



TRENTHAM UNITED
HARRIERS & WALKERS

TRENTHAM UNITED HARRIERS & WALKERS
Welcome Pack
2018

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*Have a question but not sure who to ask? Email us at the above email address and we will
get back to you!*

2018 Executive Committee

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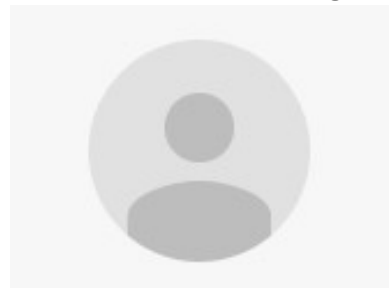
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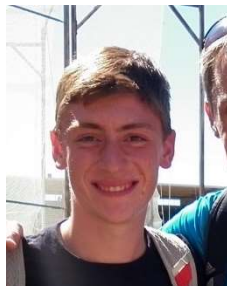
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Short History of the Club

The Trentham United Harriers & Walkers Club started in the late 1950s and was then known as the Petone Athletic & Cycling Club. However, because this Club only catered for summer events, there was increasing interest and discussion involving a winter option. The proposal for a winter harrier session was proposed at a Special General Meeting of the Petone Athletic & Cycling Club and in the year 1958 the Petone Harrier Club was formed. And so our Club began.

Three people who were part of the initial group promoting the Petone Harrier Club were Allan McKnight, Dave Smith and Jack Powell. Allan McKnight's mother became the first Patron in 1958.

Each Club strives to be different, adopts a monogram or insignia and the Petone Harrier Club was no different. A competition to find a suitable emblem was conducted amongst members and the winning entry, based on the Mercedes-Benz badge, was provided by Bob Mitchell and the new emblazoned uniform appeared in 1962.

The same 'three legged runner' is still seen today proudly worn on the Trentham United t-shirts, singlets, Club jerseys and tracksuits.

The Club is currently located in Trentham Memorial Park, however there have been many moves before we became established in the park. The locations of our previous Clubrooms were:

- (a) YMCA Hall, Cuba St, Petone (1957-58);
- (b) Wilford School, Petone (1960);
- (c) Next to the McKenzie Pool, Roxburgh St, Petone (1963);
- (d) Cafeteria Building (also known as Horse Hall and the Tin Hut), Trentham Memorial Park (1970)
- (e) Upper Hutt College (1977);
- (f) Davis Field Pavilion (1979);
- (g) Council Pavilion, Whakatiki Park (1983);
- (h) Trentham Memorial Park Sports Association Clubrooms, Trentham Memorial Park (1986 - current);

Over the years the name of the Club has changed a few times:

1958 – Petone Harrier Club

1969/1970 – Name changed from Petone Harrier Club to United Harrier & Road Runners Club.

1988/1992 – Name changed to Trentham United Harrier Club Inc.

2003 – Name changed to Trentham United Harriers & Walkers Club Inc.

Our Clubrooms

Our Clubrooms are located in Trentham Memorial Park, off Barton Rd, Trentham, Upper Hutt.

Our Clubroom facilities are well equipped with a canteen (coffee & tea and toasties on Saturdays), a bar (both alcoholic and non-alcoholic drinks) and bathroom facilities with warm showers (or cold if you prefer to have cold showers).

Our Season

Our season runs from April to September, during the winter or harrier season of the running and walking calendar. During this time, we meet often, at least twice a week (Thursday nights and Saturday afternoons). See the Training Days section for full details.

During the summer season (October – March) the club winds down a bit but the Seniors still stay active by meeting on Thursday evenings for runs and walks and the occasional Sunday morning Club run.

What about Track / Summer season?

At this time we don't fully cater towards the Athletic Season/Athletic races costs. However, since you have paid your Athletics New Zealand and Athletics Wellington levies with us when you joined at the start of the season, if you decide to join an athletics club for summer, the athletics clubs can't charge you for them again, so you could be eligible for a discount when joining them for summer.

For Seniors:

We are happy to do some of the required administration work were entries need to come via the Club, however, all costs for athletics races are the responsibility of the member and if the Club needs to do the payment, the member(s) will need to reimburse the Club.

For Juniors (0-15 year olds):

Due to the Junior Athletics being run under a different sub-committee of Athletics Wellington, if you would like to do the Junior Athletics over summer you will need to join one of the athletics/junior athletics clubs. When joining an Athletics Club for summer track you do not however need to pay the Athletics New Zealand and Athletics Wellington levy/fees again.

Training Days

During winter/harrier season (April – September) all our members get together on Saturday afternoons at 1:15pm at our Clubrooms for Club Days. Our members also get together on Thursdays at different times depending on their age for Club Nights.

Seniors:

Every Thursday at 6:00pm at the clubrooms.

Seniors also get together on Saturday afternoons with everyone else for Club Days (1:15pm at our clubrooms).

During Summer our Seniors continue to meet every Thursday evening at 6:00pm at the clubrooms. We also tend to meet once a month around the Upper Hutt area (or occasionally a bit further out) for a good Club Run together.

Juniors:

Juniors usually start off their season with everyone meeting at the Clubrooms on Thursdays for a 4:30pm training outside until early May. The Juniors then move into the Indoor Centre next door to our Clubrooms and split into two groups, with the following training times: Primary aged Juniors 4:00pm-4:45pm, Intermediate & College aged Juniors 4:30pm-5:30pm (the second group can usually start warming up around the outside of the circuit indoors while the first group is finishing up, allowing the second group to start at 4:45pm with their training). Clean shoes are a must for the indoor trainings.

Towards the end of our season the juniors usually move back outside into one group for the last month of the season.

Juniors also get together on Saturday afternoons with everyone else on Club Days. The exception being that there usually isn't a Club Day for the Juniors if there is an Interclub event on as most of the Juniors would be participating in the Interclub.

Our Junior section only operates during our harrier season as many juniors tend to transfer to a summer junior athletics club for the summer athletics season and then return the following winter/harrier season.

The exact training times and location for Juniors will be noted in the weekly newsletters.

Our junior trainings are aimed at helping the kids get ready for the interclub races and their school races or just getting fit, while having some fun as well.

Pack Runs / Walks:

At all our Club Runs and Walks we split into groups or packs that suit everyone's abilities.

We can have anything between 2 – 7 packs on Club days, depending on numbers.

Our packs or groups will sort themselves into different groups based on ability, speed and distance. Each pack can still have a range of different paces in them, so if you're not sure with which pack to go in feel free to talk to the members in the pack or Club Captain for advice. When out on a run or walk, the packs will stop and regroup often, to ensure no one gets left behind or lost.

Our packs cover many different routes and trails from flat to hilly, so there's always a nice variety in each run or walk and many options for everyone's abilities.

Gear & Equipment

Running and walking are very simple sports, which at its basis required very little equipment or gear to get started. At its basis, you only require a good pair of running or walking shoes to get started (and some would argue not even that!).

Uniform:

The Club Singlet/shirt is the only required clothing for Club days, Club races and Interclub events. You can purchase a Club Singlet or Shirt from the Club's Uniform Officer.

Spikes:

Whether you're just starting out or an elite competitor who has been racing cross country for years, spike shoes are an integral part of improving your times and can also lessen your chance of injury. They have more of an advantage over general running shoes as spike shoes mostly offer better traction.

Spike pin size for cross country varies depending on the surface condition. Mostly 9mm are recommended for most races but 12mm can be used if ground is muddy or hilly. Spike pins are readily available to purchase from most sports shops.

Although Middle and Long distance spikes can be used for cross country there are definite advantages for using specialized cross country spikes, mostly because of their durability, shock absorption, and traction.

Cross country spikes are usually more heavily cleated on the sole giving better traction for going up and down hills, reducing slippage and at the same time being able to keep up a great race pace.

Cross country races are typically traverse very rough terrain, so your spikes need to be able to withstand the rigors of racing through mud, rocks, gravel, grass, tree roots, water and all the other wonderful and interesting things often found on a cross country course.

This is where specialized cross country spikes have the advantage as they are constructed of more substantial, tougher materials that can withstand repeated use on cross country terrain. Thicker and often firmer midsoles offer better foot protection and absorption. This extra midsole thickness and width through the forefoot can prevent a lot of foot fatigue and

sometimes bruising that can occur without adequate cushioning (shock absorption) under the ball of your foot.

It can also provide a little extra stability and grip on uneven ground as well. The outsole (bottom of shoe) is made from a durable composite rubber which bounces back from impacts with rocks, roots and rough terrain. This tread is lugged the way a regular cross country shoe would be and runs the entire length of the spike shoe. In any type of spike shoe it's the actual spikes or "pins" that provide the traction, but in Cross Country spikes this lugged rubber tread outsole gives you the extra traction to grip the ground with as well as the spike pins.

Where to get spikes?

In Wellington the shops we've found that generally carry spikes are the Shoe Clinics around the region and the Lifestyle Sports outlet in Tawa.

However they usually have a very limited selection of spikes, for a wider variety of options (especially XC & Distance spikes) you generally need to shop online. Online shops that we've had good experiences with are: eastbay.com (USA) and wiggle.co.nz.

Clothing:

Because Harriers is winter sport it is always a good idea to bring additional clothing with you when you come to Club days and events. It is recommended to always bring a light jacket to run/walk in, in case it starts to rain or the temperature drops. You should also bring warm clothing with to put on after runs/walks.

For Club Races and Interclubs you will need to wear the Club Singlet or Shirt, which can be purchased from the Uniforms Officer.

Age Grades

For all age grades except Masters (see below) your age is determined as that on 31 December of the current year. At competitions where the age grades are prefixed with 'Under' followed by the age, it is the age you cannot be on 31 December of that year, for example Under 18 is those aged 17 and under on 31 December, if you are 18 you need to run in the next grade up (which is generally Under 20).

Masters:

For Masters it is your age on the day of the event.

Athletics Wellington and Athletics New Zealand start Masters at 35. The definition and starting age for Masters category varies from event to event, depending on who is hosting/organizing it. At Interclub events Masters are generally competed in 10-year age brackets, for example Masters 50-59, Masters 60-69, etc.

For our own Club events we start Masters at age 35 and all Masters are together in one category, however ladder points for the Masters Ladder get age-adjusted (example: you beat person X by 5 seconds in the race but because he is 12 years older than you he may place ahead of you on the ladder).

Club Races

Club XC Championships:

Held around Trentham Memorial Park. The course generally consists of grass, bush track, stopbanks and creek crossings.

Club XC Champion grades/trophies for this event is:

Men & Women Under 20 (shared trophy), Men Under 18, Women Under 18, Boys Under 16, Girls Under 16, Boys Under 14, Girls Under 14, Boys Under 11, Girls Under 11, Boys Under 10, Girls Under 10, Senior Men, Senior Women, Masters Men, Masters Women.

Novice & President Races:

Held around Trentham Memorial Park. The course generally consists of grass, bush track and creek crossings. It is a handicap event. The winner of the event/trophy is determined by the first person to cross the finish line in their section. The seniors and masters compete for two sections, being:

The Presidents section – being members who have previously received a club trophy.

The Novice section – being members who have not received a club trophy before.

Trophies for this event:

Steve Plowman Trophy – For Under 11.

Trentham United U17 Trophy – For Under 17.

Presidents Cup – First Senior/Master male in the Presidents section.

Buddle Trophy – First Senior/Master female in the Presidents section.

Novice Cup – First Senior/Master male in the Novice section

The Trentham Trophy – First Senior/Master in the Novice section.

Bob Clark Memorial Trophy – For the walkers, this is a hidden team event, all the walkers start together and are hidden handicapped and paired up, with the fastest pair being the winners.

King and Queen of the Mountain:

Walker's event held from the clubrooms to the top of Grace Nicholls Gr in Riverstone Terraces, mostly sealed road/footpath. It is a handicap event.

Trophies for this event:

M.A Ward Cup – King of the Mountain – first male walker to finish.

Hawkins Trophy – Queen of the Mountain – first female walker to finish

Club Road Championships:

Held around the old CIT in Heretaunga, near our clubrooms. The course generally consists of sealed footpath and some open road. There is also hidden handicap for Seniors, Masters & Under 18 runners and a hidden handicap for the Walkers.

Club Road Champion age grades for this event:

Men & Women Under 20 (shared trophy), Men Under 18, Women Under 18, Boys Under 16, Boys Under 16 (runner up), Girls Under 16, Boys Under 14, Girls Under 14, Boys Under 11, Girls Under 11, Boys Under 10, Girls Under 10, Senior Men, Senior Women, Masters Men, Masters Women.

Hidden Handicap Trophies for this event:

Chelsea Cup – Male Senior, Master or Under 18 that beats their predicted time by the most, or is closest to their predicted time.

McKee Trophy – Female Senior, Master or Under 18 that beats their predicted time by the most, or is closest to their predicted time.

Invitation Cup – Male Walker that beats their predicted time by the most, or is closest to their predicted time.

Jim Morgan Trophy – Female Walker that beats their predicted time by the most, or is closest to their predicted time.

Mangaroa Circuit

Held around the Mangaroa circuit. It is a handicap. The race starts in Lane St and then goes around Mangaroa Hill, Mangaroa Valley and back down Wallaceville Hill to finish in Lane St. The course is sealed footpath and open road. Due to the event being on the open road there is a minimum age limit. Walkers also have the Valleys Relay, which is a team handicap event, which starts in the Mangaroa Valley, goes down Wallaceville Hill and finishes in Lane St.

Trophies for this event:

Mangaroa Trophy – for Men, 1st male runner to cross the finish line.

Mangaroa Trophy – for Women, 1st female runner to cross the finish line.

UHRRC Valleys Relay – for the first team to finish in the Valleys Relay.

Eric Putter Relay

Held around Trentham Memorial Park. This is a relay team event. Teams are a mixture of seniors/masters, juniors and walkers. Teams are put together prior to race day, with each team being selected on predicted time, with the goal to have all teams finish at the same time.

Trophy for this event:

Piper Trophy – first team to finish.

Club Ladder

The Club ladder is for consistent performance/participation. At each event that contributes towards your ladder points (ladder event) your finishing placing gets converted to ladder points. For masters your ladder points also go through age-adjustment. For the ladder your maximum best X points of Z points count at the end, so if you do all 6 races then only 5 count (your lowest score gets dropped).

Under 7 Ladder (best 3 of 4 count):

Excel Refrigeration Trophy

Ladder Events: Club XC Championships, Novice & President races, Club Road Championships & Eric Putter Relay.

Seniors & Masters Ladders (best 5 of 6 count):

Dave Gaffney Trophy – for Senior Men

Tom McMahon Memorial – for Senior Women

Egypt Sports – for Masters Men

Eric Putter Memorial Trophy – for Masters Women

Ladder Events: Club XC Championships, Novice & President races, Sanders & Gough, Club Road Championships, Eric Putter Relay, Mangaroa Road Race

Walkers Ladder (best 5 of 6 count):

TUH&W – for Senior Men Walkers

TUH&W – for Senior Women Walkers

TUH&W – for Masters Men Walkers

TUH&W – for Masters Women Walkers

Ladder Events: Club XC Championships, Novice & President, Sanders & Gough, King & Queen of the Mountain, Club Road Championships, Eric Putter Relay

Other Trophies

All the trophies are handed out at the end of season prize giving. You can take them home but will be required to return them the following season/year.

In addition to the trophies for Club Championship races and the Ladders there is also the following trophies:

Junior Trophies:

Emblem Trophy – Most Improved Colt (Under 20 Male)

Trentham United Harriers Cup Most Promising Junior Boy – for most promising boy.

Trentham United Harriers Cup Most Promising Junior Girl – for most promising girl.

Coldstream Guards Cup – Most Improved Junior (Under 20 Female)

Keith Stewart Rose Bowl – Most outstanding young runner.

Senior/Masters Trophies:

Tremendous Feat' Trophy – For a tremendous feat.

Keating Shield – Most enthusiastic athlete.

The Marie McKnight Cup – Most outstanding services to the Club.

Jeffery Graham Memorial Cup – Most outstanding athlete.

Oliver Memorial Trophy – For best Individual Marathon Performance (including Half Marathons), based on the member with the closest time to the winner (Runners & Walkers).
Red Faced Runner/Walker of the year – For the most memorable and/or embarrassing moment.
H.A. McKnight Trophy – Most outstanding walker

Our Fundraising Events:

Currently we organise two events each year to help raise funds for the Club. The first of these events is our Trentham 5km Series which is (usually) a 6-race 5km & 2.5km Run & Walk series held at our Clubrooms during January to March.

The second event we organise is the Rimutaka Rail Trail Half Marathon, 14km & 7km Run and Walk in early November.

For both fundraisers we rely on the members to help organize and operate the events.

Athletics New Zealand and Athletics Wellington Membership

When you join the Club you also automatically become a member of Athletics New Zealand (the sport's national governing body) and Athletics Wellington (the regional governing body). Both organizations have perks for being members.

Starting with Athletics New Zealand you have access to all their member benefits (including discounts on Blue Bridge Ferries, Hertz Rentals, Millenium Hotels & Resorts, Choice Hotels, Sports Distributors and the Rotorua Marathon) and being covered by their Public Liability & Statutory Liability insurance while competing in ANZ sanctioned events.

Full Athletics New Zealand Member Benefits can be found at:

<http://www.athletics.org.nz/Clubs/Member-Benefits>

Athletics Wellington also has benefits for members often, recent ones we had were discounts for the Kids XC Series and TempoFit Wellington.

By being a member of these two organizations it also allows you to participate in Interclubs, Regional Championships and National Championships.

Glossary

Athletics New Zealand – Athletics New Zealand (ANZ) is the national governing body of the sport.

Athletics Wellington – Athletics Wellington (AW) is the regional governing body of the sport.

Annual General Meeting – One of the most important meetings of the year for our Club is our Annual General Meeting held in February, where the Executive Committee gets elected for the next season and when our club fees are proposed to the members for that season.

Executive Committee – The Club's governing body. Consists of up to 7 Executive Officers (minimum 4), elected annually at the Annual General Meeting. The Executive Committee consists of the President, Vice President, Club Captain, Secretary, Treasurer, Administration Manager and Communications Manager.

Handicap – An event where each person has their time predicted prior the race. Each person starts at a different time with the person with the slowest predicted time starting first and the fastest person starting off last. Winners of Handicap races are based on the first person to cross the finish line. In theory, everyone's predicted time should have them finish at the same time, resulting in close racing.

Hidden Handicap – Similar to a Handicap event but everyone starts at the same time (mass start), winners of the Hidden Handicap are based on the person who beats their predicted time by the most or, if no one beats their predicted time, the person closest to their predicted time.

Trentham Memorial Park Sports Association – Owners of the Clubrooms. Their Committee consists of 5 Trentham United Harriers & Walkers and 5 Upper Hutt United Cricket members. Trentham United has priority usage of the clubrooms during winter (April-September) while Cricket has priority usage during summer (October-March).

Sealed Handicap – See Hidden Handicap.

Acknowledgements:

We would like to thank Michael Du Toit, Maria Allen and the Executive Committee for their input while putting together this document.