

# Winter Running Season 2026



**Cross Country • Trail • Road  
Running • Jogging • Walking**

Improve your fitness this winter by getting off the hard pavements and onto the trails – your body will thank you!

All ages • All abilities


From competitive athletes to social walkers – everyone is welcome.

Whether you're gearing up for:

- School Cross Country
- Rugby, Hockey, Football, or Touch
- AIMS Games
- Or you just want to build base fitness and get stronger.

## **Perfect for Kids & Teens Training for Winter Sports!**

Our winter running sessions are a fun, safe, supportive way to boost endurance, speed, and confidence. Great cross-training for all sports!

 **Saturdays – 1:45pm for 2:00pm start**

Venues around Whangārei, varying distances from 2km to 10km, you choose what you want to do

Starting Saturday 11 April to late September

## **After Every Event**

Join us for a shared “bring a plate” afternoon tea – great people, great kai, great community.

## **Enquiries**

Visit our Facebook Page or website

Text/Call: 021 0242 9890 or 021 0279 6487

## **Weather? No worries.**

Harriers is never cancelled unless there is a civil defence emergency. If the weather looks rough, bring a raincoat and warm gear.

Venues may change when needed – we'll email you if we have your details or check Facebook for updates

## **Costs**

Included in your Athletics Whangarei membership (Apr-Mar): See our website  
Casual / Pay-as-you-go: Adults (18+): \$5.00;  
Youth (17 and under): \$2.00

## **Volunteers**

Helpers are always appreciated!

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Date	Venue	Day Organisers	Distance	Other
11/04	Onerahi Police Station	Morris Gray	Short medium and long	
18/04	Karanui estate	Stewarts	Short medium and Long	
25/04	Morgans Farm Run 232 Tavinor Road Otaika Valley Portland End	Morgan Family	Short Medium and Long	
02/05	Meet aquatics Centre Car Park under the big Tree by river Run along the Falls Track over the board walk up stairs to Vale road turn left and onto track thru the boot wash	Mike Martin	Short-To Mair Park bridge and return Medium to the end of track at Whareora Road and return Up to The Falls and return	
09/05	No Harriers-			
10/05 SUNDAY	Run the Bay Paihia We would like as many people as possible to support this event Wearing our club colours (Uniform)	Club Discount	Marathon Half marathon 8.7 and 6 k	Entries via Sport Northland
16/05	Barge Park Cross Country no 1	Barach	2 k loop – 8 and under 4k – 12 and under 6 k – 13-17 Boys and Girls Vet women 35+ Vet men 60+ 8k – vet men under 60 Senior Women 18-34 10k – senior Men 18-34	
23/05	Onerahi Beach Road by the toilets and playground Handicap event no 1(sealed)	?	Short Medium long You decide which distance you will run and the next handicap event you will be given a start time	
30/05	One Tree Point	Carolyn Smith	Short Medium and Long	
06/06	Burma Road Glenbervie	? Jenny and Tony	Meet at the Glenbervie Mountain Bike Car Park	
13/06	Cross Country Barge Park no 2	Barach	2 k loop – 8 and under 4k – 12 and under Vet men 80+ Vet Women 75+ 6 k – 13-17 Boys and Girls Vet women 35+ Vet men 60+ 8k – Vet men under 60 Senior Women 18-34 10k – senior Men 18-34	
20/06	Baton Relay Tikipunga Park	B Barach	3 k loop TBC	We will need sufficient numbers
27/06	Barge Park 3,2,1 hours or 30 mins	Barach	3hrs start 1300 2 hours start 1400 1 hours start 1500 30 mins start 1530	Afternoon tea 1600 hours

# Winter Running Season 2026



Date	Venue	Day Organisers	Distance	Other
04/07	Easterbrooks TBC	M Gowing and helpers		Taupo XC Champs
11/07	Barge Park Cross Country Championships no 3	Barach	2 k loop – 8 and under 4k – 12 and under Vet men 80+ Vet Women 75+ 6 k – 13-17 Boys and Girls Vet women 35+ Vet men 60+ 8k – Vet men under 60 Senior Women 18-34 10k – senior Men 18-34	
18/07	Onerahi Beach Road Handicap no 3	?		
25/07	Ross Workout	Ross family		
01/08	Parihaka Hill Climb	club		National XC Champs ChCh
08/08	No winter running			
09/08	Kara Hall with Tri Club		Run or ride or both	
15/08	Road Championships Details to follow			
22/08	Onerahi Beach Road NO 3 Handicap	?		
29/08	Whangarei Falls Run	Gill	Short medium and long	Kaitaia Run
05/09	?Barachs XC on grass Not our Paddock			
12/09	Meet at the Aquatics Centre for a run around Parihaka followed by coffee at the Basin!			
13/09	<b>Whangarei Half Marathon</b>		<b>Our Club Marshalls This event as a major fund raiser for our club: Please consider volunteering your time.</b>	<b>Spot Northland</b>
19/09	Money Factory	Morris		
26/09	Prizegiving			
21/11 <sup>1</sup>	<b>Kerikeri Half marathon</b>			<b>Sport Northland</b>
28/11	Matapouri Trail Run (and swim)	Tony and Pam Langton		