

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

**2019 - 2020**

**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 6th October 2019), 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 06/10/2019**

**ENQUIRIES:**            Scott Johnson                    0410 435 548  
                                 Terry Bailey                        44216065

**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 - Huskisson
  
- 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**  
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 PROGRAMME

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

Round	Date	Venue	Race Start	
	Sat 21 Sept 2019	Tomerong	4.30pm	Social Run
1	Sat 28 Sept 2019	Nowra Uni	4.30pm	Pointscore
2	Sat 05 Oct 2019	Cambewarra	4.30pm	Pointscore
3	Sat 12 Oct 2019	Moona Moona	<b>*5.30pm*</b>	Pointscore
4	Sat 19 Oct 2019	Kells Road	<b>*5.30pm*</b>	Pointscore
5	Sat 26 Oct 2019	Nowra Uni	<b>*5.30pm*</b>	Pointscore
6	Sat 02 Nov 2019	Tomerong	<b>*5.30pm*</b>	Pairs Run
	Sat 09 Nov 2019	Cambewarra	<b>*5.30pm*</b>	Fun Run

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

Round	Date	Venue	Race Start	
	Fri 15 Nov 2019	Tomerong	<b>*6.30pm*</b>	Social Run
1	Fri 22 Nov 2019	Nowra Uni	<b>* 6.30pm *</b>	Pointscore
2	Fri 29 Nov 2019	Cambewarra	<b>* 6.30pm *</b>	Pointscore
3	Fri 06 Dec 2019	Moona Moona	<b>* 6.30pm *</b>	Pointscore
4	Fri 13 Dec 2019	Kells Road	<b>* 6.30pm *</b>	Pointscore
	Fri 20 Dec 2019	Tomerong	<b>* 6.30pm *</b>	Xmas Run
	Fri 27 Dec 2019	Nowra Uni	No Run	No Run
5	Fri 03 Jan 2020	Cambewarra	<b>* 6.30pm *</b>	Pointscore
6	Fri 10 Jan 2020	Moona Moona	<b>* 6.30pm *</b>	Pointscore

**Series 3**

Round	Date	Venue	Race Start	
1	Fri 17 Jan 2020	Kells Road	<b>* 6.30pm *</b>	Pointscore
2	Fri 24 Jan 2020	Tomerong	<b>* 6.30pm *</b>	Pointscore
3	Fri 31 Jan 2020	Nowra Uni	<b>* 6.30pm *</b>	Pointscore
4	Fri 07 Feb 2020	Cambewarra	<b>* 6.30pm *</b>	Pointscore
5	Fri 14 Feb 2020	Moona Moona	<b>* 6.30pm *</b>	Pointscore
6	Fri 21 Feb 2020	Tomerong	<b>* 6.30pm *</b>	Pointscore
	Fri 28 Feb 2020	Nowra Uni	<b>* 6.30pm *</b>	Social Run
		TBA	<b>* 6.30pm *</b>	Social Run/Dinner