

Welcome to the 2018 Harrier Season.

We welcome all ages and abilities of runner or walker and meet on Saturdays at 1.45pm for 2.00pm start (unless otherwise specified) at arranged venue. Club members range from NZ reps right through to plodders, walkers and everything in between.

The AIM of Harriers is to have fun, get and keep fit for the season, compete, learn something and enjoy some social banter!! It is important to remember that the social aspect of the club is important for us all - the young can learn from the old and the old can learn from the young - if you are a summer track runner come and join us for winter!! It is fun – sometimes a change/rest is good.

Please do NOT be afraid to come and have a go!!

The benefits of belonging to our Club include; weekly competition with like-minded people, training and coaching opportunities, full use of all the Sports Arena athletics facilities, Athletics New Zealand Membership (access to competition/championships/insurance/high performance programmes /coaching/officials/ rankings/teams), and of course being part of a group of people who are committed to athletics and harriers who like to have fun.

We have made every event Kid and Family friendly as most runs/walks are off road and designed to suit everyone. We also have some social events during the season including trips away.

The Bennett Series is a club competition run over 6 events. This is a handicap event which means that you start on your handicap time and the slowest start first and the fastest runners later! Everyone has the opportunity to do well and the trophy is much sought after. To be in the running 4 out of the 6 events must be completed. Distances may vary slightly with each event and your handicap is based on your previous runs. Times are recorded for each event. Points are given for placings and the handicapper works these out. The sections in the series are: Men/Women/Kids

Membership -See Morris Gray, Club Registration Officer, www.athleticswhangarei.co.nz, or email info@athleticswhangarei.co.nz Details are on the registration form and your fees cover both the Harrier and Track and Field season.

Each event requires helpers, if you can take on the organization for a day or be a helper we will let you know what is required. Injured? If you are not able to take part - do not wallow in self-pity! Volunteer to come along and help (always needed for timekeeping and results - we will welcome you with open arms!)

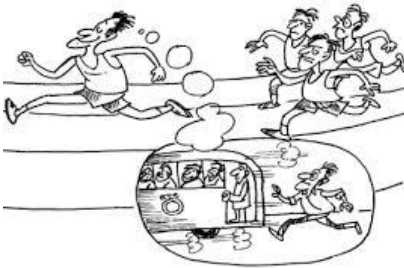
NEW MEMBERS: If you are interested in joining or have any questions please contact us via the club email or message us on the Athletics Whangarei facebook page.


WEDNESDAY evenings throughout the year meet 5.30pm at the Clubrooms for a pack run. Groups for all speeds.


THURSDAY evenings from Clubrooms - 6pm Plodders. Small charge includes food. Enquiries to Gillian Michel 09 4361345



UNIFORM: Singlets and T shirts available and expected to be worn at all events.

HARRIER CO-ORDINATORS: Murray Ruffell and Dennis Langford.

Sat 7 th April	Opening Day		2.00pm	Murray and Dennis	
Sat 14 April	Glenbervie trail run	Main Rd Kauri	2.00pm	Murray and Dennis	Wild Kiwi
Sat 21 st April	Waro Loop Hikurangi	Lake Waro Hikurangi	2.00	Dennis	
Sat 28th April	Estimated Time Run/Walk along Nursery Flat NO WATCHES to be worn 2.5k/ 5k/7k	Glenbervie Forest HQ Maruatua Rd Afternoon tea at Venue	2.00pm	Murray and Dennis	
Sat 5 th May	River Run/walk Distances TBA	Meet Mair Park by Playground	2.00pm	TBA	
Sat 12 th May	Bennett Handicap Event Run/Walk 2.5k/5k/7.5k	Ian Calder's Place Abbey Caves Rd	2.00pm	Ian Calder	
Sun 13 th May					Paihia Mother's Day Run
Sat 19 th May	Cross Country 2k 4k 6k with Hatea	Barge Park	2.00pm	Max and Murray	
Sat 26 th May	Easterbrook's Farm Run	Meet end of Adams Rd	2.00pm	Mike Gowing	

Sat 2 nd June	Club Weekend away Paihia 1/2 12k 5k Stay Lonsdale Park Sat night and Sun Night Sat various options Sun 1/2 marathon	TBA Please keep this weekend free the more the merrier!		Murray, Jan and Dennis	
Sat 9 th June	2 nd Bennet Handicap 2.4k/4.8k/ 6k	Lake Waro	2.00pm		
Sun 10 th June					Run Walk Series Dargaville 10.5k 5k
Sat 16 th June	Baton Relay 3k approx Open event	Barge Park	2.00pm	Brian Barach Max Smith	
Sat 23 June	Parihaka hill climb King Queen Prince and Princess!	Mair Park	2.00pm	TBA	
Sat 30 th June	Hatea Relay	Glenbervie Forest	2.00pm	Jim Kettlewell	
Sat 7 th July	Barge Park loop group run 1 ,2, 3 laps	Barge Park	2.00pm	Murray	BOI Beast 7k
Sat 14 July	3 Pigs 16k morn 5 k afternoon 3 rd	Glenbervie Forest HQ	TBA	Barach's and others Please!!	5k run no charge for club members
Sun 15 th July	3 pigs 21k morn	Glenbervie Forest HQ	TBA	Barach's and others Please!!	

Sat 21 st July	Northland Cross Country champs	Barge Park	TBA	TBA	
Sat 28 th July	3 rd Bennett Handicap with Hatea	Tikipunga Sports Park	2.00pm	TBA	
Sat 4 th Aug	Run with Hatea	Waimahanga track meet Waverly St. Pub afterwards	2.00pm	Hatea	
Sun 5 th Aug					NZ Cross Country Champs Wellington Club trip?
Sat 11 th Aug	Smugglers Run Various distances	Urquhart's Bay Carpark	2.00pm	Murray, Dennis and others	
Sun 12 th Aug					Kaitaia Fun Run
Sat 18 th Aug	Athletics Northland Road Champs		tba		
Sat 25th Aug	4 th Bennett Hatea Loop	Lower Dent St Carpark	2.00pm	Murray and Dennis	
Sat 1 st Sept	Glenbervie trail run This was so good the first time we're doing it again!	Main Rd Kauri	2.00pm	Murray and Dennis	
Sun 2 nd Sept					NZ Road Race Champs Cambridge

Sat 8 th Sept	Club trip away Xterra Xterra Waharau Regional Park Sunday Morn	TBA			 "I told him he should have trained more."
Sun 9 th Sept	See above				NZ Half Marathon Champs Dunedin
Sat 15 th Sept	5 th Bennett Handicap	Glenbervie Forest	2.00	Murray and Dennis	
Sat 22 nd Sept	Goetzee track or Waterfall various distances	AH Reed Carpark	2.00	Murray and Dennis	
Sun 23 rd Sept	Whangarei ½ and 10 K	Marshalls required this is the main fundraiser for the club			
Sat 29 th Sept	Road Relay	TBA	TBA		
Sat 6 th Oct	Kiripaka run/walk	Waipoka Rd Kiripaka	2.00	Murray and Dennis	
Sun 7 th Oct					Kamo "Round the Mountain" 10K
Sat 13 th Oct	6 th Bennett Series Onerahi Foreshore	By the playground and toilets on Beach Rd	2.00		
Wed 17 th Oct	Prizegiving	Trigg Sports Arena	7.00pm	Guest Speaker	
Sat 28 th Oct					Colin's Run Cemetery Rd 16 and 6k
Sat 17 th Nov					Kerikeri ½ Marathon
Sat 24 th Nov	Tony's Run /Walk Matapouri	Matapouri	TBA	Tony Langton	