

NOWRA ATHLETICS CLUB - 2017 WINTER PROGRAM

Date	Round	VENUE	For more information on State events visit www.nswathletics.org.au	
APRIL	1st.	/	Willandra	Open Day - Note: Registration & Admin 1.30 - 2.15pm prior to 2.30pm start of Events
	8th.	1	Willandra	Registration & Admin 1.30 - 2.15pm prior to 2.30pm start of Events
	15th.	2	Willandra	Easter Saturday ~ Visitors to the area very <i>WELCOME</i>
	22nd.	3	Timberhills	* <i>St George Classic ~ Ramsgate..... State Novice & supporting Fun Run events</i>
	29th.	4	Willandra	McCaffrey Challenge - Open Day - Match with Kembla Joggers - (Please bring a plate for afternoon tea)
School XC Carnivals at Willandra ~ 1st. & 2nd. May Secondary & Primary Diocesan - 4th. May Combined Anglican schools				
MAY	6th.	5	Longreach	* <i>Sydney Ten - State 10k Road Championships - Homebush AGM and presentation night Illaroo Rd School 6:30pm - please bring plate of supper</i>
	13th.	6	Timberhills	<i>Bill McKinnon Memorial Run</i>
	20th.	7	Willandra	
	27th.	8	Longreach	* <i>State Cross Country Relays - Miranda Park (Selected Club Teams)</i>
School XC Carnival at Willandra ~ 2nd. June South Coast Regional				
JUNE	3rd.	9	Timberhills	
	10th.	10	Longreach	
	17th.	11	Willandra	* <i>Willandra Country Classic - XC Challenge All ages catered for - Plus Open FunRun . (Donations of cakes and slices required for cake stall)</i>
	24th.	12	Dapto	McCaffrey Challenge - Return Match with Kembla Joggers-
JULY	1st.	13	Longreach	
	Sunday 2nd. July ~ ANSW & LAA combined State Short Course XC ~ Upjohn Park Rydalmere			
	8th.	14	Willandra	
	15th.	15	Timberhills	* <i>State Road Relays - Ourimbah Campus (Selected Club Teams)</i>
	22nd.	/	Longreach	<i>Novelty events & guessing competition</i>
28th.	/	Timberhills	<i>'Pot Luck' Fun Relays.</i>	
AUG.	5th.	/	Willandra	End of Season Presentation Day
	Sunday 13th August ~ Annual City to Surf -			
	Sunday 27th August RUNNSW ~ Shoalhaven KOM 25k, 10k, 5k & kids 2k Kangaroo Valley Country Club			
~ Information ~ Club Website: www.nowraathletics.org.au				

Willandra - Gibb's Farm - Browns Mt Rd. Right off Illaroo Rd, Signs to X Country. Good testing courses, ample parking, and amenities. The canteen will be open each Saturday at Willandra selling hot & cold drinks, afternoon tea etc.

Timberhills - McKinnon's Farm - Right into Kells Rd, off Tomerong by-pass. XC signs. Scenic course. Parking & Portaloo

Longreach Rd - Right off Yalwal Rd. Nowra. Unsealed road / fire trails. Signs to start / finish / Parking / Portaloo.

Competition is generally conducted in All Weather conditions, however should a course be considered too dangerous due to excessive wet weather, a Notice of change of venue / cancellation will appear on our website.

Five distances offered on the various venues, and start times are:

1k & 2k . 2.30pm start / 3k & Long course (varies from 8 to 12k) .. 3pm / Medium Course - varies 4 to 6k .. 3.20pm.

No age limit or qualifying standard . Handicapping system applied to all events. Everyone Welcome

POINT SCORE COMPETITION ...

Competition will be conducted over 15 Rounds, with competitors highest scoring 12 rounds to count. Bonus points (min 40) will be awarded to members who compete in State events conducted on the same day as local competition.