

YMCA of Canberra Runners Club Program

YRCR events are shown in bold (other events are listed as a service to runners but are not the responsibility of the Club).

Note: This program was correct at the time of printing, but all details should be confirmed in the week prior to the event by checking the Club web site or Facebook page.

In addition to the events listed below the TTS training group meets each Tuesday, Thursday and Saturday morning. For details see www.canberra.ymca.org.au/runnersclub/training

Date and time	Event
Sun 1 Jan 8:00 am	Women's and Girls' Jogonalong 6/3/1.6k Weston Park
Sat 7 Jan to Sat 14 Jan	Thredbo Fun and Fitness Week
Sun 15 Jan	<i>Stromlo Stomp</i>
Sun 29 Jan	<i>World Cross Country Team Selection Trials</i> <i>Vets Handicap Campbell Park</i>
Tue 31 Jan 6:15 pm	Summer Series Stromlo Forest Park 2/5k cc Uriarra Rd
Sun 5 Feb 8:00 am	Women's and Girls' Jogonalong 6/3/1.6k OvCan special event Weston Park
Tue 7 Feb 6:15 pm	Summer Series National Museum 2/5k r Lawson Cr Acton
Tue 14 Feb 6:15 pm	Summer Series Telopea Park 2/4k cc Telopea Park East Kingston
Sun 19 Feb	<i>ACT Mountain Running Championships</i>
Tue 21 Feb 6:15 pm	Summer Series Weston Park 2/5k r Weston Park

Sun 26 Feb	<i>Vets Handicap Central Curtin</i>
Tue 28 Feb 6:15 pm	Summer Series Barrenjoey Dr 2/5k gr Off Lady Denman Dr
Sun 5 Mar 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Tue 7 Mar 6:15 pm	Summer Series Boat House East 2/5k r Menindee Dr Parkes
Tue 14 Mar 6:15 pm	Summer Series Stirling Park 2/5k cc Hopetoun Circuit Yarralumla
Sun 19 Mar	<i>Weston Creek Half Marathon and 10k</i>
Tue 21 Mar 6:15 pm	Summer Series Stromlo Forest Park 2/5k cc Uriarra Rd
Sun 26 Mar	<i>Vets Handicap Stromlo Forest Park</i>
Sun 2 April 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Sat 8 April	<i>Australian Running Festival 5&10k fun runs</i>
Sun 9 April	<i>Half Marathon, Marathon and 50k</i>
Sat 29 April 12:45 pm	North Lyneham 2/3.1k[#]/6.2k[*] cc Salkaukus Cr North Lyneham
Sun 30 April	<i>Vets Handicap Majura</i>
Sat 6 May 7:30 am	Kingston Physio West Basin 10[*] mile r John Cardiff Close Black Mt Peninsula
Sun 7 May 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park <i>ACT Athletics Junior Winter Series</i>
Sun 14 May	<i>Mothers' Day Classic</i>
Sat 20 May	Stromlo Forest Park 2/4[#]/6[*] k cc Uriarra Rd

Sun 21 May	<i>Vets Handicap TBA</i> <i>ACT Athletics Junior Winter Series</i>
Sat 27 May Sun 28 May	YMCA Half Marathon Eve 2/5k[#] r YMCA Half Marathon * r Lennox Gardens Flynn Drive Yarralumla <i>ACT Athletics Junior Winter Series</i>
Sat 3 June	<i>ACT Cross Country Championships</i>
Sun 4 June 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Wed 14 June	<i>ACT Schools Cross Country Championships</i>
Sat 17 June 8:00 am	Longstaff/Pennington 4[#]/8[*]/16k[*] cc/gr Stromlo Forest Park Uriarra Rd
Sun 25 June	<i>Vets Handicap Mt Ainslie</i>
Sat 1 July 12:45 pm	Stromlo age/gender handicap 2/5^{\$}k cc Uriarra Rd
Sun 2 July 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Sat 15 July 12:45 pm	Smithy 2/3[#]/6[*] k cc Stromlo Forest Park Uriarra Rd
Sat 22 July 12:45 pm	Runners Shop 2/5[#]/10k^{*\$} r Menindee Dr Parkes
Sun 30 July	<i>Vets Handicap Little Black Mountain</i>
Sat 5 Aug 12:45 pm	Dunrossil Drive 2.1/4.2k^{#*\$} cc Dunrossil Drive Yarralumla
Sun 6 Aug 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Sat 12 Aug	Black Mountain Peninsula 2/4[#]/8[*] k r John Cardiff Close Black Mt Peninsula

Sun 13 Aug	<i>City to Surf, Sydney</i>
Sat 19 Aug Sun 20 Aug	<i>National Cross Country Championships, Nowra Vets Half Marathon</i>
Sat 26 Aug 12:45 pm	Hackett 2/3[#]/6[*]k cc Antill St Hackett
Sun 28 Aug	<i>Vets Handicap Gorooyaroo</i>
Sun 3 Sept	<i>Canberra Times Fun Run</i>
Sun 10 Sept 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Sat 16 Sept 7:00 am	Gorooyaroo Off Road Half Marathon[*]/14k/relays Horse Park Drive Gungahlin
Sun 24 Sept	<i>Vets Handicap O'Connor Ridge</i>
Sun 1 Oct 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Sat 21/Sun 22 Oct	<i>Bush Capital Marathon Festival</i>
Sun 29 Oct	<i>Vets Handicap Ainslie Woodlands</i>
Tue 31 Oct 6:15 pm	Spring Series Boathouse East 2/5k r Menindee Dr Parkes
Sun 5 Nov 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Tue 7 Nov 6:15 pm	Spring Series Barrenjoey Dr 2/5k gr Off Lady Denman Dr
Tue 14 Nov 6:15 pm	Spring Series Weston Park 2/5k r Weston Park
Tue 21 Nov 6:15 pm	Spring Series Black Mt Peninsular 1.7/5k cc John Cardiff Close Black Mt Peninsula

Sun 26 Nov	<i>Vets Handicap Weston Park</i>
Tue 28 Nov 6:15 pm	Spring Series Stromlo Forest Park 2/5k cc Uriarra Rd
Sun 3 Dec 8:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Tue 5 Dec 6:15 pm	Christmas Relays Old Parliament House lawns

YCRC events in **bold**

* Senior Point Score Events

Junior Point Score Events

\$ Conducted jointly with Athletics ACT

r Road/cycle path

cc Cross Country

Information

Entry to all YCRC events except the YMCA Half Marathon is free for Club members. Membership is available online via the Club website. Annual membership is on a calendar year basis and costs \$45 for adults, \$30 for under 18s or \$75 for a family. The fees for single entry for non-members are \$10 for adults and \$5 for under 18s.

The Club conducts competitions during the year for open and junior members where points are accumulated in selected events. Competitors count their best 6 out of 11 events marked * for the Senior and 5 out of 9 events marked # for the Junior (Under 20) Male and Female Distance Runners of the Year.

The Club also conducts a number of training programs in the lead up to major events such as the Half Marathon and *The Canberra Times* Fun Run. Details are available on the Club website.

Inquiries about the Club can be sent to admin.ycrc@ymca.org.au or via our Facebook page.