

Southland Harriers is proud to present the 2019 Programme & **Shoe Clinic Handicap Series**. Harriers organise a series of events during the winter months for runners of all ages and abilities, we try to take you to new places and have exclusive access to a number of private properties. Most events are free to enter, while others are only \$5 or \$10. Come and join us and race, run, jog or walk at your own pace.



The **Shoe Clinic Handicap Series** is held over 5 races. Each runner is given a time handicap, the walkers start first, followed by the slower runners and the faster runners then have to wait 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 for all races, 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

Or check out the Southern Trail Runners on Facebook for more social runs
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.athleticsouthland.co.nz





Southland Harriers 2019 Programme &



Handicap Series



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

Month	Day	Date	Event Name	Where	When	Cost	Distance
	Sat	13	NZ Mountain Running Champs (Wellington)	www.athletics.org.nz/Events/new-zealand-mountain-running-championships			-
	Sat	20	Lake Hayes	www.athletics.org.nz/Portals/24/Files/Events/Lake%20Hayes%20Race.pdf			8km
	Sat	27	3-6-9- opening event (free coffee or ice cream after)	Queens Park, at Cheeky Llama cafe	2.00pm	Free	3, 6, 9km
May	Sat	4					
	Sat	11	Shoe Clinic Handicap Series, Race 1	Estuary Car Park, Bond Street	2.00pm	\$5/\$10*	3.8-7.6km
	Wed	15	Southland Secondary School Cross Country Champs	Te Anau	11.30	-	3-6km
	Sat	18					
	Sat	25	Gore Cross Country	Hamilton Park, Gore	2pm	free	2-5.4km
June	Sat	1	Teams Relay Race – Waihopai River Track	Thompsons Bush, 584 Queens Drive, Invercargill	2.00pm	Free	TBC
	Sun	2	Christchurch Marathon	www.christchurchmarathon.co.nz	8.00am	Varies	5-42km
	Sat	8	Shoe Clinic Handicap Series, Race 2	Riverton Holiday Park, 43 Richard Street, Riverton	2.00pm	\$5/\$10*	3-6.2km
	Sat	15					
	Sat	15-16	NZ Secondary Schools Cross Country Championships	Timaru	-	-	3-6km
	Sun	16	Invercargill Estuary Half Marathon inc Sth Champs	Stead Street Wharf, parking available on Bond Street	10am	\$10-\$40	6 & 21km
	Fri	21	Southland Primary Schools Cross Country Champs	Southland	-	-	-
	Sat	22					
	Sat	29	Shoe Clinic Handicap Series, Race 3	Millers Farm, Glencoe	2.00pm	\$5/\$10*	3-7.6km
July	Sat	6	Heather Skerrett short course XC	Elizabeth Park, 166 John Street, Invercargill	2.00pm	Free	2-4km
	Sat	13					
	Sat	20	Southland Cross Country Championships	Waimumu, Southern Field Days Site, Gore	2.00pm	\$5/\$10*	2-9km
	Sat	27					
Aug							
	Sat	3	Shoe Clinic Handicap Series, Race 4	Fosbender Park, 310 Dunns Rd, Otatara, Invercargill	2.00pm	\$5/\$10*	4-8.0km
	Sun	4	NZ Cross Country Champs (Wellington)	www.athletics.org.nz/Events/nz-cross-country-championships-3			TBC
	Sat	10	Clyde to Alex	www.alexharriers.co.nz	1.00pm	Various	2-10km
	Sat	17	Shoe Clinic Handicap Series, Race 5 + McGarvie Cup	Rover/Petrie's Track, left off Sandy Point Road	2.00pm	\$5/\$10*	2.5-8.25km
	Fri	24	Southland Road Championships	Boat Harbour, Te Anau Terrace, Te Anau	1pm	\$5/\$10	2-10km
	Sat	31	ILT St Pauls Street Mile	James Hargest Junior, Queens Drive 'Zebra Crossing'	2.00pm	\$5	1.6km
Sep	Sun	1	Dunedin Marathon & NZ ½ Marathon Champs	www.dunedinmarathon.co.nz	8.00am	Varies	5-42km
	Sat	7					
	Sat	14					
	Sun	15	NZ Road Champs (Auckland)	www.athletics.org.nz/Events/nz-road-race-championships	-	-	5-10km
	Sat	21	Masters Birthday Bash fun run and /or training run	Forest Hill, Pettigrew Road end	2.00pm	Free	-
	Sat	28	Shoe Clinic Handicap Series Prizegiving and 3km XC	31 Surrey Park Road, St Pauls Running Clubrooms	2.00pm	Free	1-3km
	Sun	29	St Pauls Off Road Half Marathon	Sandy Point	9am	Various	5-21km
Oct	Sat	5	NZ Road Relay Champs (Fielding)	www.athletics.org.nz/Events/nz-road-relay-championships-3			TBC
	Sat	12					
	Sun	13	NZ Trail Running Champs (Christchurch)	www.athletics.org.nz/Events/nz-trail-running-championships			TBC