

S E P T E M B E R

05 Club Day

Pack Runs & Walk.

Venue: Clubrooms.

Also: **ANZ Road Championships, Dunedin**

12 Philp Shield

Club teams race.

Venue: Clubrooms

19 Club Day

Pack Runs & Walk.

Venue: Clubrooms.

26 Perston Baton Relay

12.30pm Club Relay & Walk

Venue: Karori Park

O C T O B E R

3 Club Day

Pack Runs & Walk.

Venue: Clubrooms.

10 NZ Road Relay Championships

Interclub road relay races, Christchurch

Also: Pack Runs and Walk.

Venue: Clubrooms, Bannister Ave

17 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.

N O V E M B E R

01 Masters 10k Road Race

Road race for registered Masters athletes.

Venue: Lower Hutt

04 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.

CLUB WEBSITE

www.olympicharriers.org.nz

START TIMES

The club meets every Saturday afternoon during the season, March 28 to October 10 **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 Juan McDonald
phone 232 6063

Deputy Club Captain Rob McCrudden
phone 232 6377

Communications Chris Speakman
phone 566 9764

Membership Malcolm Standrill
phone 934 0008

Uniforms Steve Tait
phone 478 6125

SUBSCRIPTIONS

(Can be paid throughout April)

(1 April 2009 to 31 March 2010)

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

Walker \$80

Associate Members \$30

Age Grade Qualification:

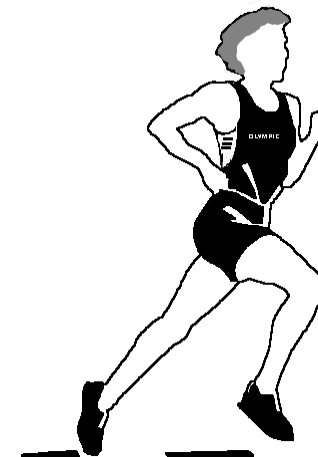
Age as at 31 December 2009 for all grades except Masters.

Masters – age on day of event.

Masters Women 35+, Men 40+



(Incorporated)
(Established 1914)



2009 CLUB SYLLABUS

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

Postal: PO Box 13-095, Johnsonville

Website: www.olympicharriers.org.nz

Edition # 2 – 5 Apr 2009'

M A R C H

28 Introduction & Opening Day

New and returning members welcome. 1-2pm - Junior Introduction. 2pm - Introduction to harriers. 2.30pm - Introductory pack run.

A P R I L

04 Introduction & Opening Day

New and returning members welcome. 1-2pm - Junior Introduction. 2pm - Introduction to harriers. 2.30pm - Introductory pack run.

11 Club Day

Pack Runs and Walk. Venue: Clubrooms.

18 Club Day

Pack Runs and Walk. Venue: Clubrooms. Also: ANZ Mountain Running Championships, Wainuiomata

25 Maiden & Perston Races

Club sealed handicap XC 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

02 Shaw Baton Relays

Olympic hosts. Walk from venue. Venue: Battle Hill Regional Farm Park, Paekakariki Hill Road, Pauatahanui First race: 1pm

09 Club Day

Pack Runs and Walk. Venue: Clubrooms

10 Masters Classic Relay

Venue: Trentham Memorial Park.

16 University Relays

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

23 Vosseler Shield

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

30 Invitation Hutt Valley

Pack Runs & Walk Venue: Hutt Valley Clubrooms

J U N E

06 Club Day

Pack Runs and Walk. Venue: Clubrooms

13 Dorne Cup

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

20 Club Day

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

Venue: Nelson

27 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)

28 Harbour Capital Full & Half Marathon

Venue: Westpac Stadium

J U L Y

04 North Island Cross Country Championships, Taupo

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

11 Club Day

Pack Runs and Walk. Venue: Clubrooms.

18 Athletics Wellington Cross Country Championships

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

25 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

26 Masters 8k Road Race

Road race for registered Masters athletes Venue: Olympic Clubrooms

A U G U S T

01 Club Day

Pack Runs & Walk. Venue: Clubrooms.

Also: ANZ Cross Country Championships, Christchurch

08 Bays Relay

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

15 Club Day

Pack Runs and Walk. Venue: Clubrooms

22 Athletics Wellington Road Championships

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

29 Club Day

Pack Runs and Walk. Venue: Clubrooms.