

2019 Energy City Harriers Winter Programme

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:

1. PROGRAMME – This programme may be updated throughout the season. Keep an eye on Facebook and in the newsletter for changes.
2. PACK RUNS – All pack runs start at the clubrooms unless stated. They will occur sun or rain. Please remember to wear reflective clothing during night runs.
3. CLUB POINTS – Participating in club pack runs, races and other selected events gets club points. More info in club booklet.
4. MEMBERSHIP – Please respect other members and pay the club membership if you run more than 3 pack runs.
5. CLUB INFO – See our Facebook page for latest info and keep an eye out for the monthly newsletter (emailed out) and on the website.
6. Most importantly..... the club is all about people doing what we love and supporting each other, so get involved.

Energy City Organised Event
Other Taranaki Interclub/Championships

National Championships
Other Events

Tuesday, 2 April

PACK RUN – Clubrooms 5:30pm
One hour pack run with various speed groups
Continues every Tuesday until end of September

Points = 1

Thursday, 4 April

TARGETTED TRAINING – Clubrooms 5:30pm
Various sessions (hills, interval training etc.)
Continues every Thursday until end of September

Points = 0

Saturday 6 April

PACK RUN (1.5 hours including parkrun)
Clubrooms 7:30am

Points = 1

Saturday 13 April

PACK RUN (1.5 hours including parkrun)
Clubrooms 7:30am

Points = 1

ANZ National Mountain Championships – Wellington

Points = 3

Saturday, 20 April

PACK RUN (1.5 hours including parkrun)
Clubrooms 7:30am

Points = 1

Please see our website www.energycityharriers.co.nz for details of our club and a downloadable Information Booklet

Saturday, 27 April

PACK RUN (1.5 hours including parkrun) Points = 1
Clubrooms 7:30am

Taranaki Trail Series Race #2 – ‘Night Mission’ Mangamahoe

Saturday, 4 May

PACK RUN Stratford Mountain House Points = 3
Time TBC – including after run social

Rotorua Marathon

Saturday, 11 May

Peter Catley Memorial XC – Frankley School Points = 3

Saturday, 18 May

DR DAVIE and GRAHAM CUP Race points

Interclub event. Off road 4km (3 x 1.33km circuit) SCRATCH race.

M Dr Davie Cup

W Body & Sole Cup

Walker Peter & Pat Clark Cup

Graham Cup Trophies (sealed handicap – club members only):

M Graham Cup

W Elder Cup

Walker Miniature Cup

BRENDA BALLINGER MEMORIAL

Open event run in conjunction with the Dr Davie and Graham Cup

Brenda Ballinger Trophies:

M Brenda Ballinger Memorial Cup

W Brenda Ballinger Memorial Cup

Walker Brenda Ballinger Memorial Cup

Yrs 7 & 8 Brenda Ballinger Inter-School Challenge Cup

Yrs 5 & 6 Brenda Ballinger Inter-School Challenge Cup

Saturday, 25 May

PACK RUN (1.5 hours including parkrun) Points = 1
Clubrooms 7:30am

Sunday, 26 May

Taranaki Trail Series Race #3 – Urban Trail Run, Bell Block

Saturday, 1 June**Queen’s Birthday weekend**

Hughes Memorial XC – Hawera Points = 3

Sunday, 2 June

ANZ National Marathon Championships – Christchurch Points = 3

Saturday, 8 June

Tom Verney Jr Memorial XC – Stratford

Points = 3

Saturday, 15 June

BROOKLANDS CIRCUIT RACE

Race points

Kaimata St, New Plymouth. 3:00pm. 7.2km (4 x 1.8km circuit) estimated time race. No watches.

Saturday, 22 June

PACK RUN Oakura

Points = 3

Time TBC – Including after run social

Saturday, 29 June

CLUB CROSS COUNTRY CHAMPIONSHIPS

Highlands Intermediate - Start times to be advised.

M Dagleish Cup #2

W NPHC Senior Woman Cup

M19 Dagleish Cup

M16 Colts Championship Cup

MM, MW, W19, W16, B13, G13 and walker awarded miniature cups.

Saturday, 6 July

PACK RUN (1.5 hours including parkrun)

Points = 1

Clubrooms 7:30am

NICC Championships – Taupo

Points = 3

Saturday, 13 July

PACK RUN (1.5 hours including parkrun)

Points = 1

Clubrooms 7:30am

Saturday, 20 July

TET Athletics Taranaki Cross Country Championships - Hawera

Points = 3

Saturday, 27 July

PACK RUN Mountain Run

Points = 3

Time TBC – including after run social

Saturday, 3 August

PACK RUN (1.5 hours including parkrun)

Points = 1

Clubrooms 7:30am

Sunday, 4 August

ANZ National Cross Country Championships – Auckland

Points = 3

Saturday, 10 August

HANDICAP RACE – Taranaki Cycle Park

Race Points

3 x laps of Road Course (5.1km)

Time TBC

Saturday, 17 August

PACK RUN (1.5 hours including parkrun)
Clubrooms 7:30am

Points = 1

Saturday, 24 August

PACK RUN – Patuha Lodge 9:00am -TBC
Meet at Clubrooms at 8:00am for carpooling

Points = 3

Saturday, 31 August

TET Athletics Taranaki Road Championships – Bell Block

Points = 3

Sunday, 1 September

ANZ Half Marathon Championships – Dunedin

Points = 3

Saturday, 7 September

PACK RUN (1.5 hours including parkrun)
Clubrooms 7:30am

Points = 1

Saturday, 14 September

PACK RUN – Dravitzki Invitation? -TBC
Time TBC

Points = 3

Saturday, 22 September

PACK RUN (1.5 hours including parkrun)
Clubrooms 7:30am

Points = 1

Saturday, 28 September**CLUB ROAD CHAMPIONSHIPS**

Race points

Sealed handicap races at Kaimata St, New Plymouth.

5 x 1km circuit. Start times to be advised.

M Ballinger Cup

W Ballinger Cup

MM NPHC Vet Man Trophy

MW NPHC Vet Woman Trophy

M19 Anniversary Cup

W19 NPHC U20 Woman Trophy

M16 Ballinger Cup

W16 Sonia Barry Trophy

B13 Ballinger Trophy

G13 Ballinger Trophy

Walker awarded miniature cup

NOTE – LAST POINTS RACE

Saturday, 5 October

ANZ Road Relay Championships – Fielding

Sunday, 6 October

Daily News Half Marathon – New Plymouth
