

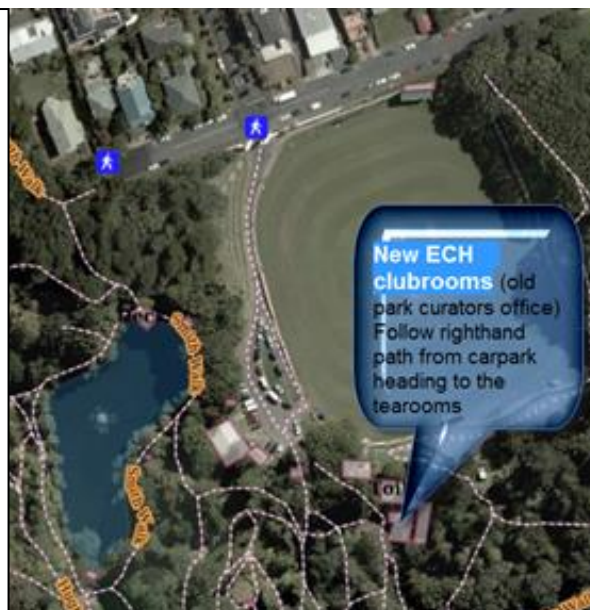
# Energy City Harriers 2018 Programme - April to Oct

V1.0 - 30 March

Energy City harriers are pleased to offer a varied and interesting programme of activities for walkers, joggers and runners of all abilities. We are hopeful that we will see members participate in a range of the activities offered, from the competitive to the social.

## PROGRAMME NOTES:

- PROGRAMME** – This programme may be updated throughout the season. Keep an eye on Facebook and in newsletter for changes.
- PACK RUNS** – All pack runs start at the club rooms unless stated. They will occur sun or rain. Please remember to wear reflective clothing during night runs.
- CLUB POINTS** – Participating in club pack runs, races and other selected events gets club points. More info in club booklet
- MEMBERSHIP** – Please respect other members and pay the club membership if you run more than 3 pack runs.
- CLUB INFO** – See our Facebook page for latest info and keep an eye out for the monthly newsletter (emailed out) and on website.
- TARANAKI XC & ROAD COMMITTEE** have the 3 x \$50 Frontrunner Vouchers draw for the winter Interclub and Taranaki Champs events. The more events you finish, the more chances you have to win
- Most importantly..... the club is all about having meeting people, doing what we love and supporting each other, so get involved.**



Club events (pack runs 1 club point, races 3 club points)  
Other club or external organisation events

Monday	Tuesday	Wed	Thursday	Fri	Saturday	Sunday
April 2	3	4	5	6	7	8
	OPENING PACK 5.30pm <b>NEW CLUBROOMS</b> Pukekura Park		FOCUSED TRAINING <b>NEW CLUBROOMS</b> 5.30pm Various sessions tbc		OPENING MORNING PACK RUN <b>NEW CLUBROOMS</b> 8.00am	Resene Rainbow Run New Plymouth
9	10	11	12	13	14	15
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN Clubrooms 8.00am	
16	17	18	19	20	21	22
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN 1hr 30min LOCAL TRAIL RUN – Location TBC 8.00am	
23	24	25	26	27	28	29
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN Clubrooms 8.00am <b>Peter Catley Mem XC –Frankley School Points = 3</b>	
30	May 1	2	3	4	5	6
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN Clubrooms 8.00am <b>ANZ National Marathon Champs – Rotorua</b>	Taranaki Trail Series Race #1 – German Hill - TBC
7	8	9	10	11	12	13
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		<b>DR DAVIE and GRAHAM CUP / BRENDA BALLINGER MEMORIAL</b> Highlands Intermediate, NP	
14	15	16	17	18	19	20
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN Clubrooms 8.00am	Taranaki Trail Series Race #2 – Night Mission – Pukekura Park - TBC
21	22	23	24	25	26	27
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN 1hr 30min LOCAL TRAIL RUN – Location TBC 8am	
28	29	30	31	June 1	2	3
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN - Clubrooms 8.00am <b>- Hughes Memorial XC: Hawera</b> <b>- Taranaki Open Walks</b>	Taranaki Trail Series Race #3 – East End - TBC

4	5	6	7	8	9	10
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN - Clubrooms 8.00am <b>Tom Verney Jr Memorial XC – Stratford</b>	
11	12	13	14	15	16	17
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN 1hr 30min LOCAL TRAIL RUN – Location TBC 8am	<b>NZ Secondary School CC Champ</b>
18	19	20	21	22	23	24
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		<b>BROOKLANDS CIRCUIT RACE (watchless Estimated time)– Pukekura Park</b>	
25	26	27	28	29	30	July 1
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		<b>CLUB CROSS COUNTRY CHAMPIONSHIPS – Highlands Intermediate</b>	
2	3	4	5	6	7	8
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN Clubrooms 8.00am	
9	10	11	12	13	14	15
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN 1hr 30min LOCAL TRAIL RUN – Location TBC 8am	<b>Cape Egmont ½ Marathon - Taranaki</b>
16	17	18	19	20	21	22
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN Clubrooms 8.00am <b>Athletics Taranaki XC Champs - Stratford</b>	
23	24	25	26	27	28	29
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		<b>HANDICAP RACE – Taranaki Cycle Park</b>	
30	31	August 1	2	3	4	5
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN Clubrooms 8.00am	<b>ANZ National Cross Country Championships - Wellington</b>
6	7	8	9	10	11	12
	PACK RUN Clubrooms 5.30am		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN Clubrooms 8.00am	
13	14	15	16	17	18	19
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN - Clubrooms 8.00am <b>TET Athletics Taranaki Road Champs Hawera</b>	
20	21	22	23	24	25	26
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN 1hr 30min LOCAL TRAIL RUN – PATUHA LODGE Time tbc	
27	28	29	30	31	September 1	2
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN Clubrooms 8.00am	<b>ANZ National Road Championships - TBC</b>
3	4	5	6	7	8	9
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		<b>CLUB SOCIAL TRIP – MARTIN to WANGANUI RELAY</b>	<b>ANZ ½ Marathon Championships - Dunedin</b>
10	11	12	13	14	15	16
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN 1hr 30min LOCAL TRAIL RUN – DRAVITZKI INVITATION Time TBC	
17	18	19	20	21	22	23
	PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		<b>CLUB ROAD CHAMPIONSHIPS – Kaimata Street NP CLUB END OF SEASON DINNER AND AWARDS</b>	
24	25	26	27	28	29	30
	LAST PACK RUN Clubrooms 5.30pm		FOCUSED TRAINING Clubrooms 5.30pm Various sessions tbc		PACK RUN Clubrooms 8.00am	
October 1	2	3	4	5	6	7
					<b>ANZ Road Relay Championships – Christchurch</b>	<b>New Plymouth ½ Marathon</b>