



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

Edition # 2 – 18 May 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 Club Day *changed date*

Pack Runs and Walk
Venue: Clubrooms

10 North Island Cross Country Championships, Taupo

changed date

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

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, 27th March to 9th 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

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)

Seniors	20+	\$140
Masters	Women 35+	\$140
	Men 40+	\$140
Full time adult student		\$80
Juniors	18 & 19	\$80
Juniors	16 & 17	\$80
Juniors	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.