



Olympic Harriers Winter Syllabus 2023

Correct as at
March 2023

March – October 2023



The club meets every Saturday during the winter season at 1.45pm at the clubrooms, unless otherwise indicated

Clubrooms: Waiora Hub, Alex Moore Park, Johnsonville



www.olympicharriers.nz

MARCH	
18	New Zealand Mountain Running Champs Mt Maunganui
19	WHAC Honest 10 Freyberg Beach
23	Thursday Throwdown Te Whiti, Lower Hutt
26	New Zealand Short Course Trail Running Championships Dunedin
	Xterra – West Wind Meridian Wind Farm

APRIL	
1	Club Open Day Waiora Hub
2	Porirua Grand Traverse Whitireia Polytechnic
8	Club Run (Easter themed) Waiora Hub
15	Maiden Perston Grenada North
16	WHAC Honest 10 Freyberg Beach
	Waitārere Forest Run Waitārere
	Christchurch Marathon (incl NZ Marathon Champs) Ōtautahi

22	Club Run Waiora Hub
23	XTERRA Orongorongo's Orongorongo Forest
29	Shaw Baton Relays Battle Hill Farm Forest Park

MAY	
6	University Cross Country Relays QEII Park, Mackays Crossing
	Rotorua Marathon (NZ Masters Champs) Rotorua
10	CSW Cross Country Relays Karori Park
13	Club Run Waiora Hub
	XTERRA Wainui Wainui Trail Park
14	WHAC Honest 10 Freyberg Beach
20	Club Run Waiora Hub
	Hawke's Bay Marathon Napier
21	Masters XC Relay Trentham Memorial Park
	WHAC Honest 10 Freyberg Beach
24	CSW Cross Country Champs Harcourt Park
27	Vosseler Shield Mt Victoria
28	XTERRA Makara Makara Peak MTB Park

JUNE	
3	Olympic-Hutt Valley Harriers combined Club Run Petone Recreation Ground
4	Aurora Handicap Marathon Upper Hutt
10	Dorne Cup Trentham Memorial Park

15	PSW Interzone Cross Country Venue tbc
17	Club Run Waiora Hub
	NZSSAA Cross Country Champs Palmerston North
18	XTERRA Akatarawas Whareroa Farm, Kapiti
	WHAC Honest 10 Freyberg Beach
24	Grand Memorial Ohariu Pony Club
25	Wellington Marathon, Half (incl Wellington and NZ Champs) Sky Stadium, Wellington
27	Greater Wellington Primary and Intermediate Schools Cross Country Championship Venue tbc

JULY	
1	North Island Cross Country Champs Spa Park, Taupo
8	Club Run Waiora Hub
15	WUU2K Wellington
	No Club Run (champs following day)
16	Wellington Cross Country Champs (incl Olympic Harriers Club Champs) Venue tbc
	WHAC Honest 10 Freyberg Beach
22	Club Run Waiora Hub
23	Wellington Masters Hill Race Waiora Hub

All ages, all abilities, all motivations... *Join us!*

- 29 **New Zealand Cross Country Champs**
Spa Park, Taupo

AUGUST

- 5 **Club Run**
Waiora Hub
- Taupō Marathon**
Taupo
- 12 **Club Run**
Waiora Hub
- 13 **Mukamuka Munter**
Remutaka Forest
- WHAC Honest 10**
Freyberg Beach
- 19 **Wellington Road Race Champs (incl Olympic Harriers Club Champs)**
Wainuiomata
- 26 **Needle Road Relays**
Kilbirnie Wind Needle

SEPTEMBER

- 2 **Philp Shield**
Waiora Hub
- 9 **Club Run**
Waiora Hub
- 10 **New Zealand Road Race Champs**
Palmerston North
- 16 **Club Run**
Waiora Hub
- 17 **Hutt Marathon Events (incl Wellington Marathon Champs)**
Petone
- WHAC Honest 10**
Freyberg Beach
- 23 **Club Run**
Waiora Hub
- 30 **New Zealand Road Relay Champs**
Christchurch

OCTOBER

- 7 **Perston Baton Relay**
Karori Park
- 14 **Bernie Portenski Memorial Handicap**
Titahi Bay
- 15 **New Zealand Trail Running Champs**
Christchurch
- WHAC Honest 10**
Freyberg Beach

CLUB COACHING

Adults, College & Intermediate-age
Tuesdays 6.30-7.30pm - Alex Moore Park
Form drills and interval training
Chris – Chris.speakman@me.com

Primary, Intermediate, College-age
Tuesdays 4.15-5pm; Thursdays 4.15-5pm
Nairnville Park, Khandallah
John & Craig

College-age
Tuesdays & Thursdays 4.15-5pm – Alex Moore Park
Mark – holistic.fitness@icloud.com

Core Classes
Thursdays 7.30-8.30pm – Waiora Hub
Mark – holistic.fitness@icloud.com

SUBSCRIPTIONS

Member	Grade	Fee
Seniors (20+)	Senior men & women	\$176
Masters (35+)	Masters men & women	\$176
Adult student (full time)	All grades	\$118
Junior men & women	Junior men & women (19 & under)	\$118
Children (competitive)	Boys & girls 7-14 years	\$82
Children (recreational)	Boys & girls 7-14 years	\$62
Even younger children	<6 years	\$25
Walker	All grades	\$118
Recreational: · can compete in club events, not interclub races or trips · includes social members attending Tues night training	Social	\$77

FAMILY DISCOUNT

(for families living at the same address)

3 members	20%
4 or more members	25%

To receive this family discount please contact the Treasurer.

AGE GRADE QUALIFICATION

Age as at 31 December 2023 for all grades except Masters (men / women aged 35+). Masters grades are based on your age on the day of the event.

Subs are due 1 May 2023. Register at olympicharriers.nz/membership

CLUB CONTACTS

President Peter Denman
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Secretary Tracy Berghan
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Treasurer Jacqui Cope
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General Enquiries

www.olympicharriers.nz/contact

USEFUL LINKS

Athletics Wellington
athleticswellington.org.nz

Athletics New Zealand
athletics.org.nz

College Sport Wellington
www.collegesport.org.nz

Primary Sport Wellington
www.primarysportwellington.org.nz

