

2019 CALENDAR - SUMMARY OF EVENTS

DATE	VENUE	TYPE	10k Group	5k Group	3k Group	2k Group	MARKER	NOTES
	<i>In the event of high temperatures, race distances may be shortened</i>			U/20,17	U/14	U/11		
16 March	Grays Point (Railway Line)	C.C.	5km	5km	3km	2km	P.Webb	No Handicap Pointscore
23 March	Uloola Falls	C.C.	8km	5km	3km	2km	G.Keir	No Handicap Pointscore
30 March	Bottle Forest (Hill extension)	C.C.	9.2km	4.6km	3km	2km	S.Henderson	First Pointscore. JCC & SCC race
06 April	Miranda Park	C.C.	8km	4km	2km	2km	M.Lyons	JCC & SCC race
13 April	NSW Novice and Fun Runs, Scarborough Park	C.C.	Please refer to the NSW website @http://www.nswathletics.org.au for full event				St.George	Early start - Refer to NSW website for details
20 April	Grays Point (Nth. Ridge) - <i>Interval Start</i>	C.C.	10km	5km	3km	2km	P. Webb	JCC & SCC race.
27 April	Sylvania Track Race	Track	5km	5km	3km	2km	R.Cozijsen	JCC & SCC race. Club BBQ
04 May	NSW Road Championships, Olympic Park, Homebush	Road	Please refer to the NSW website @http://www.nswathletics.org.au for full event				ANSW	Early start - Refer to NSW website for details
04 May	Bottle Forest Reverse (alternate)	C.C.	6km	6km	3km	2km	S.Henderson	Club run for athletes not competing at ANSW event.
11 May	Darke Forest No.1	C.C.	10km	5km	3km	2km	G.Keir	JCC & SCC race
18 May	"Ron O'Meara Run", Bangor	C.C.	10km	5km	3km	2km	Mark Perrin	JCC & SCC race
25 May	NSW Cross Country Relays, Miranda Park	C.C.	Please refer to the NSW website @http://www.nswathletics.org.au for full event				Ilawong	Early start - Refer to NSW website for details
01 June	Ferntree	C.C.	10.1km	5km	3km	2km	J.Bowers Jnr.	JCC & SCC race
08 June	Sutherland Bike Track	Road	8km	5km	3km	2km	R.Allen	Interval Start. JCC & SCC race
15 June	Wanda Greenhills Trail	C.C.	10km	5km	3km	2km	G.Keir	JCC & SCC race
22 June	NSW Cross Country Championships (Nowra)	C.C.	Please refer to the NSW website @http://www.nswathletics.org.au for full event				Nowra	Early start - Refer to NSW website for details
22 June	Yala Road, Bangor (alternate)	C.C.	6km	6km	3km	2km	Ilawong to host	Club run for athletes not competing at the ANSW event
29 June	Audley RNP - <i>Interval Start</i>	C.C.	10km	8km	3km	2km	D.Cantlon	Interval Start. JCC & SCC race. Club BBQ
06 July	Endeavour Cup	C.C.	8km	4km	4km	2km	St. George to host	Endeavour Cup (Refer to website for race times & distances). JCC & SCC race.
13 July	NSW Road Relays, Newcastle University, Ourimbah	Road	Please refer to the NSW website @http://www.nswathletics.org.au for full event				Mingara	Early start - Refer to NSW website for details
13 July	The Ridge Sporting Complex (alternate)	C.C.	6km	6km	3km	2km	Ilawong to host	Club run for athletes not competing at the ANSW event
20 July	Darke Forest No.2	C.C.	16km	5km	3km	2km	G.Keir	JCC & SCC race.
21 July	Sutherland to Surf (Wear Club Singlet)	Road	11km					Fun Run
27 July	Sutherland Half Marathon, Audley - <i>Last Pointscore</i>	C.C.	10km / 21.1km	5km	3km	2km	D.Cantlon/G.Keir	Refer to SDAC website for details. Last Pointscore
03 August	Short Course XC, Rydalmere	C.C.	Please refer to the NSW website @http://www.nswathletics.org.au for full event				Kembla Joggers	Early start - Refer to NSW website for details
03 August	Grays Point (Loftus Oval) - (alternate)	C.C.	6km	6km	3km	2km	P.Webb	Club run for athletes not competing at ANSW event
10 August	Woronora Dam - Presentation Day & Barbeque							Check SDAC website for details
To be advised	SDAC 60th ANNIVERSARY DINNER							Date and venue to be advised
	NSW Half Marathon, Homebush	Road	Please refer to the NSW website @http://www.nswathletics.org.au for full event				ANSW	Refer to NSW website for details
	NSW Marathon Championships, Sydney	Road	Please refer to the NSW website @http://www.nswathletics.org.au for full event				Sydney Running Festival	Refer to NSW website for details

Note: Shaded items indicate NSW Championship events.**Note: JCC = Junior Club Championship; SCC = Senior Club Championship**