbett.



All Ages, all abilities, all motivations...

Join us!