

## WELLINGTON SCOTTISH ATHLETICS CLUB

[Scottish events are shown in bold, recommended events in *italics*]

### OCTOBER

- 15 Rimutaka Duathlon
- 15 Masterton Marathon, Half Marathon, 10k
- 17 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**
- 21 Newtown Park - Track & Field (season opening day)
- 24 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**
- 28 **Saturday Club run / walk - Makara Mountainbike Park, 8am**  
meet Carpark, South Karori Road
- 28 Newtown Park - Track & Field Open day
- 29 Auckland Marathon, Half Marathon, 10k
- 29 Shelly Bay Duathlon
- 31 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**

### NOVEMBER

- 4 Central League Track & Field Meet, Hastings
- 5 **Saturday Club run / walk - Long Gully, 8am**  
meet Clubhouse
- 7 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**
- 8 **Corporate Challenge 5km, 6.30pm**
- 11 Newtown Park - Track & Field (Black Programme)
- 12 Napier Half Marathon, 10k
- 14 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**
- 18 Central League Track & Field Meet, Newtown Park
- 18 *Rimutaka Railway Run <http://www.coolrunning.co.nz/races/rimutaka/>*
- 18 Molesworth Run (84km)
- 21 Olympic 5km Race, Queens Wharf 6pm
- 25 Newtown Park - Track & Field (Gold Programme)
- 28 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**

### DECEMBER

- 2 Central League Track & Field Meet, Palmerston North
- 2 Kepler Challenge (60km), Te Anau
- 3 **Sunday Club run / walk - Ngaio/Khandallah, 8am**  
meet Khandallah pool, Woodmancote Road
- 5 Olympic 5km Race, Queens Wharf 6pm
- 7 **Thursday Club run / walk - Magpie Lawn, Botanic Gardens, 5.30pm**
- 9 Newtown Park - Track & Field (Black Programme)
- 12 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**
- 16/17 National Track & Field League Final, Wanganui
- 19 Olympic 5km Race, Queens Wharf 6pm
- 23 **Scottish Night of Miles, Newtown Park, 5pm**
- 24 Scorching Bay Triathlon

### JANUARY

- 5/7 North Island Colgate Games, Newtown Park
- 9 Olympic 5km Race, Queens Wharf 6pm
- 13 **Saturday Club run / walk - South Karori, 8am**  
meet Karori Park carpark
- 13 Newtown Park - Track & Field (Gold Programme)
- 16 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**
- 20 Newtown Park - Track & Field (Black Programme)
- 23 Olympic 5km Race, Queens Wharf 6pm
- 27 **Sunday Club run / walk - Hutt Valley, 8am**  
meet Huia Pool, Lower Hutt, with Hutt Valley Marathon Clinic
- 30 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**

### FEBRUARY

- 1 **Evening run/walk and moonlit supper,**  
meet Massey Memorial, Point Halswell, 6.30pm
- 3 Newtown Park - Track & Field (Gold Programme)
- 4 Wellington Masters T&F Champs (Day 1)

- 6 Olympic 5km Race, Queens Wharf 6pm
- 10 Newtown Park - Black Singlet Meeting
- 10 **Buller Gorge Marathon and Half Marathon - P-Team away trip**
- 13 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**
- 14 *Clarrie Gibbons 24k - Wellington to Eastbourne*
- 17 Wellington Track & Field Champs, Newtown Park
- 17 Round Lake Taupo Relay
- 18 Round The Bays, Wellington
- 20 Olympic 5km Race, Queens Wharf 6pm
- 25 Wellington Half Marathon & 10k  
<http://www.olympicharriers.org.nz/HalfMara.php>
- 25 *Mt Lowry Challenge, Eastbourne*  
<http://www.paardekooper.co.nz/comminvolv/mtlowry.htm>
- 27 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**

### MARCH

- 3 **Saturday Club run / walk - Colonial Knob, Porirua / 8am**
- 2/4 NZ Track & Field Champs, Inglewood
- 3 New Plymouth Marathon (incl NZ Marathon champs)
- 6 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**
- 10 Newtown Park - Track & Field (Black Programme)
- 13 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**
- 17 **Saturday Club run / walk - Transmission Gully, 8am**  
meet Battle Hill Park
- 17 Newtown Park - Wellington Junior Track & Field Champs
- 20 **Scottish 5km Race, Loaded Hog, 5.45pm (walkers) / 6pm**

## Newtown Park Programme

### Black Programme

Time	Track	Field
1.30pm	3000m Track Walk	
2.00pm	80/100/110 hurdles	Triple jump/Pole Vault
2.10pm	800m	Shot put
2.35pm	100/60m sprints	
2.55pm	400m	Long jump
3.05pm	3000/5000m	
3.25pm	200m	Discuss

### Gold Programme

Time	Track	Field
1.30pm	5000 Track Walk	
2.00pm		High/Triple jump
2.10pm	300/400m Hurdles	Hammer
2.25pm	100/60m Sprints	
2.45pm	1500m/1 mile/2000m	Long jump
3.05pm	200m	
3.20pm	Distance event	
3.40pm	400m	Javelin

## Club Contacts

Summer Committee:	Karl Woodhead	383 6658
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# WELLINGTON SCOTTISH ATHLETICS CLUB (INC)

## 2006/07 SUMMER SEASON

**Clubhouse**  
**Prince of Wales Park**  
(access via Salisbury Terrace, Mt Cook)

**P O Box 6239, Wellington**

Patron: Alan Stevens  
President: Ken Howell

### **Life Members:**

Brian Cattermole, Bruce Cowan, Don Dalgliesh, Clem Green, Bruce Jenkins, Steve Hunt, David Lonsdale, Colin Maclachlan, Melissa Moon, Alan Stevens, Todd Stevens, Peter Tearle

### **Management Committee:**

Rees Buck, Loretta Desourdy, Pam Graham, Rebecca Grainger, Peter Robinson, Adrian Shields, Bob Stephens, Todd Stevens

**[www.scottishathletics.org.nz](http://www.scottishathletics.org.nz)**