

## Welcome to the 2019 Harrier Season.

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

The aim of Harriers is to have fun, get and keep fit, compete, learn something new and enjoy some social banter! The social aspect of the club is important to us all - the young 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! Come and have a go!!

The benefits of belonging to our Club include;

- Weekly competition with like-minded people
- The opportunity to train and be coaches
- Use of the Sports Arena athletics facilities
- Athletics New Zealand Membership (access to competitions and championship events locally, nationally and internationally/insurance/high performance opportunities/coaching/officials/rankings/teams)
- Being part of a group of people who are committed to athletics and harriers who like to have fun.
- Child and family friendly events, most runs/walks are off road and designed to suit all abilities.
- Social events including trips away.
- Pack runs WEDNESDAYS throughout the year meet 5.30pm at the Clubrooms. Groups for all speeds.
- Plodders, a social running/walking group THURSDAYS from Clubrooms - 6pm. Small charge includes food. Enquiries to Gillian Michel 09 4361345

This season we will be having a new club handicap competition run over 5 courses. The first will be an estimated time run. At this event you will choose your division (short 2-4k, med 5-7k and long 7-10k) and this will be the division you will enter each time. At the end of the season we will have a winner of each division and an overall winner

This season we will be having some social nights at the club, please see the calendar for details.

New members: To join contact Morris Gray, Club Registration Officer, go to the website [www.athleticswhangarei.co.nz](http://www.athleticswhangarei.co.nz), or email [info@athleticswhangarei.co.nz](mailto:info@athleticswhangarei.co.nz). Details are on the registration form and your fees cover both the Harrier and Track and Field season. If have any questions, please contact the club email or message the Athletics Whangarei Facebook page, or ring Murray on 0274959171

Each event requires helpers, if you can take on the organization for a day or be a helper, we would really appreciate it, we will let you know what is required. We welcome all volunteers who come along and help.

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

HARRIER CO-ORDINATORS: Murray and Jan Ruffell.

Date	Event	Venue	Time	Organisers	Other local events
Sat 6 <sup>th</sup> April	Opening Day	Club rooms	2.00pm	Murray and Jan	Wed 10 <sup>th</sup> April Hatea Downhill Flying Kilometre
Sat 13 <sup>th</sup> April	Glenbervie trail run	Main Rd Kauri	2.00pm	Max Smith	Wild Kiwi 8k 15k 21k Waitomo trail Run 6k 12k 22k 35k 14 <sup>th</sup> April Dargaville Fun Run
Sat 20 <sup>th</sup> April	School Adventure	Whangarei Boys High	2.00	TBA	Friday 26 <sup>th</sup> April Fish and Chips at club \$5 pp
Sat 27 <sup>th</sup> April	Eves Club Challenge Estimated Time <b>NO WATCHES</b> to be worn Long/ Not so Long/ Not very Long at all	Glenbervie Forest HQ Maruatua Rd	2.00pm	Murray and Jan	
Sat 4 <sup>th</sup> May	River Run/walk Distances TBA	Meet Mair Park Playground Start at grass over the bridge	2.00pm	TBA	Bay of Island Runners Riverbanks K2 Classic Kerikeri 15k 5 <sup>th</sup> May Rotorua Marathon 5 <sup>th</sup> May NZ 100km champs
Sat 11 <sup>th</sup> May	Eves Club Challenge #1 Long/Not so Long/ Not very long at all!	Ian Calder's Place Abbey Caves Rd	2.00pm	Ian Calder	12 <sup>th</sup> Paihia Mother's Day Run
Sat 18 <sup>th</sup> May	Glenbervie Forest Off road relay Open event	Glenbervie Forest	2.00pm	Hatea	Sat night Pot luck dinner at club Italian Theme
Sat 25 <sup>th</sup> May	Easterbrook's Farm Run	Meet end of Adams Rd	2.00pm	Mike Gowing	
Sat 1 <sup>st</sup> June	Cross Country loop de loop 3/6/9/12K	Barge Park		Murray and Brian	2nd June NZ Marathon Champs Christchurch

Sat 8 <sup>th</sup> June	Eves Club Challenge #2 Long/Not so Long/Not very long at all!	Lake Waro	2.00pm	Murray and Jan	9 <sup>th</sup> June Sport Northland Parihaka Trail Run/Walk 11 <sup>th</sup> June Secondary Schools Cross Country
Sat 15 <sup>th</sup> June	Baton Relay 3k approx Open event	Barge Park	2.00pm	TBA	
Sat 22 <sup>nd</sup> June	Mt Parihaka King Queen Prince and Princess! Up & down! Open event	Mair Park	2.00pm	TBA	Sat night at club pot luck dinner ROYAL Banquet Theme all welcome!
Sat 29 <sup>th</sup> June	Abbey Caves Rd Hills (Up and Down)	Mountain Bike carpark	2.00pm	TBA	
Sat 6 <sup>th</sup> July	Tiki Tango Open Event Various Distances	Tikipunga Sports ground	2.00pm	Murray	BOI Beast
Sat 13 <sup>th</sup> July	Waimahunga run Open event	Waimahunga Track	TBA	Hatea	
Sat 20 <sup>th</sup> July	Northland Cross Country Champs	Barge Park	TBA	Athletics Northland	
Sat 27 <sup>th</sup> <sup>th</sup> July	Three Pigs 16k 5k	Glenbervie forest		Barach's help required	Pot Luck Dinner at Club Sat Night PIG OUT!
Sun 28 <sup>th</sup> July	Three Pigs 21k	Glenbervie Forest		Barach's help required	
Sat 3 <sup>rd</sup> Aug	Eves Club Challenge #3	Onerahi Foreshore	2.00pm	TBA	Aug 4 <sup>th</sup> NZ Cross Country Champs Wellington
Sat 10 <sup>th</sup> Aug	Smugglers Run Various distances	Urquhart's Bay Carpark	2.00pm	Murray, and others	11 <sup>th</sup> Kaitaia Fun Run
Sat 17 <sup>th</sup> Aug	Kamo Klassic Cross Country	Kamo Recreation ground	2.00	Jan	
Sat 24 <sup>th</sup> Aug	Money Maker	TBA	2.00pm	Murray and Jan	Primary schools' cross country

Sat 31 <sup>st</sup> Aug	Athletics Northland Road Champs	TBA	TBA	Athletics Northland	Sun 1st Sept NZ Half Marathon Champs Dunedin
Sat 7 <sup>th</sup> Sept	Twin falls	AH Reed carpark		TBA	Hatea Kill Hill Challenge 6hr
Sat 14 <sup>th</sup> Sept	Eves Club Challenge #4	Glenbervie Forest	2.00pm	TBA	NZ road race champs Northland primary cross country Champs
Sat 21 <sup>st</sup> Sept	21.1k 9k 4k run for those marshalling next day	Town Basin Café after	8.00am	TBA	
Sun 22 <sup>nd</sup> Sept	Whangarei ½ and 10 K	Marshalls required MAIN CLUB FUNDRAISER			
Sat 28 <sup>th</sup> Sept	Goetzee track or Waterfall various distances	AH Reed Park	TBA		NZ 24 hour champs
Sat 5 <sup>th</sup> Oct	Kiripaka run/walk	Waipoka Rd Kiripaka	2.00	Murray and Jan	NZ road relay champs
Sat 12 <sup>th</sup> Oct	Barach's run	Apotu Rd Kauri			13 <sup>th</sup> Oct NZ Trail running champs Christchurch
Sat 17 <sup>th</sup> Oct	Prizegiving	Trigg Sports Arena	7.00pm	Dinner	Theme TBA
Sat 3 <sup>rd</sup> Oct	Colin's Run 17k & 6k	Cemetery Road	TBA	Hatea	
9/10 Nov	Ladies weekend away and Men's BBQ at Ruffell's				
Sat 23 <sup>th</sup> Nov	Kerikeri Half Marathon	Kerikeri			