

## 2023 Season Program

	Date	Venue	Local and Athletics NSW events
1	1 April	Pioneer Dairy – South Tacoma	Newcastle Hill to Harbour (Sunday 2 April)
2	8 April	Van Dahls Fire Trail – Patonga	Easter Saturday
3	15 April	Long Jetty Reserve – Archbold Rd/Tuggerah Pde	
4	22 April	Stroms Lookout - Killcare Heights (Bouddi Nat Park)	
5	29 April	Canton Beach Foreshore – Canton Beach	
6	6 May	Umina Beach (low tide at 2.18pm)	
7	13 May	Koala Park – Lake Munmorah (Council)	
8	20 May	Wyoming Public School	Sydney Half Marathon (Sunday 21 May)
9	27 May	Ourimbah State Forest – Middle Ridge Rd (Treetops)	
10	3 June	Pearl Beach Arboretum	
11	10 June	Strickland State Forest – Narara	
12	17 June	Rumbalara – Springfield	Bay to Bay (Sunday 18 June)
13	24 June	Edgewater Park – Buff Point	
14	1 July	Lions Park - Woy Woy	
15	8 July	Pioneer Dairy - South Tacoma	
16	15 July	Kincumber Mountain	
17	22 July	Point Wolstoncroft Sport & Rec – Gwandalan	Sydney Harbour 10km (Sunday 23 July)
18	29 July	Van Dahls Fire Trail – Patonga	
19	5 August	Pelicans Wharf – North Entrance bike path	
20	12 August	Maitland Bay (main carpark) - Bouddi National Park	City to Surf (Sunday 13 August)
21	19 August	Kincumber Foreshore - Family fun day	
22	26 August	<p>Presentation – Koala Park - San Remo</p> <p>All members and family are welcome. There will be a special orienteering event, barbeque and award presentation. Starting from 1pm.</p> <p>50% of races (10) are required to be eligible for awards. 80% of races are used (best 16) to achieve final point score.</p> <p>Please bring chairs, picnic rugs and a frisbee if you want to play on the Disc Golf course.</p>	Lake Macq running festival

**For more info call Nicky Kelly - 0417 666 221 or Kay Bell – 0411 837 425**

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