

**Nowra Athletics Club**  
**SUMMER RUN COMPETITION**

**2017 - 2018**

**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 once daylight saving commences (Sunday 1st October 2017), 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.*

**DAYLIGHT SAVINGS COMMENCES 01/10/2017**

<b>ENQUIRIES:</b>	<i>Scott Johnson</i>	<i>0410435548</i>
	<i>Terry Bailey</i>	<i>44216065</i>
	<i>Lisa Carroll</i>	<i>0419 256713</i>

**COURSES:**

There are 5 courses this year:

- i. **KELLS ROAD - TOMERONG**  
Start / Finish at 16 Kells Road, Tomerong
- ii. **MOONA MOONA CREEK**  
Start/Finish at Reserve next to Caravan Park
- iii. **CAMBEWARRA VILLAGE**  
Start / Finish at Village Hall on Main Road
- iv. **TOMERONG**  
Start / Finish at Church opposite Community Hall.
- v. **NOWRA**  
Start / Finish at University – George Evans Road

**NOWRA ATHLETICS CLUB**  
**SUMMER ROAD RUNS**  
 2017 - 2018  
 PROGRAMME

**Series 1**      **\*\*\* SATURDAY AFTERNOON\*\*\***

Round	Date	Venue	Race Start	
	Sat 02 Sept 2017	Kells Road	4.30pm	Pairs Run
1	Sat 09 Sept 2017	Moona Moona	4.30pm	Pointscore
2	Sat 16 Sept 2017	Cambewarra	4.30pm	Pointscore
3	Sat 23 Sept 2017	Tomerong	4.30pm	Pointscore
4	Sat 30 Sept 2017	Nowra / Uni	4.30pm	Pointscore
5	Sat 07 Oct 2017	Kells Road	<b>*5.30pm*</b>	Pointscore
6	Sat 14 Oct 2017	Moona Moona	<b>*5.30pm*</b>	Pointscore

**Series 2**      **\*\*\* FRIDAY NIGHTS \*\*\***

Round	Date	Venue	Race Start	
	Fri 20 Oct 2017	Cambewarra	<b>*6.30pm*</b>	Pairs Run
1	Fri 27 Oct 2017	Tomerong	<b>* 6.30pm *</b>	Pointscore
2	Fri 03 Nov 2017	Nowra / Uni	<b>* 6.30pm *</b>	Pointscore
3	Fri 10 Nov 2017	Kells Road	<b>* 6.30pm *</b>	Pointscore
4	Fri 17 Nov 2017	Moona Moona	<b>* 6.30pm *</b>	Pointscore
5	Fri 24 Nov 2017	Cambewarra	<b>* 6.30pm *</b>	Pointscore
6	Fri 01 Dec 2017	Tomerong	<b>* 6.30pm *</b>	Pointscore
	Fri 08 Dec 2017	Nowra / Uni	<b>* 6.30pm *</b>	Pointscore

**Series 3**

Round	Date	Venue	Race Start	
	Fri 15 Dec 2017	Kells Road	<b>* 6.30pm *</b>	Pairs Run
1	Fri 22 Dec 2017	Moona Moona	<b>* 6.30pm *</b>	Pointscore
2	Fri 29 Dec 2017	Cambewarra	<b>* 6.30pm *</b>	Pointscore
3	Fri 12 Jan 2018	Tomerong	<b>* 6.30pm *</b>	Pointscore
4	Fri 19 Jan 2018	Nowra / Uni	<b>* 6.30pm *</b>	Pairs Run
5	Fri 26 Jan 2018	Kells Road	<b>* 6.30pm *</b>	Pointscore
6	Fri 02 Feb 2018	Moona Moona	<b>* 6.30pm *</b>	Pointscore
	Fri 09 Feb 2018	Cambewarra	<b>* 6.30pm *</b>	Pairs Run
	Fri 16 Feb 2018	Tomerong	<b>* 6.30pm *</b>	Social Dinner
**	Sun 25 Feb 2018	Nowra / Uni	<b>**8.30am**</b>	Relay