

# Glen Eden Athletic and Harrier Club

## Harrier Season 2022



**Ceramco Park,  
120 Glendale Road,  
Glen Eden**

<https://www.facebook.com/geahi>

<https://www.facebook.com/GlenEdenRunning>

**Chairperson - Adam Biffin email - [biffinz@gmail.com](mailto:biffinz@gmail.com)**  
**Club email - [glenedenharriers@gmail.com](mailto:glenedenharriers@gmail.com)**

## Welcome to Glen Eden

With the new Winter Harrier Season approaching the committee has been working to put together another exciting season of running. We hope you find all the information you need in our Handbook.

### **Senior Harriers U18 and over**

There are usually two Groups for the seniors. The first Group meet at the club on a Wednesday evening 6:30pm and the second Group advertise their runs on the GE Strava page and may be meeting at the club or at another location.

You are welcome to join a pack run in either or both these groups. For safety we ask all runners to be well, to scan in and to wear a light during the winter months. To get onboard - join the Glen Eden Strava Group

<https://www.strava.com/clubs/glenedenrunner>

Barry is the Senior Club Captain this year so if you need any advice for meeting your goals make sure you talk to him or email him on [barrysharp@xtra.co.nz](mailto:barrysharp@xtra.co.nz)

We encourage you to participate in Auckland events such as the Cross Country GP series and the many fun relays that are organised. Our club events will be advertised on the web site and Facebook and all registered seniors can compete in the club runs.

This year the points system also includes those that choose to represent our Club at Xterra, Run Auckland, Auckland Athletics GP Series, NZ Athletics Championship events and GEAHC Club run events. All gain points towards the Clubs Points trophies.

When signing up to Xterra and Run Auckland select join a team and then enter our team name which is **Glen Eden Runners** and there is no password.

This year the Takahe to Akaroa relay (Christchurch) is on Saturday 1st October 2022. We are planning on getting at least one team entered into this event. If this sounds like you please let Adam know you are keen for the team!

Contact Adam via email on [biffinz@gmail.com](mailto:biffinz@gmail.com)

### **Junior Harriers Under 18**

The junior section trains on a Monday and Wednesday at 5pm. Training registration forms are posted on Facebook and emailed. Monday's training is usually at a local park and Wednesday we run from the club rooms at Ceramco Park. The youngest runners we can take are those who are 6 years old.

We do require all our runners to be registered as this provides us with insurance on our club nights. We ask that runners run in shoes and wear lights once daylight saving has ended.

### **Junior Harriers Under 18 cont**

Our team - We have our Head Coach and Junior Club Captain Sarah and she is supported by our two other coaches Barry and Adam and some dedicated parent runners. The younger runners are coached by Trish and we are lucky to have some of our older runners George, Abbi and Jacob to assist when they are needed. Karen is our club manager making sure all the info makes it to you. So, a pretty great team keeping all our juniors safe.

Sarah can be contacted - [sarah.lewington91@gmail.com](mailto:sarah.lewington91@gmail.com)

Karen can be contacted - [glenedenharriers@gmail.com](mailto:glenedenharriers@gmail.com)

We encourage all our juniors to participate in events run by Athletics Auckland and wear their club singlet with pride. As with the seniors there are outside series where we have a team they can join.

We have club competitions and for these we usually ask parents to help with marshalling and timing. All events are usually run in age and gender groups. An email will be sent so you can register for these events as they come up. We encourage all our runners to set goals and improve on their personal best times. For the juniors we will have personalised PB charts upon the club wall.

### **Joining the Club**

All our coaches and volunteers are in the process of becoming registered with Athletics New Zealand so we can make sure we provide a safe environment for all our runners. You can access the membership link and all other information on the club website <https://glenedenrunners.org.nz>

### **Athlete Conduct**

Being a member of our club is important and we ask that you represent our club with pride and show good sportsmanship. For outside events you need to wear the correct uniform to compete. Our uniform is a GE Singlet and plain black shorts.

### **Covid 19**

As with 2021 our 2022 season will be fluid as we move through the Covid frameworks set out not only by the Government but also Athletics Auckland, Athletics New Zealand who we are affiliated to and the Auckland Council from whom we lease our building from. We will adhere to all guidelines that are in place.

We encourage you to keep scanning the QR code when you are at the club. We are also ask all members to sign up to events though the google link that we will send to you for each event as our way to contact you.

## Club Calendar from March through to June 2022 -

Subject to change, ALWAYS CHECK! Full Calendar is on our Website

**CE** - Club event enter via club

**AACE** - Athletic Auckland team event enter via club

**AA** - Athletic Auckland event please enter through their online form

**OCTE** - Outside event please enter through the event website and join the GE Team

Date	Event	Type
<b>Saturday April 2nd</b>	<b>Lauri Carter Pairs Race 2pm Ceramco Park</b>	<b>CE</b>
<b>Sunday April 10th</b>	<b>Senior Half Marathon - Waterfront</b>	<b>OCTE -</b>
<b>Saturday April 30h</b>	<b>Southland Centennial - Relay - Sacred Heart College - Junior and Senior teams</b>	<b>AACE</b>
<b>Saturday May 7th</b>	<b>Junior - Oratia Relay</b>	<b>CE</b>
<b>Saturday May 14th</b>	<b>Cross Country GP Series Race 1 - Barry Curtis</b>	<b>AA</b>
<b>Saturday May 21st</b>	<b>JUNIOR Glen Eden Relay</b>	<b>CE</b>
<b>Sunday May 22nd</b>	<b>XTERRA Race 1 - Waitawa Regional Park</b>	<b>OCTE</b>
<b>Saturday May 28th</b>	<b>GP Race 2 - Pakuranga</b>	<b>AA</b>
<b>Sunday June 12th</b>	<b>XTERRA Race 2 - Shakespear Regional Park</b>	<b>OCTE</b>
<b>Sunday June 19th</b>	<b>Run Auckland Race 1 - Ambury Park</b>	<b>OCTE</b>