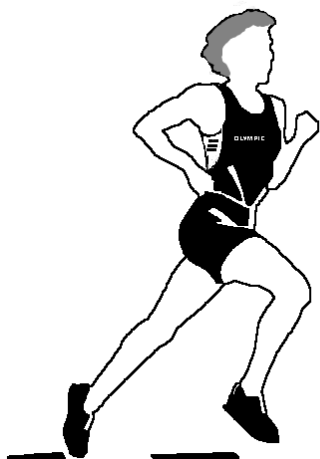




Incorporated

Established 1914

North Island Cross Country  
Top Team 2009, 2010



## 2011 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 # 2 – 25 July 2011

### M A R C H

#### 26 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

#### 02 Club Day

Pack Runs and Walk  
Venue: Clubrooms  
**Also:** NI Secondary Schools XC  
Champs. Venue: Hamilton

#### 09 Maiden & Perston Races

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

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

#### 16 Club Day

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

#### 17 Porirua City Scenic Fun Run and Walk

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

#### 23 Club Day

Pack Runs and Walk  
Venue: Clubrooms

#### 30 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

#### 07 University Relays

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

#### 08 Masters Classic Relay

Venue: Trentham Memorial Park

#### 14 Club Day

Pack Runs and Walk  
Venue: Clubrooms

#### 21 Vosseler Shield

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

#### 28 Grand Memorial

Club cross country, open handicap  
races.  
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

#### 04 Hutt Valley Invitation Day

Pack Runs and Walk  
Venue: Hutt Valley Clubrooms

#### 11 Dorne Cup

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

#### 18 Club Day

Pack Runs and Walk  
Venue: Clubrooms

#### 19 Harbour Capital Full & Half Marathon

Venue: Westpac Stadium  
**Also:** NZ Secondary Schools XC  
Champs. Venue: Ashburton

#### 25 Club Day

Pack Runs and Walk  
Venue: Clubrooms

### J U L Y

#### 02 North Island Cross Country Championships, Taupo

NOT TO BE MISSED WE WANT TO  
KEEP THE TOP TEAM TROPHY  
Club mid-winter trip  
Venue: Spa Park, Taupo.  
Club dinner in Taupo.

#### 09 Athletics Wellington Cross Country Championships

**(Incorporates Club Cross  
Country Championships)**  
Inter-club cross country races  
Venue: TBA  
Walkers: walk from venue.

#### 16 Club Day

Pack Runs and Walk  
Venue: Clubrooms

#### 17 Masters 8k Road Race

Road race for registered Masters  
Athletes  
Venue: Olympic Clubrooms

**23 Club Day**  
Pack Runs & Walk  
Venue: Clubrooms  
**Also:** Athletics NZ Cross Country  
Champs, Christchurch

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

## AUGUST

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

**13 Bays Relay**  
Interclub road relay races.  
Venue: Start Island Bay; Finish  
Evans Bay Marina

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

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

## SEPTEMBER

**03 Athletics NZ Road Relay Championships**  
Interclub road relay races, Auckland  
**Also:** Pack Runs and Walk  
Venue: Clubrooms

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

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

**17 Club Day**  
Pack Runs & Walk  
Venue: Clubrooms  
Possible Wellington Road Relay  
Champs

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

**25 Masters 5k/10k Road Race**  
Road race for registered Masters  
Athletes.  
Venue: Lower Hutt

## OCTOBER

**01 Final Club Day & Prize-giving**  
2.15pm Pack Run/Children's  
Activities  
3.15pm Junior's party  
4.00pm Prize giving  
8.00pm Club dinner. Venue tbc

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

## NOVEMBER

**02 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 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 2011 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, 26<sup>th</sup> March to 8<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, watch out for news of social events on the weekly newsletter.

## CLUB WEBSITE

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

## CLUB CONTACTS

<b>President</b>	Mark Handley 938 9073
<b>Secretary</b>	TBA
<b>Treasurer</b>	Denise Pilcher 972 4060
<b>Club Captain</b>	Juan McDonald 232 6063
<b>Deputy Club Captain</b>	Rob McCrudden 232 6377
<b>Junior Coordinator</b>	Jo Murray 232 9409
<b>Uniforms</b>	Geraldine Smith 0210468628
<b>Communications/ Membership</b>	Malcolm Standrill 934 0008

## SUBSCRIPTIONS

**(Can be paid throughout April)**

*(1 April 2011 to 31 March 2012)*

<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	\$95
<b>Juniors</b>	16 & 17	\$95
<b>Juniors</b>	15 and Under	\$65

## Family Discount

(for families living at the same address)

2 members	10%
3 members	20%
4 or more members	25%

<b>Registered Walker</b>	\$80
<b>Associate Members</b>	\$50
<b>Supporter Member</b>	\$50

**Note:** family discounts exclude associate and supporter membership

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.