



# Olympic Harriers Winter Syllabus 2024

Correct as at  
March 2024

March – November 2024



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](http://www.olympicharriers.nz)

## APRIL

- 6 **1<sup>st</sup> Club Run/Walk of 2024 season**  
Waiora Hub
- 6-7 **NISS Track & Field Champs**  
Palmerston North
- 7 **Porirua Grand Traverse**  
Whitireia Polytechnic
- 13 **Maiden Perston**  
Grenada North
- 14 **Waitāre Forest Run**  
Waitāre
- 20 **Club Run/Walk**  
Waiora Hub
- 20- **Faultline Ultra**  
Wellington
- 21 **NZ Half Marathon Champs**  
Christchurch
- 27 **Shaw Baton Relays**  
Battle Hill Farm Forest Park

## MAY

- 3 **NZ Road Mile Champs**  
Rotorua
- 4 **Club Run/Walk**  
Waiora Hub
- NZ Marathon & 5km Champs**  
Rotorua
- 5 **XTERRA – Westwind**  
Meridian Wind Farm
- 8 **CSW Cross Country Relays**  
Karori Park
- 11 **Wellington Mixed XC Relay Champs**  
QEII Park, Mackays Crossing
- 12 **Manawatu Marathon & Half**  
Palmerston North
- 11- **World Schools Cross Country Champs**  
14 Kenya

- 18 **Club Run/Walk (plus juniors)**  
Waiora Hub
- XTERRA Makara**  
Makara Peak MTB Park
- Hawke's Bay Marathon**  
Napier
- 19 **Masters XC Relay**  
Trentham Memorial Park
- 22 **CSW Cross Country Champs**  
Harcourt Park
- 25 **Vosseler Shield**  
Mt Victoria
- Tough Guy-Gal Challenge**  
Camp Wainui

## JUNE

- 1 **Club Run/Walk**  
Waiora Hub
- 2 **Aurora Handicap Marathon**  
Upper Hutt
- XTERRA Red Rocks**  
Owhiro Bay
- 8 **Dorne Cup**  
Trentham Memorial Park
- 15 **Club Run/Walk**  
Waiora Hub
- 15- **NZSSAA Cross Country Champs**  
16 Christchurch
- 22 **Grand Memorial**  
Ohariu Pony Club
- 23 **Wellington Marathon, Half, 10k**  
Sky Stadium, Wellington
- XTERRA Mckerrow's Revenge**  
Orongorongo's
- 29 **Club Run/Walk**  
Waiora Hub

## JULY

- 6 **North Island Cross Country Champs**  
Spa Park, Taupō
- 13 **Club Run/Walk**  
Waiora Hub
- 13 **WUU2K**  
Wellington
- 20 **Club Run/Walk**  
Waiora Hub
- 21 **Wellington Cross Country Champs (incl Olympic Harriers Club Champs)**  
Venue tbc
- 27 **Club Run/Walk**  
Waiora Hub
- 28 **Wellington Masters Hill Race**  
Waiora Hub

## AUGUST

- 3 **Club Run/Walk**  
Waiora Hub
- 3 **Taupō Marathon**  
Taupō
- 3-4 **NZ Cross Country Champs**  
Napier
- 10 **Club Run/Walk (plus juniors)**  
Waiora Hub
- 11 **Mukamuka Munter**  
Remutaka Forest
- 17 **Needle Road Relays**  
Kilbirnie Wind Needle
- 24 **Club Run/Walk**  
Waiora Hub
- 31 **Wellington 5km Road Running Championships**  
Wainuiomata

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

## SEPTEMBER

- 5-6 **NZ Secondary Schools Road Relay Festival**  
Auckland
- 7 **Wellington 10km Road Running Championships**  
Wainuiomata
- 14 **Philp Shield**  
Waiora Hub
- 15 **Hutt Marathon Events (incl Wellington Marathon Champs)**  
Petone
- 21 **Club Run/Walk**  
Waiora Hub
- 28 **New Zealand Road Relay Champs**  
Taupō
- Club Run/Walk**  
Waiora Hub

## OCTOBER

- 5 **Perston Baton Relay**  
Karori Park
- 6 **Wellington Mountain Running Champs**  
Mt Kaukau
- 12 **Bernie Portenski Memorial Handicap**  
Titahi Bay
- 12 **NZ Mountain Running Champs**  
Christchurch
- 19 **Club Prizegiving**  
Waiora Hub
- 20 **Masterton Half, 14k, 7k**  
Masterton
- NZ Long Course Trail Champs**  
Christchurch
- 26 **Club Run/Walk**  
Waiora Hub
- NZ 10km Champs**  
Timaru

## NOVEMBER

- 3 **NZ 50 & 100km Champs**  
Christchurch
- 16 **Queenstown Marathon**  
Queenstown
- 19 **Club AGM**  
Waiora Hub
- 23 **WAI2K Trail Race (includes NZ and WLG 100km Long Course Trail Champs)**  
Upper Hutt

## KEY

-  Olympic Harriers Club Event
-  Inter-club, Wellington Centre Champs
-  National Champs

## CLUB COACHING

**Adults, College & Intermediate-age**  
Tuesdays 6.30-7.30pm (DST); 6-7pm (winter)  
- Alex Moore Park  
*Form drills and interval training*  
Chris – [Chris.speakman@me.com](mailto:Chris.speakman@me.com)

**Primary, Intermediate, College-age**  
Tuesdays 4.15-5pm; Thursdays 4.15-5pm  
Nairnville Park, Khandallah  
*John & Craig –*  
[coaching@olympicharriers.org.nz](mailto:coaching@olympicharriers.org.nz)

**College-age**  
Tuesdays & Thursdays 4.15-5pm – Alex Moore Park  
*Mark – [holistic.fitness@icloud.com](mailto:holistic.fitness@icloud.com)*

**Core Classes**  
Thursdays 7.30-8.30pm – Waiora Hub  
*Mark – [holistic.fitness@icloud.com](mailto:holistic.fitness@icloud.com)*

## SUBSCRIPTIONS

Membership	Type	Fee
Active Member 6 Years & Under	Annual	\$26
Active Member 7 to 14 Years	Annual	\$86
Competitive Member 15 to 19 Years	Annual	\$120
Quarterly Member 15 to 19 Years	Q1 & Q2 Q3 & Q4	\$62 \$52
Competitive Member 20 to 22 Years	Annual	\$142
Competitive Member 23 Years & Over	Annual	\$182
Winter Season Member 20 Years & Over	1 April – 30 Sept	\$157 (+ \$47 summer)
Social Member 15 Years & Over	Annual	\$81
Student	Annual	\$124
Competitive Walker	Annual	\$124

*Financial year 1 April 2024 – 31 March 2025*

**Competitive:** participate in club, inter-club, centre champs & national champs  
**Social:** participate in club events only

## 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 2024 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 2024. Register at [olympicharriers.nz/membership](http://olympicharriers.nz/membership)**

## CLUB CONTACTS

**President** Bruce Atmore  
[president@olympicharriers.org.nz](mailto:president@olympicharriers.org.nz)

**Secretary** Tracy Berghan  
[secretary@olympicharriers.org.nz](mailto:secretary@olympicharriers.org.nz)

**Treasurer** Jacqui Cope  
[treasurer@olympicharriers.org.nz](mailto:treasurer@olympicharriers.org.nz)

**Club Captain** Rob McCrudden  
[captain@olympicharriers.org.nz](mailto:captain@olympicharriers.org.nz)

**Deputy Club Captain** Chris Sutherland  
[deputy@olympicharriers.org.nz](mailto:deputy@olympicharriers.org.nz)

**Communications** Deborah Lynch  
[communications@olympicharriers.org.nz](mailto:communications@olympicharriers.org.nz)

**Registrar**  
[registrar@olympicharriers.org.nz](mailto:registrar@olympicharriers.org.nz)

**Uniforms** Emma Doherty  
[uniforms@olympicharriers.org.nz](mailto:uniforms@olympicharriers.org.nz)

**Junior Coaching** Emma Doherty  
[coaching@olympicharriers.org.nz](mailto:coaching@olympicharriers.org.nz)

**General Enquiries**  
[www.olympicharriers.nz/contact](http://www.olympicharriers.nz/contact)

## USEFUL LINKS

**Athletics Wellington**  
[athleticswellington.org.nz](http://athleticswellington.org.nz)

**Athletics New Zealand**  
[athletics.org.nz](http://athletics.org.nz)

**College Sport Wellington**  
[www.collegesport.org.nz](http://www.collegesport.org.nz)

**Primary Sport Wellington**  
[www.primarysportwellington.org.nz](http://www.primarysportwellington.org.nz)

