

Thank you for picking up the Southland Harriers 2018 Programme. The Harriers Committee organise a series of events during the winter months for runners of all ages and abilities. Harriers tries to take you to new places rather than running around the same park each week. Come and join us, run, jog or walk at your own pace.

Most events are free to enter, while others are only \$5 or \$10 and at some events an afternoon tea is provided, so we can all have something to eat and chat with the other runners afterwards.

This year the Handicap Series is proudly sponsored by Shoe Clinic Invercargill and runs over 5 races. Each runner is given a time handicap, the walkers start first, followed by the slower runners and the faster runners have to wait 10 or 20 minutes before they can start. This gives everyone the chance of winning.



Points are collated with prizes for the series winners. Your best four placings count for the series, this means you can miss an event or drop a bad race!

The Shoe Clinic Handicap Series (5 Races) costs \$20 for registered club runners or \$40 for unregistered runners to enter, or you can enter each race separately. \$5 registered club runners, \$10 unregistered runners (per race)\*.

For more information, results and photos make sure you Follow and Like Southland Harriers on Facebook [www.facebook.com/southlandharriers](http://www.facebook.com/southlandharriers)

Or check out the Southern Trail Runners group on Facebook for more social runs [www.facebook.com/groups/301530376665152](http://www.facebook.com/groups/301530376665152)



Or if you want to get serious you will find details for all of the Athletic Clubs in Southland on the Athletics Southland Website [www.athleticssouthland.co.nz](http://www.athleticssouthland.co.nz)



# Southland Harriers

## 2018 Programme



**Race, run, jog, walk,  
all ages and all abilities  
welcome!**

Month	Day	Date	Event Name	Where	When	Cost	Distance	Event Style
March	Sun	18	Surf to City	<a href="http://www.sporty.co.nz/iccsurftocity">www.sporty.co.nz/iccsurftocity</a>			3-12km	Fun Run/Race
	Sat	24	Waihopai River Laps	North end of Racecourse Road	2.00pm	Free	2-10km	Social Run
	Sat	31	Easter					Have the weekend off!
April	Sat	7	Lap the Lake	<a href="http://www.lapthelake.co.nz">www.lapthelake.co.nz</a>			10-20km, 6hrs	
	Sat	14	3 - 6 - 9	Queens Park, Cheeky Llama	2.00pm	Free	3, 6, 9km	Race with a free drink after :-)
	Sat	21	<b>Fosbenders Folly</b>	<b>Fosbender Park, Otatara</b>	<b>2.00pm</b>	<b>\$5/\$10*</b>	<b>3-8km</b>	<b>Handicap Series #1</b>
	Sun	29	Gore Half Marathon	Gore, TBC	TBC	TBC	6, 12, 21km	Race
May	Sat	5	Duckshooters Dash	Waikiwi Tavern, North Road	2.00pm	Free	2-8km	Social Run
	Sat	12	Bill Torrence Bridge to Bridge	Waihopai River, All Saints Church	2.00pm	Free	2.5-5km	Teams Race with afternoon tea
	Sat	19	<b>Miller Killer</b>	<b>Private Farm, TBC</b>	<b>2.00pm</b>	<b>\$5/\$10*</b>	<b>2-7km</b>	<b>Handicap Series #2</b>
	Sat	26	Full Moon Night Run	Seaward Bush, Mason Road	6.00pm	Free	2-10km	Social Run with free donuts!
June	Sun	3	Christchurch Marathon	<a href="http://www.christchurchmarathon.co.nz">www.christchurchmarathon.co.nz</a>			10, 21, 42	Race
	Sat	9	Heather Skerrett Memorial Run	Elizabeth Park	2.00pm	Free	2-4km	Age Graded Handicap
	Fri	15	South Primary Schools Cross Country	TBC	TBC	TBC	TBC	Primary and Intermediate
	Sat	16	<b>Mennells Menace</b>	<b>Riverton, TBC</b>	<b>2.00pm</b>	<b>\$5/\$10*</b>	<b>3-7km</b>	<b>Handicap Series #3</b>
	Sat	23	Gore Cross Country	Gore, TBC	TBC	TBC	TBC	Race
	Sat	30	Bluff Hill Climb	Stirling Point Carpark	2.00pm	Free	2-10km	Social Run then a drink after
July	Sat	7	Social Run	Surrey Park, Running Clubrooms	2.00pm	Free	2-10km	Social Run
	Sat	14	Southland Cross Country Champs	Waimumu	2.00pm	\$5/\$10	2-10km	Race
	Sat	21	<b>Pleasure Bay Punisher</b>	<b>Estuary Carpark Bond Street</b>	<b>2.00pm</b>	<b>\$5/\$10*</b>	<b>3-8km</b>	<b>Handicap Series #4</b>
	Sat	28	Waihopai Riverbank Gate to Gate	Stead Street Wharf Carpark	2.00pm	Free	2.7-6km	Social Run
Aug	Sat	4	ILT St Pauls Street Mile	James Hargest, Queens Drive	2.00pm	\$5	1.6km	Race
	Sun	5	NZ Cross Country Champs (Wellington)	<a href="http://www.athletics.org.nz/Events/2018-new-zealand-cross-country-championships">www.athletics.org.nz/Events/2018-new-zealand-cross-country-championships</a>				Race
	Sat	11	Clyde to Alex	<a href="http://www.alexharriers.co.nz">www.alexharriers.co.nz</a>			2-10km	Race
	Sat	18	Southland Road Champs	Te Anau, TBC	1.00pm	\$5/\$10	2-10km	Race
	Fri	24	Great Naseby Water Race	<a href="http://www.greatnasebywaterrace.co.nz">www.greatnasebywaterrace.co.nz</a>			30-200km	Ultra Marathon Run
	Sat	25	Social Run	TBC	2.00pm	Free	2-10km	Social Run
Sep	Sat	1	<b>McGarvie Cup</b>	<b>Sandy Point, TBC</b>	<b>2.00pm</b>	<b>\$5/\$10*</b>	<b>2.5-7.5km</b>	<b>Handicap Series #5</b>
	Sun	2	NZ Road Champs (Waikato)	<a href="http://www.athletics.org.nz/Events/2018-new-zealand-road-race-championships">www.athletics.org.nz/Events/2018-new-zealand-road-race-championships</a>				Race
	Sat	8	Social Run, TBC	TBC	2.00pm	Free	2-10km	Social Run
	Sun	9	Dunedin Marathon	<a href="http://www.dunedinmarathon.co.nz">www.dunedinmarathon.co.nz</a>			10,21,42	Race
	Sat	15	Masters Birthday Bash	Forest Hill, Pettigrew Road end	2.00pm	Free	2-12km	Social Run with afternoon tea
	Sat	22	<b>Fun Run &amp; Handicap Series Prizegiving</b>	<b>Surrey Park, Running Clubrooms</b>	<b>2.00pm</b>	<b>Free</b>	<b>1-3km</b>	<b>Fun Run and Prizegiving</b>
	Sun	30	St Pauls Off Road Half Marathon	Sandy Point	TBC	TBC	5-21km	Off Road Trail Run/Race
Oct	Sat	6	NZ Road Relay Champs (Christchurch)	<a href="http://www.takahe2akaraoa.nz">www.takahe2akaraoa.nz</a>			6-10km	Teams Road Relay
	Sun	14	2018 Southland Festival of Running	<a href="http://www.southlandfestivalofrunning.co.nz">www.southlandfestivalofrunning.co.nz</a>			5-42km	Race

