

Nowra Athletics Club
SUMMER ROAD RUN COMPETITION

2016 - 2017

GENERAL INFORMATION:

Our Summer Road Run objectives are to provide weekly road runs with an emphasis on a social/competitive format. We cater primarily for adults or older children (with road sense). However, due to safety issues we do not cater for young runners. There is just the one race each week over a distance of approximately 6 kms. All events are handicapped. As in previous years, there will be a “donation box” each week. The proceeds of which will cover the cost of the weekly chocolates with the surplus being donated to a local charity at the end of the season. For insurance purposes, all runners must be financial members of Nowra Athletics Club.

WHEN:

The Competition will be conducted on a format of 3 separate series. Series 1 will commence on Saturday afternoon at 4.30pm. PLEASE NOTE that after daylight saving commences, the race start time **will change to 5.30pm** for the remainder of Series I.

NOTE: Series II and Series III will be conducted on Friday evenings (not Saturday) with a race start time of 6.30pm.

ENQUIRIES:	Kevyn Davis	44478309
	Terry Bailey	44216065
	Lisa Carroll	44210909

COURSES:

There are 6 courses this year:

- i. NOWRA SHOWGROUND**
Start / Finish at Added area (beside the hall)
- ii. SHOALHAVEN HEADS**
Start/Finish at 16 Celia Parade (near Jerry Bailey Children’s Centre)
- iii. CAMBEWARRA VILLAGE**
Start / Finish at Village Hall on Main Road
- iv. PARMA ROAD**
Start / Finish at Kevyn’s House
- v. BASIN VIEW**
Start / Finish Basin View Reserve (Basin View Pde)
- vi. TOMERONG**
Start / Finish venue at the Community Hall.

NOWRA ATHLETICS CLUB
SUMMER ROAD RUNS
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 PROGRAMME

Series 1 – SATURDAY AFTERNOON

Round	Date	Venue	Race Start	
1	Sat 24 th Sept 2016	Nowra	4.30pm	Trial Run
2	Sat 1 st Oct 2016	Parma Rd	4.30pm	Point Score
3	Sat 8 th Oct 2016	S'haven Heads	4.30pm	Point Score
4	Sat 15 th Oct 2016	Tomerong	**5.30pm**	Point Score
5	Sat 22 nd Oct 2016	Cambewarra	**5.30pm**	Point Score
6	Sat 29 th Oct 2016	Basin View	**5.30pm**	Point Score

Series 2 – FRIDAY NIGHT

Round	Date	Venue	Race Start	
1	Fri 4 th Nov 2016	Nowra	6.30pm	Point Score
2	Fri 11 th Nov 2016	Parma Rd	6.30pm	Point Score
3	Fri 18 th Nov 2016	Cambewarra	6.30pm	Point Score
4	Fri 25 th Nov 2016	Tomerong	6.30pm	Point Score
5	Fri 2 nd Dec 2016	S'haven Heads	6.30pm	Point Score
6	Fri 9 th Dec 2016	Basin View	6.30pm	Point Score
7	Fri 16 th Dec 2016	Xmas Run TBA	6.30pm	Point Score

Series 3 – FRIDAY NIGHT

Round	Date	Venue	Race Start	
Pairs Run	Fri 6 th Jan 2017	Nowra	6.30pm	Pairs Run
1	Fri 13 th Jan 2017	Nowra	6.30pm	Point Score
2	Fri 20 th Jan 2017	Parma Rd	6.30pm	Point Score
3	Fri 27 th Jan 2017	Cambewarra	6.30pm	Point Score
4	Sat 3 rd Feb 2017	Tomerong	-	Point Score
5	Fri 10 th Feb 2017	S'haven Heads	6.30pm	Point Score
6	Fri 17 th Feb 2017	Basin View	6.30pm	Point Score
Pairs Run	Fri 24 th Feb 2017	Nowra	6.30pm	Pairs Run
Social	Fri 2 nd Mar 2017	Social TBA		