

SA MASTERS ATHLETICS WINTER 2010 COMPETITION PROGRAM

DATE	VENUE	WALKS	RUNS
17 th April	Felixtow Carpark Cnr Briar Rd & Riverside Drive	1.50 8km, 4km Yacht H/cap	2.15pm 4km – 8km Yacht H/cap
18th April	GREENBELT HALF MARATHON (SA ROAD RUNNERS' CLUB)		
24 th April	Burbridge Road Bus Stop 22 Burbridge Road	1.50 pm 8km,4km Yacht H/Cap	2.15pm 4kms – 8km Yacht H/cap
1 st may	Kingston tce, North Adelaide Meet Behind Playground	2.00 pm 8km Yacht H/cap	2.15pm 5 km – 10km Yacht H/cap
8 th May	Bonython Park Opposite Coca Cola	2.00 pm 12km, 8km, 4km Yacht H/cap	2.15pm 4kms, 8km,12km Yacht H/cap
15 th May	West Beach Carpark End of Barcoo road, West Beach	1.30pm 10km, 5km Yacht H/cap	2.15 pm 4kms - 8kms Yacht H/cap (Beach run if possible)
16th May	BAROSSA HALF MARATHON (SA ROAD RUNNERS' CLUB)		
22 nd May	Peacock Road Adelaide Harriers Change Rooms	1.20 pm 10km, 6km Yacht H/cap	2.15pm 5km SAMA State Champs
29 th May	Bonython Park Opposite Coca Cola	1.45 pm 10km, 5km Yacht H/cap	2.15pm 5km – 10km Yacht H/cap
5 th June	Peacock Rd Adelaide Adelaide Harriers Change Rooms	1.45 pm 10km SAMA State Champs 6km Yacht H/Cap	2.15pm 5 km - 10km Yacht H/cap
12 th June	East Tce Cnr Wakefield st & East Tce	1.35 pm 10km, 5km Yacht H/cap	2.15pm 8km SAMA X-Country Champs 4Km scratch
19 th June	Peacock Road (Hockey Clubrooms) SAMA AGM	2.10 pm 5km Turkey H/cap	2.15 pm 5km Turkey H/cap
26 th June	Bonython Park Opposite Coca Cola	1.50 pm 8km, 4km Yacht H/cap	2.15pm 4kms, 8km Yacht H/cap
PICHI RICHI MARATHON			
3 rd July	Mt Barker - Turn off freeway Mt Barker exit onto Adelaide road. Through two sets of lights. Turn right @ 2nd round about onto Flaxley Rd. Travel approx. 200 metres turn into car park.	1.50 pm 8km,4km Yacht H/Cap	2.15pm 4kms – 8km Yacht H/cap
10 th July	Kingston tce, North Adelaide Meet Behind Playground	2.00 pm 8km Yacht H/cap	2.15pm 5kms - 10 km Yacht H/cap
17 th July	Burbridge Road Apex Pk (opp Davis St) West Beach	2.10 pm 8km, 4km Yacht H/cap	1 & 1:30pm pm Half Marathon Champs 2.15 pm 8km or 4 km scratch
24 th July	Peacock Road Adelaide Adelaide Harriers Change Rooms	1.15 pm 15KM SAMA State Champs 1.45 pm 10km , 5km Yacht H/cap	2.15pm 5kms – 10km Yacht H/cap
31 st July	East Tce Cnr Wakefield st & East Tce	1.30 PM 10km, 5km Yacht H/cap	2.15pm 4km -8km Yacht H/cap
7 th Aug	Peacock Road Adelaide Adelaide Harriers Change Rooms	1.45 pm 10km, 6km Yacht H/cap	2.15pm 10km SAMA State Champs & 5km scratch
14 th Aug	Felixtow Carpark Cnr Briar Rd & Riverside Drive	1.50pm 8km, 4km Yacht H/cap	2.15pm 4km – 8km Yacht H/cap
15th Aug	ADELAIDE MARATHON (SA ROAD RUNNERS' CLUB)		
21 st Aug	Peacock Road Adelaide Adelaide Harriers Change Rooms	12.30 pm 20km SAMA State Champs 1.45 pm 10km, 6km Yacht H/cap	2.15pm 5km – 10km Yacht H/cap
28 th Aug	West Beach Carpark End of Barcoo road, West Beach	1.30pm 10km, 5km Yacht H/cap	2.15 pm 4kms - 8kms Yacht H/cap (Beach run if possible)
4 th Sept	East Tce (Adjacent Race Course) Cnr Wakefield st & East Tce	1.55 pm 10km, 5km Yacht H/cap	2.15 pm 12km, 9km, 6km, 3km Scratch
11 th Sept	Sth Parklands Greenhill Rd (Hockey Clubrooms) WINTER PRESENTATION - Bring a plate	2.00 pm 5km Turkey H/cap	2.10 pm 5km Turkey H/cap
18 Sept	CITY-BAY Fun Run		
15th - 16th Oct	FUN WEEKEND AWAY BAROSSA		