



- We have a [full club programme](#) for 2018 and welcome juniors on our club runs. We have cafe runs, relay events, interclub races and much more!
- When there is no club run or junior option, there will be junior cross country training sessions at Waikanae Park or Waikanae Beach. See dates below.
- All sessions are subject to change. Please check the Facebook group ([Junior Triathlon Training \(Kapiti Running & Tri Club\)](#)) for changes or cancellations.
- These sessions are FREE for club members; \$5 for non-members).
- See the club website (www.kapitiruntri.org.nz) for more information or to join the club.
- Bring running shoes, drink bottle, suitable clothing.
- All sessions are on Sundays at 2pm

Date	Session	Location
15 April	Cross country session	Waikanae Park (Park Avenue)
29 April	Cross country session	Waikanae Park
13 May	Beach run	Waikanae Beach (Tutere Street)
20 May	Cross country session	Waikanae Park
10 June	Cross country session	Waikanae Park
15 July	Cross country session	Waikanae Park
22 July	Orienteering event	Waikanae Park
12 August	Cross country session	Waikanae Park
9 September	Beach run & BBQ	Waikanae Beach

Contact Tom Bland (021 877 894) with any questions or for more information.