



SUMMER ROAD RUNNING 2015-2016

GENERAL INFORMATION:

- 6 km road run
- social yet competitive
- for adults and road-safe older children only
- single handicapped race for all competitors
- gold coin donation to run
- for insurance purposes, all runners must be financial members of Nowra Athletics Club

	Series 1	Series 1	Series 2	Series 3
Day	Saturday	Saturday	Friday	Friday
Start date	12 th Sept 2015	10 th Oct 2015	30 th Oct 2015	8 th Jan 2016
Time	4:30pm	5:30pm	6:30pm	6:30pm

ENQUIRIES:	Kevyn Davis	4447 8309
	Terry Bailey	4421 6065
	Paul Jennings	4421 8332
	Lisa Carroll	4421 0909

Visit our website <http://nowraathletics.org.au/> or find us on Facebook/NowraAthleticsClub

There are 6 courses this season:

- i. **NOWRA SHOWGROUND**
Start / finish at rear of main grandstand
- ii. **EROWAL BAY**
Start/ finish at Fire Station Park
- iii. **CAMBEWARRA VILLAGE**
Start / finish at Village Hall on Main Road
- iv. **VINCENTIA**
Start / finish at Plantation Point Reserve
- v. **TOMERONG**
Start / finish at the School of Arts Hall, Hawken Rd
- vi. **BASIN VIEW**
Start / finish at the Basin View boat ramp, Basin View Pde

COME AND RUN WITH US!



SUMMER ROAD RUNNING 2015-2016 PROGRAMME

Series 1 *** SATURDAY AFTERNOONS***

Round	Date	Venue	Race Start	
	Sat 12 th Sept 2015	Cambewarra	4:30pm	Pairs Run
1	Sat 19 th Sept 2015	Vincentia	4:30pm	Pointscore
2	Sat 26 th Sept 2015	Tomerong	4:30pm	Pointscore
3	Sat 3 rd Oct 2015	Nowra	4.30pm	Pointscore
4	Sat 10 th Oct 2015	Erowal Bay	*5.30pm*	Pointscore
5	Sat 17 th Oct 2015	Cambewarra	*5.30pm*	Pointscore
6	Sat 24 th Oct 2015	Basin View	*5.30pm*	Pointscore

Track & Field starts
Wed 7th Oct

Series 2 *** FRIDAY NIGHTS ***

Round	Date	Venue	Race Start	
	Fri 30 th Oct 2015	Nowra	*6.30pm	Pairs Run
1	Fri 6 th Nov 2015	Vincentia	*6.30pm	Pointscore
2	Fri 13 th Nov 2015	Tomerong	*6.30pm	Pointscore
3	Fri 20 th Nov 2015	Cambewarra	*6.30pm	Pointscore
4	Fri 27 th Nov 2015	Erowal Bay	*6.30pm	Pointscore
5	Fri 4 th Dec 2015	Basin View	*6.30pm	Pointscore
6	Fri 11 th Dec 2015	Nowra	*6.30pm	Pointscore
	Fri 18 th Dec 2015	T.B.A	* 6.30pm *	Social run & event

Series 3 *** FRIDAY NIGHTS ***

Round	Date	Venue	Race Start	
	Fri 8 th Jan 2016	Nowra	*6.30pm	Pairs Run
1	Fri 15 th Jan 2016	Vincentia	*6.30pm	Pointscore
2	Fri 22 nd Jan 2016	Tomerong	*6.30pm	Pointscore
3	Fri 29 th Jan 2016	Cambewarra	*6.30pm	Pointscore
4	Fri 5 th Feb 2016	Erowal Bay	*6.30pm	Pairs Run
5	Fri 12 th Feb 2016	Basin View	*6.30pm	Pointscore
6	Fri 19 th Feb 2016	Nowra	*6.30pm	Pointscore
	Fri 26 th Feb 2016	Vincentia	* 6.30pm *	Pairs Run
	Fri 4 th March 2016	Willandra	* 6.30pm *	Social run & event

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