



Summer Syllabus 2019/20 for Seniors and Masters

Social group runs and competitive track & field events

Saturday Social Summer Run & Walk locations will be advertised on the club website calendar, Facebook page, and in weekly emails. They will take place around Wellington, and will have running and walking groups for all ages and ability levels.

October

- 5 **1:45 pm: Saturday Social Summer Run & Walk**
NZ Road Relay Champs - Fielding
- 12 **1:45 pm: Saturday Social Summer Run & Walk**
Track & Field Opening Day (Have a go) – Newtown Park
- 13 Wairarapa Country Marathon (Wellington Half Marathon Champs))
NZ Trail Running Champs - Christchurch
- 15 **Annual Prizegiving – clubrooms**
- 19 **1:45 pm: Saturday Social Summer Run & Walk**
Track & Field Grand Prix 1 – Newtown Park
- 20 Wellington Masters 10k Road Race – Lower Hutt
- 26 **1:30 pm: Bernie Portenski Handicap Memorial Trophy – St Timothy’s Church, Titahi Bay (hosted by Wellington Scottish)**

November

- 2 **1:45 pm: Saturday Social Summer Run & Walk**
Regional League Meet (track and field) – Inglewood
- 9 **1:45 pm: Saturday Social Summer Run & Walk**
Track & Field Club Meet – Newtown Park
4pm Agency Group 10 000m – Newtown Park
Regional League Meet (track and field) – Whanganui
Remutaka Trail Run & Walk - Remutaka
- 16 **1:45 pm: Saturday Social Summer Run & Walk**
Track & Field Grand Prix 2 – Newtown Park
- 23 **1:45 pm: Saturday Social Summer Run & Walk**
Regional League Meet (track and field) – Masterton
- 24 Pelorus Trust Marathon (Includes half, 10km, kids’ mile) - Petone

- 26 **7:30pm: Club AGM - Clubrooms**
- 29-1 North Island Masters track & Field Champs (3 days) – Whakatane
- 30 **1:45 pm: Saturday Social Summer Run & Walk**

December

- 7 **1:45 pm: Saturday Social Summer Run & Walk**
- 14 **1:45 pm: Saturday Social Summer Run & Walk**
Track & Field Club Meet (reduced programme) – Newtown Park
Scottish Night of Miles – Newtown Park
- 21 **1:45 pm: Saturday Social Summer Run & Walk (Christmas dress up run)**
- 28 **1:45 pm: Saturday Social Summer Run & Walk**

January

- 4 **1:45 pm: Saturday Social Summer Run & Walk**
- 11 **1:45 pm: Saturday Social Summer Run & Walk**
Ian Priest Memorial Hutt River Trail Events – Hutt Valley
- 18 **1:45 pm: Saturday Social Summer Run & Walk**
Cooks Classic – Wanganui
- 25 **1:45 pm: Saturday Social Summer Run & Walk**
Track & Field Grand Prix 3 – Newtown Park
Potts Classic (incl NZ 3000m Champs) – Hastings
Jumbo-Holdsworth Trail Race – Tararua Forest Park

February

- 1 **1:45 pm: Saturday Social Summer Run & Walk**
- 1-2 Wellington Track & Field Champs – Newtown Park
- 8 **1:45 pm: Saturday Social Summer Run & Walk**
- 9 Track & Field Sunday Meet (combined with Junior Interclub) – Newtown Park

- 15 **1:45 pm: Saturday Social Summer Run & Walk**
Porritt Classic - Hamilton
- 16 Round the Bays Half Marathon, 10k, 6.5k - Wellington
- 22 **1:45 pm: Saturday club run / walk**
- 23 Sir Graeme Douglas International Track Challenge – Auckland
Track & Field Sunday Meet (combined with Junior Interclub) – Newtown Park
- 28 Capital Classic Track & Field Meet – Newtown Park
- 28-1 NZ Masters Track & Field Champs (3 days) - Hastings
- 29 **1:45 pm: Saturday club run / walk**

March

- 6-8 NZ Track and Field Champs - Christchurch
- 7 **1:45 pm: Saturday Social Summer Run & Walk**
- 14 **1:45 pm: Saturday Social Summer Run & Walk**
Peter Snell International Track Meet – Whanganui
Track & Field Club Meet – Newtown Park
- 21 **1:45 pm: Saturday club run / walk (probable Introduction Day for 2019 winter season)**
- 28 **1:45 pm: Saturday club run / walk**
Track & Field Club Meet (Melrose Shield interclub relay races and season close) – Newtown Park

April

- April events will be confirmed in the 2020 Winter harriers Syllabus. At time of writing, dates for the following event has been set:*
- 5 Porirua Grand Traverse - Porirua

Weekly emails will include a link to a spreadsheet where members can sign up to host club runs or suggest locations.

Website:
www.olympicharriers.nz



Facebook:
www.facebook.com/olympicharriers



Strava Group:
www.strava.com/clubs/146441



Subscribe to weekly emails: email registrar@olympicharriers.org.nz and ask to be added to the weekly email





All Ages, all abilities, all motivations

Join us!

Weekly Activities

- **Tuesdays -Club training:** Form drills and interval training outside the clubrooms at Alex Moore Park. 6:30 – 7:30pm during the daylight savings period (6pm start when daylight savings ends)
- **Thursdays - Core Class:** Circuits to build core stability. Thursdays 7:30-8:30 at the clubrooms. \$5/session.
- **Saturdays – Social club run & walk:** Meet at 1:45pm for 2pm start. Locations on website calendar.

Club Contacts

President:

- Michelle Van Looy
- president@olympicharriers.org.nz

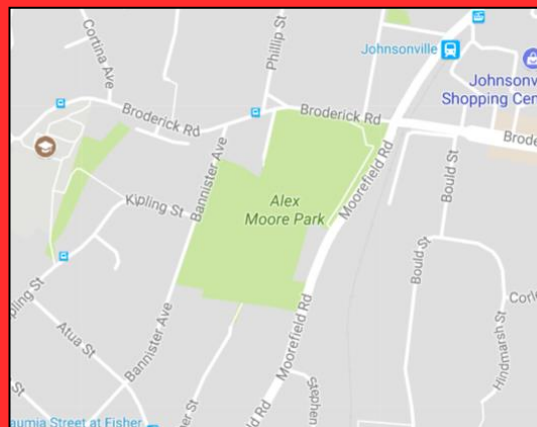
Captain:

- Rob McCrudden
- captain@olympicharriers.org.nz

Clubrooms:

Alex Moore Park, Bannister Ave, Johnsonville

Note: Our clubrooms will be closed for rebuilding from early January 2020.



Summer Syllabus

October 2019 – March 2020

www.olympicharriers.nz

