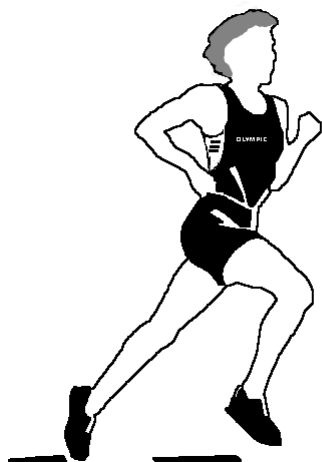




Olympic Harriers

Incorporated

Established 1914



2012 CLUB SYLLABUS

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

Postal: PO Box 13-095, Johnsonville

Website: www.olympicharriers.org.nz

M A R C H

31 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

07 Club Day

Pack Runs and Walk
Venue: Clubrooms

14 Club Day

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

21 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)

28 Shaw Baton Relay

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

05 Club Day

Pack Runs and Walk
Venue: Clubrooms

12 University Relays

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

13 Masters Classic Relay

Venue: Trentham Memorial Park

19 Vosseler Shield

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

26 Club Day

Pack Runs and Walk
Venue: Clubrooms

J U N E

02 Grand Memorial & Hutt Valley Invitation Day

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)

09 Dorne Cup

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

16 Club Day

Pack Runs and Walk
Venue: Clubrooms
Also: NZ Secondary Schools XC Champs, Venue: Auckland

23 Club Day

Pack Runs and Walk
Venue: Clubrooms

24 Harbour Capital Full & Half Marathon

Venue: Westpac Stadium

30 North Island Cross Country Championships, Taupo

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

J U L Y

07 Club Day

Pack Runs and Walk
Venue: Clubrooms

14 Athletics Wellington Cross Country Championships

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

21 Club Day

Pack Runs & Walk
Venue: Clubrooms

22 Masters 8k Road Race

Road race for registered Masters Athletes
Venue: Olympic Clubrooms

28 Club Cross Country Champs

Club cross country 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)

A U G U S T

04 Club Day

Pack Runs and Walk
Venue: Clubrooms

Also: NZ XC Champs.
Venue: Hamilton

11 Bays Relay

Interclub road relay races.
Venue: Start Island Bay; Finish Evans Bay Marina

18 Athletics Wellington Road Championships

(Incorporates Club Road Championships)

Interclub road running and walking races. Venue Wainuiomata:

25 Club Day

Pack Runs and Walk
Venue: Clubrooms

S E P T E M B E R

01 Club Day

Pack Runs & Walk
Venue: Clubrooms

Also: Athletics NZ Road Champs,
Venue: TBA

08 Philp Shield

Club teams race
Venue: Clubrooms

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

15 Club Day

Pack Runs & Walk
Venue: Clubrooms

22 Perston Baton Relay

12.30pm Club Relay & Walk
Venue: Karori Park

29 Club Day

Pack Runs & Walk
Venue: Clubrooms

O C T O B E R

06 Athletics NZ Road Relay Championships

Interclub road relay races, Nelson
Also: Pack Runs and Walk

13 Final Club Day & Prize-giving

2.15pm Pack Run/Children's Activities

3.15pm Junior's party

4.00pm Prize giving

Venue: TBC

8.00pm Club dinner. Venue tbc

N O V E M B E R

04 Masters 10k Road Race

Road race for registered Masters Athletes.

Venue: Lower Hutt

07 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 & W 19 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 2012 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, 31 March to 13 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	Geraldine Smith 976 0160
Treasurer	Denise Pilcher 972 4060
Club Captain	Juan McDonald 232 6063
Deputy Club Captain	Rob McCrudden 232 6377
Junior Coordinator	Jo Murray 232 9409
Uniforms	Andrea Adams 479 4301
Communications/ Membership	Malcolm Standrill 934 0008

SUBSCRIPTIONS

(Can be paid throughout April)

(1 April 2012 to 31 March 2013)

Seniors	20+	\$140
Masters	Women 35+	\$140
	Men 40+	\$140
Full time adult student		\$80
Juniors	18 & 19	\$95
Juniors	16 & 17	\$95
Juniors	15 and Under	\$65

Family Discount

(for families living at the same address)

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

Registered Walker \$80

Associate Members \$50

Supporter Member \$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.