

NOWRA ATHLETICS CLUB - 2015 DRAFT WINTER PROGRAM

Date	Round	VENUE	Further info. * State events - refer to www.nswathletics.org.au
MAR.	21st	/	Willandra
	28th	1	Willandra #
APRIL	4th	2	Willandra
	11th	3	Huskisson TBC
	18th	4	Willandra
	25th	5	Longreach Rd
	School Cross Country Carnivals - Willandra ... Diocesan ~ Primary 28th. & Secondary 29th. April / Combined SASSA 5th. May		
MAY	2nd	6	Willandra
	9th	7	Timberhills
	16th	8	Huskisson TBC
	23rd	9	Willandra #
	29th.	Friday - Combined South Coast Regional Schools Cross Country Carnival - Willandra.	
	30th	No local competition	
	31st	Sunday RunNSW Fun Run - Start / Finish Nowra Showground	
JUNE	6th	10	Huskisson TBC
	13th	11	Willandra
	20th	12	Timberhills
	27th	13	Longreach Rd
JULY	4th	No Saturday competition due to the Running Festival following day.	
	5th	Sunday KOM Running Festival - Venue - Kangaroo Valley Golf & Country Club	
	11th	14	Timberhills
	18th	15	Longreach Rd
	25th	16	Dapto
AUG.	1st	17	Huskisson TBC
	8th	Willandra - End of Season Novelty events & Presentation Day	
	9th	Sunday ~ Annual City to Surf -	
	14th - 16th 'Capital to Coast' Further Information visit Capital to Coast website (link on our website.)		
~ Information ~ Club Website: www.nowraathletics.org.au (Note: # denotes 'sealed' handicap days)			

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 & Portaloos

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

Huskisson - Soccer Grounds - Right turn after Bowling Club. Start / finish soccer field, through bush trails. Amenities.

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 ... SPONSORED by NOWRA TOYOTA

Competition will be conducted over 17 Rounds, with competitors highest scoring 13 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.