

S E P T E M B E R

N O V E M B E R

06 Club Day

Pack Runs & Walk.
Venue: Clubrooms.

**Also: ANZ Road Championships,
Hamilton – Waikato/BOP**

13 Philp Shield

Club teams race.
Venue: Clubrooms

20 Club Day

Pack Runs & Walk.
Venue: Clubrooms.

27 Perston Baton Relay

12.30pm Club Relay & Walk
Venue: Karori Park

O C T O B E R

**04 NZ Road Relay
Championships**

Interclub road relay races,
Mosgeil - Otago

Also: Pack Runs and Walk.
Venue: Clubrooms, Bannister Ave

**11 Final Club Day &
Prize-giving**

2.15pm Pack Run/Children's Activities
3.15pm Junior's party
4.00pm Prize giving
Venue: West Park School tbc
8.00pm Club dinner. Venue tba.

26 Masters 10k Road Race

Road race for registered Masters athletes..
Venue: Huia Pool, Lower Hutt

**05 Olympic Harrier Club
Annual General Meeting**

Followed by social event.
Venue: Clubrooms 7.30pm

CLUB COACHING

Organised coaching/training sessions are held on Alex Moore Park, from the clubrooms every Tuesday during the season, wet or fine:

4pm Primary/Intermediate age juniors
5pm. Secondary, M19 & W19 juniors 6pm
Seniors & Masters

Contact Murray McGaughran, phone 384 8762, for more information.

Long Slow Distance training pack runs leave from the Clubrooms at 8am every Sunday during the season.

CLUB WEBSITE

www.olympicharriers.org.nz

START TIMES

The club meets every Saturday afternoon during the season,
March 29 to October 11 **at 1.45pm**, at the Clubrooms, unless otherwise indicated.
Interclub times are announced close to the event.

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. Also, check the syllabus for the **'Social Events'** held during the season.

While all information was correct at time of printing subsequent changes may be necessary. Club members will be notified of any changes via the Wednesday Bulletin, e-mail and the website.

CLUB CONTACTS

President Mark Handley
phone 938 9073

Secretary Michelle Van Looy
phone 232 6353

Treasurer Andrew Kells
phone 232 3899

**Club Captain/
Club Coach** Murray McGaughran
phone 384 8762

Deputy Club Captain
Juan McDonald
phone 232 6063

Communications Chris Speakman
phone 566 9764

Membership Malcolm Standrill
phone 934 0008

Uniforms Steve Tait
phone 478 6125

SUBSCRIPTIONS

(1 April 2008 to 31 March 2009)

Seniors	20 +	\$100
Masters	Women 35 +	\$100
	Men 40 +	\$100
Full time adult student		\$60
Juniors	18 & 19	\$50
Juniors	16 & 17	\$40
Juniors	15 and Under	\$30

Maximum payable per family for juniors 15yrs & under		
		\$75
Family maximum		\$250
Walkers		\$30
Registered Walker		\$80
Associate Members		\$30

Age Grade Qualification:

Age as at 31 December 2008 for all grades except Masters.
Masters – age on day of event.
Masters Women 35+, Men 40+



(Incorporated)
(Established 1914)



**2008
CLUB SYLLABUS**

Clubrooms: Top Field, Alex Moore Park, Bannister Ave, Johnsonville
Postal: PO Box 13-095, Johnsonville
Website: www.olympicharriers.org.nz

Edition # 1 – 29 March 08'

M A R C H

29 Junior Opening Day & Enrolment Primary & Intermediate age children, Returning & New Junior Members welcome
Venue: Clubrooms.

A P R I L

05 Club Opening Day & Enrolment
Pack Runs and Walk.
Venue: Clubrooms. BBQ
Juniors: (Prim & Int) Meet at 2.30pm

12 Club Day
Pack Runs and Walk.
Venue: Clubrooms.
Also: ANZ Mountain Running Championships, **Motueka - Tasman**

19 Club Day
Pack Runs and Walk.
Venue: Clubrooms.

21 – 23 Junior Training Camp
Forest Lakes, Otaki

26 Maiden & Perston Races
Club sealed handicap Cross Country races.
Walk to Venue from clubrooms.
Venue: Newlands College (meet there)

Afternoon Tea at the clubrooms
(Please bring a plate of food)

M A Y

03 Shaw Baton Relays
Olympic hosts this event.
Walk from venue.
Venue: Battle Hill Regional Farm Park, Paekakariki Hill Road, Pauatahanui
First race: 1pm

10 Club Day
Pack Runs and Walk.
Venue: Clubrooms

CLUB SOCIAL FUNCTION - Theme tba

11 Masters Classic Relay
Venue: Trentham Memorial Park.

17 University Relays
Inter-club cross country relay race.
Walk & Walking races from venue.
Venue: QEII Park, McKay's Crossing

24 Vosseler Shield
Interclub cross country races.
Walk from venue.
Venue: WHAC, Mt Victoria.

31 Invitation to Hutt Valley Harrier Club to join us
Pack Runs & Walk
Venue: OHC Clubrooms

Afternoon Tea
(Please bring a big plate of food)

J U N E

07 Dorne Cup
Inter-club cross country races.
Walk from venue.
Venue: Trentham Memorial Park.

14 Club Day
Pack Runs and Walk.
Venue: Clubrooms.

21 Club Day
Pack Runs and Walk.
Venue: Clubrooms.
Also: NZ Secondary Schools Cross country Championships.
Venue: New Plymouth

22 Harbour Capital Full & Half Marathon
Venue: Westpac Stadium

28 Club Cross Country Championships
Cross country races
Walk from Clubrooms to venue.
Venue: Onslow Pony Club, Boom Rock Rd, Ohariu Valley

Afternoon Tea at the clubrooms
(Please bring a plate of food)

CLUB SOCIAL FUNCTION -Theme tba

J U L Y

05 North Island Cross Country Championships, Taupo
Club mid-winter trip
Venue: Spa Park, Taupo.
Club Dinner in Taupo.

12 Club Day
Pack Runs and Walk.
Venue: Clubrooms.

13 AW Mountain Running Championships
Wainuiomata

19 Athletics Wellington Cross Country Championships
Inter-club cross country races.
Walk from venue.
Venue: Waikanae Park, Waikanae

26 Grand Memorial
Club cross country, open handicap races.
Walk from venue back to Clubrooms.
Venue: Onslow Pony Club, Boom Rock Rd, Ohariu Valley.

Afternoon Tea at the clubrooms
(Please bring a plate of food)

SOCIAL: QUIZ NIGHT at CLUBROOMS

27 Masters 8k Road Race
Road race for registered Masters athletes
Venue: Olympic Clubrooms

A U G U S T

02 ANZ Cross Country Championships, Waikanae
You can enter the Championships or there are Pack Runs and Walk from venue.

09 Club Day
Pack Runs and Walk.
Venue: Clubrooms.

16 Bays Relay
Interclub road relay races.
Venue: Start Island Bay; Finish Evans Bay Marina
Walk to Red Rocks

23 Athletics Wellington Road Championships
(Incorporates Club Road Championships)
Interclub road running and walking races.
Venue: Heretaunga.

30 Club Day
Pack Runs and Walk.
Venue: Clubrooms.