



President:	Glenn Edwards	8953 0957
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Secretary:	Kellie Clear	89550505
Treasurer:	Peter Eason	8950 1851
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Event Calendar 2010 (revised March 2010)

Date	Event	Distance	Venue	Time	Organiser
Sat 9 Jan	5km Run/Walk Series 3	5 km	Simpsons Gap	6 am	Kathy
Tue 26 Jan	Australia Day Run/Walk	3 km	Town Council (rear)	7 am	Naomi
Sat 20 Feb	Centralian Sports Run/Walk	4 km	Centralian Sports	7 am	Greg
Sat 27 Feb	Centralian Sports Run/Walk	4 km	Centralian Sports	7 am	Greg
Sun 14 Mar	Lone Dingo X-Country R/W	3/6 km	Kurrajong Drive	7 am	Loie/David
	Frampton First National				
Sun 28 Mar	10km Run/Walk Event 1	5/10 km	Simpsons Gap	7 am) Bernie/Glenn
Sun 18 Apr	10km Run/Walk Event 2	5/10 km	Bullen /Iparpa Rds	7 am)
Sun 9 May	10km Run/Walk Event 3	5/10 km	Simpsons Gap	7 am)
* 9-18 April	<i>Port Pirie Masters Games</i>				
Sun 16 May	Eastside Pilates run/walk	3/6 km	Lindsay Ave	8 am	Deb Doheny
Thur 20 May-Mon 24 May	Winning Ways for Walkers Workshop	tba		tba	Deb Page/Bob Cruise
Sun 30 May	4x4 Run/Walk	4/8/12/16 km	Ragonesi Rd	7 am	tba
Sun 20 Jun	Jetset Half Marathon Run/Walk	10/21 km	Honeymoon Gap	7 am	Russell
* Sun 4 July	<i>Gold Coast Marathon</i>				
Sun 11 Jul	Simpsons Gap Bike Path R/W	6/17 km	Flynns Grave/Simpsons	8 am	Committee
* Sun 25 Jul	<i>ABC Half Marathon</i>		<i>Steiner School</i>		<i>ABC</i>
Sun 8 Aug	Get Physical Run/Walk	4 km	Memorial Club	8 am	Jenny Steer
Sun 15 Aug	Alice Springs Community Bank Marathon	21.1/42.2km	Araluen	6 am	Glenn & others
Sun 29 Aug	Cross Country Run/Walk	5 km	Scout Hall	8 am	tba
* Sun 12 Sep	<i>King of the Mountain</i>	7 km	<i>YMCA</i>		<i>YMCA</i>
* Sun 26 Sep?	<i>Stride for Health</i>	3 km	<i>Olive Pink</i>		<i>Cancer Support Gp/Noel</i>
* Sun 3 Oct?	<i>Mental Health Week Run/Walk</i>	3 km	<i>Telegraph Station</i>		<i>MHACA/David</i>
9-16 Oct	A/S Masters Games				
Sat 6 Nov	5km Run/Walk Series 1	5 km	Windmill Restaurant	6 am	tba
Sat 4 Dec	5km Run/Walk Series 2	5 km	Windmill Restaurant	6 am	tba
Sat 8 Jan	5km Run/Walk Series 3	5 km	Simpsons Gap	6 am	tba

* Events not organised by ASRWC. Please contact organising entity for details

Club Training

6am Monday/Wednesday/Friday at Anzac Oval - Running and Walking sessions of approx 1hr
Sundays (**Oct-March**) - **6am** and Sundays (**April-September**) - **7 am**

Running & walking sessions of approx 1-1/2 hrs. Normally start Anzac Oval except where an event is held as above or when alternate venues advised in members' Newsletter. Phone 8952 4277 for current information.

Recommended maximum competitive distances for Juniors				
U.12 yrs (5 km)	13-15 yrs (10 km)	15-16 yrs (½ Marathon)	16-18 yrs (30 km)	18+ (Marathon)