

WANGANUI HARRIER CLUB

PATRON

KARLAINE BURNETTE

LIFE MEMBERS

Mrs B N SHINGLES, Mrs J VIPOND,
Mr P GREEN, Mr R MORRISON
Mr A L CARTER, Mr D R POINTON

EXECUTIVE COMMITTEE

PRESIDENT	DI MATTHEWS	027 270 9929
DEPUTY PRESIDENT	MARK KENNEDY	027 757 1888
CLUB CAPTAIN	RACHEL RICHMOND	021 141 7973
DEPUTY CLUB CAPTAIN	BRENDON SHARRATT	027 6931731
SECRETARY	JANICE VIPOND	343 1269
TREASURER	DI MATTHEWS	027 270 9929
COMMITTEE	PAULA CONDER	027 578 4398
	GAIMARIE SMART	027 721 8554
	KEVIN WHITE	
	JEFF SMITH	

All correspondence to:

The Secretary

PO Box 702, Whanganui

Whanganui Harrier Club

or email: wanganuiharrierclub@gmail.com

CLUB COLOURS

CLUB COLOURS TO BE WORN AT ALL TROPHY EVENTS

Runners: Black Shorts with the Official Club singlet - blue, black & white panels with the wording " WANGANUI "down the front and across the back.
Walkers: Black Shorts and the Club white T Shirt with appropriate wording on the front or a Club Singlet.

REGISTRATION YEAR

1st April 2023 - 31st March 2024

TO BE ELIGIBLE FOR TROPHIES YOU MUST BE
A FULL FINANCIAL MEMBER

REGISTRATION FORMS

ALL persons are required to fill in the Club Registration Forms. Ages are as at 31st December 2023 with the exception for Veteran Athletes which is Age on the Day of the Event. Registration forms are available at the WHC clubrooms or can be completed online at www.wanganuiharrierclub.co.nz

ATHLETE DESIGNATION

All athletes must indicate at the start of the season as to which age group they intend to compete in.

Also all members "MUST" decide when joining the Club if they are going to be **Runners or Walkers**. Members can subsequently either run or walk in any event but to be eligible for trophies and/or championships they must have indicated at the start of the season their preference.

SUBSCRIPTION FEES FOR RUNNERS AND WALKERS

CATEGORY	CLUB FEES
SENIOR MEN, WOMEN & VET MEN & WOMEN	\$25.00
UNDER 20's, UNDER 18's,	\$10.00
UNDER 16's	\$10.00
UNDER 14's, UNDER 12's, UNDER 9's	\$10.00
ASSOCIATE	DONATION
VOLUNTEER	Free

NOTICES

All Runs and Walks commence at **1.30pm** unless otherwise stated. **WET or FINE. WALKERS** : All Walkers must maintain one foot in contact with the ground at all times.

PLEASE WATCH : Club Notice Board, Club Emails, Club and the Website for information.

Members are asked to bring a plate most Saturdays whether it is a trophy day or a club day.

WE ASK THAT **NO DOGS** BE BROUGHT TO CROSS COUNTRY EVENTS

WE ALSO ASK THAT **NO LISTENING DEVICES** BE WORN DURING EVENTS

POINTS TROPHIES

For a member to be eligible for Trophies, you must be "Financial" and wearing the Official Club Uniform.

To be eligible for points trophies you must have competed in 5 of the 7 qualifying events. Points are accumulated on handicap results i.e. 1 point for finishing 1st etc. Your best 5 results determine your overall final points tally with the lowest points total determined as the winner i.e. the perfect result would be 5 wins and 5 points.

Best Club Member: C R White Trophy

Senior Men	Excelsior Cup	Senior Women	H I Jones Cup
M20	Alastair Rose Cup	W20,18	Mason Cup
B18	Edna Harrison Rosebowl	G16	Silk Cup
B16	Quin Shield	G14	Cunliffe Shield
B14	Scott Family Trophy	U12	Nimmo Cup
U9	Hopper Family Trophy	Walkers - Men	Martin Family Trophy
Veteran Men	O'Donnell Cup	Walkers - Women	Schrader Tray
Veteran Women		Life Members	Life Members Trophy
Most Improved U20			Ross Trophy
Most Improved Senior Man			Cliff Cox Memorial
Most Improved Senior Woman			Perry Trophy
Most Improved Walker - Woman			Foster Trophy
Most Improved Walker - Man			Martin Trophy
For Outstanding Competitive Performance			Club Captains Cup
			Peirse Family Trophy

CLUB CHAMPIONSHIPS - 2023

Club Championship Trophies members MUST have attended at least three events prior to the Championship to be eligible to compete in the race.

TRAVEL COSTS

When travelling by private vehicle to out of town events we ask that you do not embarrass the driver by not offering to pay towards fuel costs before leaving on the journey. We suggest a rate of \$20.00 per adult passenger to Hawera, Feilding, Marton, Palmerston North & surrounding areas and by negotiation for other destinations. Payment seven days before event.

PLEASE WATCH CLUB WEBSITE:

www.wanganuiharrierclub.co.nz



Wanganui Harrier Club



WHANGANUI
ALL YOU NEED (AND THEN SOME)



WANGANUI HARRIER CLUB 2023

~ Have Fun ~ Get Fit ~ Go Faster ~
Walkers and Runners catered for. Activities and Events to
suit all abilities. Age is no barrier - whether you're 4 or 84.
Be part of a healthy, feel-good sport.



Wanganui Harrier Club acknowledges the support of



For more information go to:
www.wanganuiharrierclub.co.nz

email: wanganuiharrierclub@gmail.com



Wanganui Harrier Club

CLUBROOMS: Victoria Park, Parsons St, Whanganui

WANGANUI HARRIER CLUB SYLLABUS 2023			
Sat 15th April	Opening Day Clubrooms, Victoria Park, Parsons Street 1:30pm Afternoon tea at Clubrooms		
Sun 16th April	Brine to Wine – 12KM Run/Walk Wanganui Sailing Club Walk 8:30am Run 9:15am Individual, 2 person and 4 person Relay Prizegiving & Beverages at Stella Restaurant & Bar		
Sat 22 April	Park Run 8:00am		
Sat 29th April	Anzac Day Relays - Victoria Park, 1:30pm Afternoon tea & presentations at Clubrooms		
Sat 6th May	Run & Bike - Clubrooms, 1.30pm Fish n Chips night (BYO drinks), 5.30pm, Clubrooms		
Sat 13th May	Vaoga Cup – Cross Country at Lndon Park, Castlecliff 1.30pm. Sealed Handicap. (TBC)		
SM, VM, M20 SW, VW, W20, 18 M18, 16 W16, 14 B14 U12	6k Vaoga Cup 4k Geelorup Trophy 4k McCarquin Cup 3k Chilcott Trophy 3k Pointon Cup 2k Black Shield <i>Points Day</i>		
Sat 20th May	Woodruffes XC Hosted by Feilding Moa Club Trip – Time and Venue TBC		
Sat 27th May	Bramwell Teams XC Races Virginia Lake. Registration 1.00pm		
SM, VM, M20, 18 SW, VW, W20, 18 M16, 14 & W16, 14 U12 U9 Walkers	4k Bramwell Trophy – team Bramwell Angel – Fastest Male. 4k Sexton Cup – team Stephenson Trophy- Fastest Woman 2k Watson Trophy 2k Gedye Trophy 1k Bramwell Minature Trophy 4k Hoskyn Family Shield Afternoon tea & presentation at Clubrooms <i>Points Day</i>		
Sat 3rd June	Hughes Memorial XC club trip to Hawera		
Sat 12th June	Club Pack Runs & Walks Dorne Cup trip to Upper Hutt incl Carr Shield v Hutt Valley Harriers		
Sat 17th June	Club Cross Country Champs – Bristol’s Farm Taylor Road, off Tayforth Road, 1.30pm (TBC)		
SM SW VM VW M20 M18 W20 W18 B16 B14 G16 G14 U12 U9 Walkers	10k Couch Cup 8k Kemp Rosebowl 8k Hopper Cup 5k Francis Wilson Trophy 8k Carde Cup 6k Greig Cup 6k WHC Trophy 4k WHC Trophy 3k/4k Deerness Trophy 3k Robinson Trophy 3k/4k Walton Cup 3k Harrison Cup 2k/3k Kemp Trophy 1k Hopper Medallions 4k/8k Green Trophies Afternoon tea & presentations at Clubrooms <i>Points Day</i>		
Sat 24th June	Anderson Rally XC Event Dannevirke Club Trip Time TBA		
Sat 1st July	North Island XC Champs – Taupo Club Trip Whanganui Park Run – 8am		
Sat 8th July	Italian Pursuit Clubrooms, Victoria Park 1.30pm Afternoon tea at Clubrooms		
Fri 14th July	Centre Cross Country Champs Venue & Start Times TBA closer to event		
Sat 22nd July	Halcombe Road Relays - Halcombe (club trip) Start Times TBA closer to the event		
Sat 29th July Sun 30th July	NZ XC Champs - Taupo NZ XC Champs Mixed Team Relays – Taupo Clup Trip Whanganui Park Run – 8am		
Sat 5th August	Club Pack Runs and Walks Clubrooms, Victoria Park 1.30pm Afternoon tea at Clubrooms		
Sat 12th August	Whitlaw Cup Aramaho Cemetary, 1.30pm Sealed Handicap		
SM, VM SW, VW M20, 18 W20, 18 G16, 14 B16, 14 U12 U9 Male Walkers Female Walk	10k Whitlaw Cup 7.5k O’Connell Trophy 7.5k Hoskyn Trophy 5k WHC Trophy 4k Langmead Chalice 4k Bagley Cup 2k Nimmo Cup 1k Duncan McKenzie Trophy 7.5k Alastair McKenzie Trophy 7.5k Robyn McKenzie Trophy Afternoon tea & presentations at Clubrooms <i>Points Day</i>		
Sat 19th August	Gut Buster Relay Clubrooms, Victoria Park 1.30pm Pulled Pork & Chook night (BYO drinks) 5.30pm, Clubrooms		
Sun 27th August	Centre Road Champs Manfield Race Park, Feilding Start times, distances and location TBA		
Sat 2nd September	1 Mile Road Races at Gordons Bush, Kaimatira Road Gordon’s Bush, Kaimatira Road, 1.30pm Ward Family Trophy Fastest Male Smart McBeth Trophy Fastest Female Martin Mens Trophy Male Walkers Martin Womens Trophy Female Walkers <i>Points Day</i>		
Sat 9th September	Club Pack Runs and Walks Clubrooms, Victoria Park 1.30pm Afternoon tea at Clubrooms		
Sun 10th September	NZ Road Champs Manawatu Region		
Sat 16th September	Hopper Bros Shield Round the Bridges Relay Kowhai Park, 1.00pm Open Run Teams Hopper Bros Shield B14, 12, G14, 12, U9 Hopper/Sandlant Trophy Walkers 3 Per Team Pointon Shield Fastest Lap Seymour Hopper Shield Afternoon tea & presentations at Clubrooms		
Sat 23rd September	Club Road Champs - Venue TBA, 1.30pm Male Walkers 5/10k Webby Family Shield Female Walkers 5/10k Webby Family Cup All Walkers 10k Baden Powell Trophy – 1st Handicap U9 1k Hopper Medallions U12 3k Coughlan Trophy B14 3k Topless Family Trophy G14 3k WHC Cup G16 4k Mahoney Trophy M20 8k Farley Cup M18 8k David Edwards Cup W20, 18 5k O’Donnell Trophy B16 5k Breuer & Battersby Trophy VW 5k Benjamin Trophy SM 10k Bon Ton Cup Cox Cup – 1st Handicap SW 10k Breuer & Battersby Cup VM 10k Davis Shield <i>Points Day</i>		
Sat 30th September	NZ Road Relay Champs – Christchurch Whanganui Park Run – 8am		
Sat 7th October	Club Pack Runs and Walks Clubrooms, Victoria Park 1.30pm Afternoon tea at Clubrooms		
Sat 14th October	Gavin Collins Memorial Half Marathon Harrison Shield/Old Timers’ Day Motor Boat Clubrooms, Anzac Parade, Walkers 8am, Runners 9.00am Sealed Handicap Male Runners 21k Gavin Collins Memorial Cup or 12k Harrison Shield Female Runners 21k Wanganui Veterinary Services Cup or 12k O’Donnell Trophy SW 12k O’Donnell Trophy VW 5k Harrison Family Trophy VM50 12k O’Donnell Cup – 1st 50+ to finish provided they haven’t won the Harrison Shield. VW 5k Harrison Family Trophy Walkers 21k Don Collins Memorial Cup (Handicap) or 12k Wanganui Vet Services Trophies M&W Walk 12k Wanganui Vet Services Trophies M20, 18 & W20, 18 5k Horsley Trophy & Bernie Hutchins Trophy for fastest time B16, 14 4k Weller Cup G16, 14 4k O’Donnell Cup U12 2k Walker Cup U9 1k Old Timers Trophy Club Prizegiving and Pot Luck Dinner At Clubrooms, 6.00pm <i>Points Day</i>		
Sun 10th December	PAK’nSAVE 3 Bridges Marathon, Half Marathon, Quarter Marathon, 5k and Kids 1.2k Main club fundraiser - all members encouraged to volunteer. Sign up at www.whanganuithreebridges.co.nz		
CIRCUMSTANCES MAY ARISE FORCING US TO CHANGE THE <u>DATE</u> AND/OR THE <u>START TIME</u> AND/OR THE <u>VENUE</u> OF SOME EVENTS. WE ARE RELUCTANT TO MAKE CHANGES TO THE SYLLABUS BUT ANY CHANGES WILL BE NOTIFIED AS EARLY AS POSSIBLE TO THE AFFECTED CLUB MEMBERS.			