

## **KAPITI DUATHLONS**

Start 9.00am at Mazengarb Park  
May 2  
June 6  
Oct 3 (incorporating Club Champs)

Off Road Duathlon postponed until further notice

## **WGTVN TRI CLUB DUATHLONS**

## **MANAWATU TRI CLUB DUATHLONS**

May 23  
June 20  
July 11  
Aug 1  
Aug 29

## **OFFICE BEARERS CONTD**

**Publicity Officer**  
Roger Childs

**Club Recorder**  
Bryn Kempthorne

## **OFFICE BEARERS**

### **Patron:**

Brian McKeon

### **President**

Ross Twyford, (04) 299 0970,  
rosstwyford@interfleet.co.nz

### **Vice President**

Bryn Kempthorne (04) 904 3889

### **Men's and Women's Club Captain:**

Bruce Jenkins, (06) 3642104,  
bjandkate@xtra.co.nz  
Kate Jenkins, (06) 3642104,  
bjandkate@xtra.co.nz

### **Junior Club Captain**

Jessica Jenkins

### **Secretary**

Brian Stewart (04 905 0886)  
Stewartcareers@paradise.net.nz

### **Treasurer/ Membership**

Bryn Kempthorne (04) 904 3889  
b.a.kempthorne@xtra.co.nz

### **Committee Members**

Tim Stewart  
Peter Ellis  
Roger Childs  
Harold Robinson

### **Uniforms**

Kate Jenkins

### **Handicappers**

John Hammond, Bruce Jenkins

# 2010

***Kapiti Harrier  
and Multisport  
Club***



## SYLLABUS

PO BOX 259

Paraparaumu

[www.kapitiharriers.org.nz](http://www.kapitiharriers.org.nz)

# **SYLLABUS 2010**

## **MARCH**

**27: Opening Run & Registration Day Raumati South Memorial Hall Tennis Court Rd Raumati South 1.45 PM**

## **APRIL**

**3: Club Run Waikanae Bch Community Hall**

**10: Club Run McKay's Beach End Great Forest Half Marathon**

**17: Handicap Race 1 / Shaw Baton Trial Waikanae Park**

**24: Shaw Baton Relay Battle Hill**

## **MAY**

**1: Waikanae River Relay, Otaihangā Domain**

**8: University Relays, McKay's Crossing**

**9: Masters classic relay, Trentham**

**15: Club Run Waikanae Park on Cross Country Champ Course hosting athletes from regional Secondary schools**

**22: Vosseler Shield, Mount Victoria**

**25: Kapiti Primary Schools CC Waikanae**

**26: CSW Cross Country Champs Waikanae**

**29: CC Handicap Race 2 Mazengarb Park**

## **JUNE**

**5: Club Run Tony Fraei's 24 Newry Road Raumati Beach**

**12: Dorne Cup, Trentham Memorial Park**

**19: National Secondary Schools CC Waikanae**

**26: Club Run Reikiorangi Hall**

**29: Wgtn regional Primary School XC Waikanae**

## **JULY**

**3: North Island CC Champs Taupo  
Alt Club Run Pam & Rogers Childs 81 Kiwi Road Raumati**

**10: Club Run Te Horo Jenkins family 45 Gawler St Te Horo Beach**

**17: Wgtn Cross Country Champs, Waikanae Park**

**24: Club CC Champs Waikanae Park Bring a Plate**

**31: Round The Masts Titahi Bay**

## **AUGUST**

**7: NZ cross country champs, Waikanae Park**

**11: CSW Road Champs**

**14: Bays Relay, Island Bay  
Alternative club run TBA**

**21: Wellington Road Champs, Wainuiomata**

**22: NZ Duathlon Champs CHCH**

**25: CSW Road Relays Trentham**

## **AUGUST**

**28: Club Run Ross Twyford's**

**29: Paremata Handicap Pauatahanui 8AM**

## **SEPTEMBER**

**4: Handicap Race 3 McKay's Beach End NZ Road Champs CHCH**

**11: Redwoods Forest Relay, Rotorua - Club Trip**

**18: Club Run Bryn & Bronwyn's, 18 Rua Road Paraparaumu Beach**

**25: Club Run—Peter Ellis's—4 Elder Grove Paraparaumu**

## **OCTOBER**

**2: Closing Day Road Handicaps—Village Inn Raumati Beach followed by Prizegiving**

- ***All Club Runs and handicaps start at 1.45pm unless otherwise stated***
- ***Interclub events like the Shaw Baton, Dorne Cup and Vosseler Shield may have different starting times to that of our club runs. These will be advised***
- ***Junior Training Waikanae Park Sundays 3PM beginning during April***