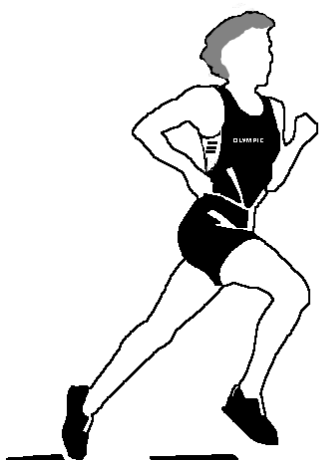




Olympic Harriers

Incorporated

Established 1914



# 2010 CLUB SYLLABUS

**Clubrooms:** Top Field, Alex Moore Park, Bannister Ave, Johnsonville

**Postal:** PO Box 13-095, Johnsonville

**Website:** [www.olympicharriers.org.nz](http://www.olympicharriers.org.nz)

Edition # 1 – 1 March 2010'

## M A R C H

### 27 Introduction & Opening Day

For new and returning members  
1-2pm - Junior Introduction  
2pm - Introduction to harriers  
2.30pm - Introductory pack run

## A P R I L

### 03 Club Day

Pack Runs and Walk  
Venue: Clubrooms

### 10 Maiden & Perston Races

Club sealed handicap cross country races.  
Venue: Newlands College (meet there)  
Walkers: from clubrooms to venue

Afternoon Tea at the clubrooms  
(Please bring a plate to share)

### 17 Club Day

Pack Runs and Walk  
Venue: Clubrooms  
**Also:** Athletics NZ Mountain Running Championships, Motueka

### 18 Porirua City Scenic Fun Run and Walk

Olympic Organised Fun Run and Walk.  
Venue: Onepoto Park, Porirua

### 24 Shaw Baton Relays

Inter-club cross country relays, Olympic hosts.  
Venue: Battle Hill Regional Farm Park, Paekakariki Hill Road, Pauatahanui  
First race: 1pm  
Walkers: walk from venue

## M A Y

### 01 Club Day

Pack Runs and Walk  
Venue: Clubrooms

### 08 University Relays

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

### 09 Masters Classic Relay

Venue: Trentham Memorial Park

### 15 Club Day

Pack Runs and Walk  
Venue: Clubrooms

### 22 Vosseler Shield

Interclub cross country races.  
Venue: WHAC, Mt Victoria.  
Walkers: walk from venue

### 29 Grand Memorial and Hutt Valley Invitation

Club cross country, open handicap races with Hutt Valley joining the fun.  
Venue: Onslow Pony Club, Boom Rock Rd, Ohariu Valley.  
Walkers: from venue to Clubrooms

Afternoon Tea at the clubrooms  
(Please bring a plate to share)

## J U N E

### 05 Club Day

Pack Runs and Walk  
Venue: Clubrooms

### 12 Dorne Cup

Inter-club cross country races  
Venue: Trentham Memorial Park  
Walkers: walk from venue

## 19 Club Day

Pack Runs and Walk  
Venue: Clubrooms  
**Also:** NZ Secondary Schools XC Championships. Venue: Waikanae

## 26 Club Day

Pack Runs and Walk  
Venue: Clubrooms

## 27 Harbour Capital Full & Half Marathon

Venue: Westpac Stadium

## J U L Y

## 03 North Island Cross Country Championships, Taupo

Club mid-winter trip  
Venue: Spa Park, Taupo.  
Club dinner in Taupo.

## 10 Club Day

Pack Runs and Walk  
Venue: Clubrooms

## 17 Athletics Wellington Cross Country Championships

Inter-club cross country races  
Venue: Waikanae Park, Waikanae  
Walkers: walk from venue.

## 24 Club Cross Country Championships

Club cross country races.  
Venue: Onslow Pony Club, Boom Rock Rd, Ohariu Valley  
Walkers: walk from Clubrooms to venue

Afternoon Tea at the clubrooms  
(Please bring a plate to share)

**SOCIAL: QUIZ NIGHT at CLUBROOMS**

**25 Masters 8k Road Race**  
Road race for registered Masters athletes.  
Venue: Olympic Clubrooms

**31 Club Day**  
Pack Runs and Walk  
Venue: Clubrooms

**A U G U S T**

**07 Athletics NZ Cross Country Championships, Waikanae**  
You can enter the Championships or there are pack runs and walk from the venue.

**14 Bays Relay**  
Interclub road relay races.  
Venue: Start Island Bay; Finish Evans Bay Marina  
Walkers: walk to Red Rocks

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

**28 Club Day**  
Pack Runs and Walk  
Venue: Clubrooms

**S E P T E M B E R**

**04 Club Day**  
Pack Runs & Walk  
Venue: Clubrooms  
**Also:** Athletics NZ Road Champs, Christchurch

**11 Philp Shield**  
Club teams race  
Venue: Clubrooms

Afternoon Tea at the clubrooms  
(Please bring a plate to share)

**18 Club Day**  
Pack Runs & Walk  
Venue: Clubrooms

**25 Perston Baton Relay**  
12.30pm Club Relay & Walk  
Venue: Karori Park

**O C T O B E R**

**02 Athletics NZ Road Relay Championships**  
Interclub road relay races, Inglewood, Taranaki  
**Also:** Pack Runs and Walk  
Venue: Clubrooms

**09 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  
8.00pm Club dinner. Venue tbc

**N O V E M B E R**

**03 Olympic Harrier Club Annual General Meeting**  
Followed by social event.  
Venue: Clubrooms 7.30pm

**06 Masters 10k Road Race**  
Road race for registered Masters Athletes.  
Venue: Lower Hutt

**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 Juan McDonald, phone 232 6063 for more information.

Long Slow Distance training pack runs organised at 8am every Sunday during the season.

**AGE GRADE QUALIFICATION**

Age as at 31 December 2010 for all grades except Masters.  
Masters – age on day of event.  
Masters Women 35+  
Masters Men 40+

**START TIMES**

The club meets every Saturday afternoon during the season, 27<sup>th</sup> March to 9<sup>th</sup> October 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.

**CLUB WEBSITE**

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

**CLUB CONTACTS**

**President** Mark Handley  
938 9073  
**Secretary** Michelle Van Looy  
232 6353  
**Treasurer** Andrew Kells  
232 3899  
**Club Captain** Juan McDonald  
232 6063  
**Deputy Club Captain** Rob McCrudden  
232 6377  
**Junior Coordinator** Jo Murray  
232 9409  
**Uniforms** Geraldine Smith  
0210468628  
**Communications/ Membership** Malcolm Standrill  
934 0008

**SUBSCRIPTIONS**

**(Can be paid throughout April)**

*(1 April 2010 to 31 March 2011)*

<b>Seniors</b>	20+	\$140
<b>Masters</b>	Women 35+	\$140
	Men 40+	\$140
<b>Full time adult student</b>		\$80
<b>Juniors</b>	18 & 19	\$80
<b>Juniors</b>	16 & 17	\$80
<b>Juniors</b>	15 and Under	\$50

**Family option 1**  
3 or more juniors 15 and under \$125

**Family Option 2**  
2 adults plus two or more 19 and under \$350

**Family Option 3**  
1 adult plus two or more 15 and under \$200

**Registered Walker** \$80  
**Associate Members** \$50  
**Supporter Member** \$50

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.