

MARLBOROUGH SUMMER RUNNERS PROGRAMME 2018/2019



**RUNNERS AND WALKERS OF ALL ABILITIES
MOST WELCOME**

THURSDAY EVENINGS – 6pm START
Venues: See inside

Website: www.harriers.net.nz
Facebook: Marlborough Harrier Club

POINTS SYSTEM

Points are awarded for each night, including pack runs/walks, on the basis of:

- * 5 points awarded to each person for turning up and participating in all relays and pack runs/walks.
- * Plus, 10 points are awarded to team members in relays or individuals for first place, 9 points for second place, 8 points for third and so on down to 1 point for tenth place.
- * Relay teams are selected as evenly as possible.
- * At the end of the Summer Season, prizes will be awarded to the top point scorers.

PACK RUNS/WALKS will be non-competitive, made as enjoyable as possible. Join in and run/walk all events or just the ones you want to.

TIME TRIAL SERIES

- * Run/walk over four races.
- * Minimum three 5k time trials to count towards series, including Handicap Race.
- * Prizes awarded for winning male and female.

OCTOBER

- 04 **Opening Night** – Club Garage, Churchward Park, Taylor Pass Road
- 11 **5 km Time Trial** – start Taylor Riverbank, Munro Street entrance (5.45pm Walkers/Hybrid & 6.00pm Runners)
- 18 **Steeplechase Relay** – Redwood Street carpark top end of Redwood Street
- 22 *Labour Day*
- 25 **Pack Run** – Wither Hills from Quail Stream carpark, Forest Park Drive
- 29 *Marlborough Anniversary Day*

NOVEMBER

- 01 **Kay's Run** – Oliver Park, corner of Weld and Cleghorn Streets
- 08 **Pack Run** – Springlands School, Aston Street entrance
- 15 **Pack Run** – Giesen Sports Centre, 10 Uxbridge Street, Renwick (*followed by a bar meal and pint at the Woodbourne Tavern*)
- 17 *Molesworth Run – 84km individual or teams event*
- 22 **Relay** – 2 Person Turnaround, Civil Defence Headquarters, Wither Road extension
- 29 **5 km Time Trial** – start Taylor Riverbank, Munro Street entrance (5.45pm Walkers/Hybrid & 6.00pm Runners)

DECEMBER

- 06 **3 Person Relay** – Brilyn Crescent, Sutherland Stream (off Wither Road)
- 13 **Riverbank Run** – Mountain Bike carpark, Taylor Pass Road
- 20 **Pack Run** – Wither Hills from Rifle Range Place carpark, Forest Park Drive

JANUARY

- 05 **"King and Queen of the Withers" (Saturday)**
Walkers start 7.45am, Hybrids start 8.00am, Runners start 8.30am
- 10 **Pack Run** – Fairhall Cemetery, New Renwick Road
- 17 **5 km Time Trial** – start Taylor Riverbank, Munro Street entrance (5.45pm Walkers/Hybrid & 6.00pm Runners)
- 24 **Pack Run – Which Way Now?** – Ching Park, Endeavour Street (off Budge Street)
- 31 **Relay** – Pollard Park, Parker Street (meet at Blenheim Golf Club)

FEBRUARY

- 06 *Waitangi Day*
- 07 **Pack Run** – Taylor Dam
- 14 **Time & Distance** – Burleigh Park, New Renwick Road
- 21 **5 km Time Trial – Handicapped** – start Taylor Riverbank, Munro Street entrance (final race)
- 27 *****Wednesday this week*** Pack Run** – Horton Park, Stephenson Street to Cob Cottage/Riverlands (followed by CPR and Defibrillator training at the Red Cross Rooms which will be finished by 7.45pm)

MARCH

- 07 **Closing Night** – from Club Garage, Churchward Park, Taylor Pass Road – followed by: **Prize giving and BBQ**

Cost:
\$2 per week or \$20 for season.
(Families - \$25 for the season)

For any further information contact;
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