

Townsville Road Runners 2017 Season

Day	Date	Start Time (excl Juniors~ & Wolf Pack)	Start Location	Run Name	Club Points	Long Course Distance	Short Course Distance	Junior Course Distance 7:30am Start ~	X-Long Course Wolf Pack Series
Thu	26 Jan	7.00am	Jezzine Barracks	Townsville RSL Australia Day Run		5	5	5k - 7am	
Sat	4th 11th & 18th Feb	6.00am	Strand Park	Beginners Running Clinic (\$5/per week)		20 to 30 mins walking / jogging			
Sat	04 Mar	7.00am	Tony Ireland Stadium - Riverway	Riverway Park Run (Parkrun Barcode needed)	Y	5	5	5k - 7am	
Sat	11 Mar	7.00am	North Shore Town Square-Burdell	Northshore Park Run (Parkrun Barcode needed)	Y	5	5	5k - 7am	
Sat	18 Mar	6.30am	Sherriff Park - Love Lane	River Lower Loop	Y	6.95	3.15		
Sat	25 Mar	6.30am	Ross Dam	Ross Dam 10K Time Trial 1 (Pres Cup)	Y	10	5		
Sat	01 Apr	6.30am	Strand Park	West Water Tanks	Y	9.98	3.74		
Sat	08 Apr	6.30am	Strand Park	Railway Run	Y	8.85	3.87	4	
Sat	15 Apr	6.30am	Alligator Creek Picnic Area	Alligator Creek Trail Run	Y	9	4.5	3	18k (5:45am)
Sat	22 Apr	6.30am	Pallarenda Park	Town Common Loop	Y	12.33	5	3	29.5k# (5am)
Sat	29 Apr	6.30am	Queens Park Kennedy St	North Ward Hills (Pres Cup)	Y	7.5	4.76		25k (5:15am)
Sat	06 May	6.30am	Rowes Bay Caravan Park	Three Dummies Run	Y	12	5		
Sun	14 May	7.30am	Rossiter Park Kimball St	Mother's Day Charity Run/Walk		5.2	5.2	5.2	
Sat	20 May	6.30am	Sheriff Park Love Lane	Fairfield Waters Run	Y	8.35	3.8	2.5	
Sat	27 May	6.30am	Bicentennial Park	Running Works Cross Country Race	Y	12	6	3	
Sat	03 Jun	6.30am	James Cook University Union	Townsville Ten Miler (Pres Cup)	Y	16.18	4.66		
Sat	10 Jun	6.30am	Ross Dam	Ross Dam 10K Time Trial 2 (Pres Cup)	Y	10	5	3	
Sat	17 Jun	6.30am	Queens Park Kennedy St	Castle Hill Goat Track	Y	6.3	4.1	3.5	
Sat	24 Jun	3.00pm	Paluma Community Centre	Rolling Thunder & relay (no points for relay/short)	Y	21	Choose		21k (3pm)
Sat	01 Jul	6.30am	Pallarenda Park	Bald Rock Loop	Y	10	5		25k (5am)
Fri	07 Jul	6.00pm	James Cook University Union	3 Day Race - Race 1 of 3	Y	9.32	N/A		
Sat	08 Jul	6.30am	Strand Park	3 Day Race - Race 2 of 3	Y	19.4	N/A		19.5k (6:30am)
Sun	09 Jul	6.30am	Strand Park	3 Day Race - Race 3 of 3	Y	13.62	N/A		
Sat	15 Jul	6.30am	Sherriff Park Love Lane	Riverside Figure 8	Y	15.84	4.58	4	
Sat	22 Jul	6.30am	Strand Park	North Ward Circuit	Y	8.59	4.27		16k (5:30am)
Sat	29 Jul	6.30am	James Cook University	University tour	Y	8	4		
Sun	06 Aug	various	Jezzine Barracks	Townsville Running Festival 5k, 10k, 21k, 42k	Y 21k/42k only				42k
Sat	12 Aug	6.30am	Bicentennial Park Queens Rd	Fairfield Waters handicap		9.28	4.65	3.5	
Sat	19 Aug	6.30am	Rossiter Park Kimball St	Two Tunnels	Y	10.4	4.85		
Sat	26 Aug	6.30am	Ross Dam	Ross Dam 10K Time Trial 3	Y	10	5		
Sun	03 Sep	7.00am	Sports Reserve - Burke St	King/Queen of Castle Fun Run	Y	8.3	4.35	4.35k - 7am	
Sat	09 Sep	6.30am	Bushland Beach Foreshore (End of Mt Low Parkway)	Bushland Beach Ramble	Y	8	4	3	
Sat	16 Sep	6.30am	Pioneer Park - Riverway	Loam Island Loop	Y	9.9	4.71		
Sat	23 Sep	6.30am	Sports Reserve - Burke St	Around the Hill ANQ Championships	Y	11.6	5		
Sat	30 Sep	6.30am	Strand Park	East Water Tanks	Y	9	4.87		
Sat	07 Oct	6.30am	Anderson Park	Race in the park	Y	7	4		
Sat	14 Oct	7.30am	Nelly Bay Ferry Terminal	Magnetic island run		6k/9k/13k	6		
Sat	21 Oct	6.00am	TBA	Annual General Meeting (to be confirmed)		5	5		
Saturdays - 28 Oct to 25 Nov		6.00am	James Cook University Union	Off Season Runs (Untimed)		Varies	Varies		
Saturdays - 2 Dec to 30 Dec		6.00am	Pioneer Park - Sporting Dr, Riverway	Off Season Runs (Untimed)		Varies	Varies		
Mon	25 Dec	Start anywhere - be at top by 6:30am for breakfast		Christmas Breakfast at the top of Castle Hill					
Saturdays - 6 Jan 18 to 24 Feb 18		6.00am	Strand Park	Off Season Runs (Untimed)		Varies	Varies		

~ The Junior Series will usually start at approximately 7:30am (1 hour after the adult start time) unless otherwise indicated.

The Wolf Pack Series is aimed to facilitate those training for longer distance runs. Those runs highlighted with # require compulsory equipment (hydration pack, compression bandages & space blanket). Any runs starting before daylight will require the use of a headlamp or similar light until daylight.