



Olympic Harriers Winter Syllabus 2025

Correct as at
March 2025

April – November 2025



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



APRIL

- 5 **1st Club Run/Walk of 2025 season**
Waiora Hub
- 5-6 **NISS Track & Field Champs**
Papaioea (Palmerston North)
- 6 **Porirua Grand Traverse**
Whitireia Polytechnic
- 12 **Maiden Perston**
Grenada North
- 12 **Tararua Mountain Race**
Ōtaki
- 12 **Christchurch Marathon (NZ Senior Marathon Champs)**
Ōtautahi (Christchurch)
- 13 **Waitāre Forest Run**
Waitāre
- 19 **Club Run/Walk**
Waiora Hub
- 20 **NZ Half Marathon Champs**
Ōtautahi (Christchurch)
- 20- **Faultline Ultra**
- 21 Te Whanganui a Tara (Wellington)

MAY

- 3 **Shaw Baton Relays**
Battle Hill Farm Forest Park
- 3 **Rotorua Marathon (NZ Masters Marathon Champs)**
Rotorua
- 4 **NZ Road Mile Champs**
Rotorua
- 10 **University Relays (incl Wellington Mixed XC Relay Champs)**
QEII Park, Mackays Crossing
- 14 **CSW Cross Country Relays**
Karori Park
- 17 **Club Run/Walk**
Waiora Hub

- 17 **Hawke's Bay Marathon**
Ahuriri (Napier)
- 18 **Masters XC Relay**
Trentham Memorial Park
- 18 **Manawatu Marathon & Half**
Papaioea (Palmerston North)
- 18 **Barefoot Trail Series, The Orongorongos**
Orongorongos
- 24 **Vosseler Shield**
Mt Victoria
- 27 **CSW Cross Country Champs**
Harcourt Park
- 31 **Club Run/Walk – Olympic Harriers-Hutt Valley Harriers combined**
Petone Rec

JUNE

- 7 **Dorne Cup**
Trentham Memorial Park
- 18 **Barefoot Trail Series, Towai Traverse**
Wainuiomata
- 15 **Club Run/Walk**
Waiora Hub
- 14- **NZSSAA Cross Country Champs**
- 15 Whangarei
- 21 **Grand Memorial**
Ohariu Pony Club
- 21 **Barefoot Trail Series, Starlight Makara**
Makara
- 28 **Club Run/Walk**
Waiora Hub
- 29 **WLG Marathon, Half, 10km, Kids Mile (incl NZ & WLG Marathon Half Champs)**
Te Whanganui a Tara (Wellington)

JULY

- 5 **North Island Cross Country Champs**
Spa Park, Taupō
- 6 **Barefoot Trail Series, Awesome Akatarawas**
Kapiti
- 12 **Club Run/Walk**
Waiora Hub
- 12 **WUU2K**
Te Whanganui a Tara (Wellington)
- 20 **Wellington Cross Country Champs (incl Olympic Harriers Club Champs)**
Harcourt Park
- 26 **Club Run/Walk**
Waiora Hub

AUGUST

- 3 **Club Run/Walk**
Waiora Hub
- 3 **Taupō Marathon**
Taupō
- 2-3 **NZ Cross Country Champs**
Ōtautahi (Christchurch)
- 9 **Club Run/Walk**
Waiora Hub
- 16 **Needle Road Relays**
Kilbirnie Wind Needle
- 23 **Wellington 5km Road Running Championships**
tbc
- 30 **New Zealand 10km Road Championships**
Kemureti (Cambridge)
- 30 **Club Run/Walk**
Waiora Hub

SEPTEMBER

6	Philp Shield Waiora Hub
13	Wellington 10km Road Running Championships (incl Olympic Harriers Club Champs) Wainuiomata
20	Philp Shield Waiora Hub
21	Hutt Marathon Events (incl Wellington Marathon Champs) Petone
27	Club Run/Walk Waiora Hub




OCTOBER

4	New Zealand Road Relay Champs Aorangi (Fielding)
11	Bernie Portenski Memorial Handicap Titahi Bay
18	Club Run/Walk Waiora Hub
25	Club Run/Walk Waiora Hub

NOVEMBER

3	NZ 50 & 100km Champs Christchurch
1	Remutaka Trail Run & Walk Remutaka
15	Queenstown Marathon Queenstown
22	WAI2K Trail Race (includes NZ and WLG 100km Long Course Trail Champs) Whakatiki (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

Primary, Intermediate, College-age
Tuesdays 4.15-5pm; Thursdays 4.15-5pm
Nairnville Park, Khandallah
John & Craig –
coaching@olympicharriers.org.nz

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

Membership	Type	Fee
Active Member 6 Years & Under	Annual	\$28
Active Member 7 to 14 Years	Annual	\$88
Competitive Member 15 to 19 Years	Annual	\$132
Quarterly Member 15 to 19 Years	Q1 & Q2 Q3 & Q4	\$74 \$64
Competitive Member 20 to 22 Years	Annual	\$154
Competitive Member 23 Years & Over	Annual	\$194
Winter Season Member 20 Years & Over	1 April – 30 Sept	\$169 (+ \$48 summer)
Social Member 15 Years & Over	Annual	\$93
Student	Annual	\$136
Competitive Walker	Annual	\$136

Financial year 1 April 2025 – 31 March 2026

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 2025 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 2025. Register at olympicharriers.nz/membership

CLUB CONTACTS

President Bruce Atmore
president@olympicharriers.org.nz

Secretary Tracy Berghan
secretary@olympicharriers.org.nz

Treasurer Chris Sutherland
treasurer@olympicharriers.org.nz

Club Captain Rob McCrudden
captain@olympicharriers.org.nz

Deputy Club Captain Chris Sutherland
deputy@olympicharriers.org.nz

Communications Deborah Lynch
communications@olympicharriers.org.nz

Registrar Jacqui Cope
registrar@olympicharriers.org.nz

Uniforms Emma Doherty
uniforms@olympicharriers.org.nz

Junior Coaching Emma Doherty
coaching@olympicharriers.org.nz

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

