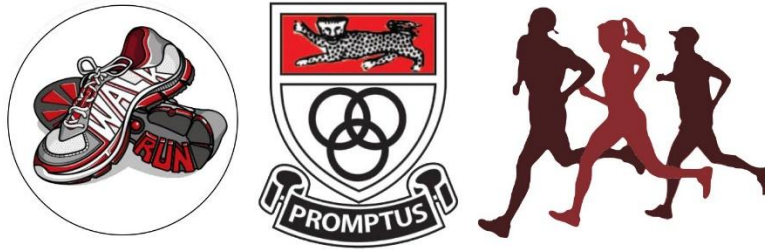


GOODWOOD HARRIERS



Welcome



Vision Statement

To create an all-inclusive running community that looks after its members' well-being and gives back to the broader community.

We strive to foster a supportive environment where every runner, regardless of their background or ability, feels valued and motivated to always strive to do their personal best.

Our club is dedicated to building bridges within the community and contributing to causes that uplift those around us.

Together, we aim to create a positive impact, one step at a time.

Club Information:

Goodwood Harriers Running Club - goodwoodharriers@gmail.com

Meet the Committee

| | | | |
|-----------------------|------------------|--------------|--|
| Chairman | Donavan Matthews | 084 627 1543 | donavan24@gmail.com |
| Vice Chairman | Lloyd Lucas | 073 630 9330 | lloyd.lucas2@gmail.com |
| Treasurer | Cheslyn Brown | 083 693 1346 | cheslynbrown@gmail.com |
| Secretary | Karen Pretorius | 082 338 8908 | pretoriuskj@gmail.com |
| Registrations Officer | Pam Gazzard | 083 454 5995 | pamela.gazzard@gmail.com |
| Men's Captain | Jermayne Dryden | 082 927 2560 | 01jermayne.dryden@gmail.com |
| Ladies Captain | Kim De Wet | 078 511 6559 | erasmuskim@yahoo.com |
| Records Keeper | Mariska van Zyl | 083 554 1551 | vanzylm@msn.com |
| Social Convenor | Kay Lee Matthews | 074 129 2421 | kayleesmall25@gmail.com |

The official Club colours are **Red, Black and White**

As a member of Goodwood Harriers Running Club, you will be required to abide by its Constitution and the following rules. It is essential that all members adhere to these rules, for your own safety and enjoyment of the club.

1. You **MUST** wear full club kit (official club vest/t-shirt, Black shorts/tights) to all ASA affiliated road races nationwide. (Plain Black t-shirt under vest in cooler weather will be allowed). Noncompliance can lead to disqualification and/or fines to the member and club.
2. You **MUST** wear your ASA license on the front and back of your club vest at all ASA affiliated road races throughout the country.
3. Please treat all runners (both members and non-members of the club), race officials, marshals, event volunteers, referees and team managers with courtesy and respect.
4. Please abide by the instructions given to you by race officials, marshals, event volunteers and referees at all races.
5. Please carry and throw your rubbish (used water sachets, used gel packets, empty bottles, empty wrappers etc.) into a dustbin at a race.
6. Do not throw your rubbish in a drain, bush, tree, or any other place where it will be lost or difficult to retrieve.
7. **NO** headphones or earphones to be worn at any ASA affiliated road race, as it is not allowed.

8. You may not bring the name and reputation of the club, its sponsors, or affiliates into disrepute by conducting yourself in a vulgar, unsportsmanlike, disrespectful or dishonest manner.
9. If you have been disqualified from an ASA affiliated road race, alternatively, if you are notified by a referee that you will be the subject of disciplinary proceedings, you must immediately notify your club chairman or club captain.
10. If you believe that you have been the victim of unfair discrimination, alternatively, if you feel that a referee or race official has treated you in an unfair manner, you must immediately notify your club chairman or club captain.
11. When competing for an age-category prize, you must wear the appropriate age-tag on the front and back of your vest. Arrange for one through our club secretary.
12. You must wear your official club T-shirt/jacket at all prize-giving events.
13. Please note that any member's failure to abide by these rules may result in the club taking disciplinary action.
14. Please ensure that our club Registration Officer always has your correct contact details

Club Training

We would like to encourage all members to attend club training.

Monday

Bootcamp - 18:00 - Normally at the Rugby Field in Milton Rd

Time and venue will be confirmed via WhatsApp group

Tuesday

Meeting place varies depending on the training scheduled – this will be communicated via the WhatsApp Info group.

Thursdays

Time Trial

Members will be called upon to volunteer their time at least once a year to do TT duty

For safety purposes Summer and Winter have different routes

Summer

We meet at 17:55 at Monte Vista Train Station

Consists of a 3km or 5km route

Winter

We meet at 17:25 in Alice Street, opposite Protea Home

Consists of a 2,5km or 5km route

Saturdays / Sundays

Generally, a longer run – also communicated via the WhatsApp Info group

Club Programs

Couch to 10km

10 to 21.1km

21.1 to 42.2 km

Details to be communicated via club meeting and WhatsApp group

Meetings

Club meetings are held once a month. The Annual General Meeting (AGM) is held once a year.

It is important to attend these meetings, because some information is not shared in the chat groups. Some decisions need member input.

Club Code of Conduct - Our Values & Member Etiquette

As our club continues to grow, we want to reaffirm our commitment to providing a safe, inclusive, and respectful environment for every runner. To ensure everyone feels comfortable, please keep the following club policies in mind:

- ◆ Privacy & Contact Details: Our community groups are for club-related communication. Please do not use member contact details for unsolicited private messaging without prior consent.
- ◆ Physical Boundaries: We pride ourselves on being a friendly community, but it is essential to always respect the personal space and physical boundaries of others.
- ◆ Our Values: Harassment or any behavior that makes a member feel uncomfortable is not tolerated. Our club should be a space where everyone can focus on their running in a supportive atmosphere.

If you ever experience or witness behavior that contradicts these values, please reach out to a committee member.

Thank you for helping us keep our club a respectful space for all

WPA Races

All members are encouraged to make every effort to attend WPA races.

Registered athletes must wear their ASA licenses on the front and back of their vest. The race number must be worn on the front of the vest. It must be placed in such a way that it does not cover the top of the ASA license and sponsor logos.

Temporary licensed runners must wear the race number on the front of their vest and the temporary license on the back.

Club Race

Our club race, in accordance with WPA, is held on the last Saturday of September every year.

All members are required to assist in the hosting of the event, unless otherwise arranged with the club captains.

Club Gazebo

Our club Gazebo will be up at certain races throughout the year – we kindly request that if you can at least once a year, to please assist with transporting and/or manning it.

Club Clothing

Club clothing is available from:

Pam Gazzard – 083 454 5995

Payment can be made via Yoco card machine or EFT – POP to be sent to club email address goodwoodharriers@gmail.com

GOODWOOD HARRIERS Clothing pricelist



- Winter Jacket - R650
- Summer Jacket - R450
- Club Vest - R240
- Club T-Shirt (Black) - R260
- Training Top (White) - R250
- Peak Cap - R140
- Visor - R100
- Buff - R70
- Beanie's - R100
- Arm Warmers - R110
- Socks - R120

Contact Pam - +27 83 454 5995 - Cash/EFT/Yoco



WPA Race Calendar

<https://drive.google.com/file/d/1qolQJof-e1kgIKB8E4tFRkk2Ypwx24Ah/view?usp=sharing>

League Races

League Races for 2026

| No | Race | Club | Date | Distance | Area |
|----|----------------------------|----------------------|------------|----------|---------|
| 1 | Brackenfell 10 | Brackenfell | 31/01/2026 | 10 | North |
| 2 | Dan Luyt 15 | Bellville | 01/03/2026 | 15 | North |
| 3 | Ravensmead 15/10 | Ravensmead | 28/03/2026 | 15/10 | North |
| 4 | Velocity Richmond 10 | Velocity | 04/04/2026 | 10 | North |
| 5 | Easterns 15 | Easterns | 16/05/2026 | 15 | East |
| 6 | Mamre 21 | Mamre | 27/06/2026 | 21 | North |
| 7 | Eersterivier 15 | Eersterivier | 04/07/2026 | 15 | East |
| 8 | Elsies River 10 | Elsies River | 01/08/2026 | 10 | Central |
| 9 | Bakgat 10 | To be advised by WPA | 10/10/2026 | 10 | North |
| 10 | Kloppers Nedbank 10 | Nedbank | 17/10/2026 | 10 | North |
| 11 | Phoenix 10 | Phoenix | 22/11/2026 | 10 | Central |
| 12 | Gugs Reconciliation Day 10 | RCS Gugs | 16/12/2026 | 10 | South |