

YMCA of Canberra Runners Club Program

YCRC 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 at www.canberrarunner.com.au or Facebook page.

In addition to the events listed below the TTS training group meets each Tuesday, Thursday and Saturday morning. For details see our website under "Training Groups".

Date and time	Event
Sun 6 Jan 8.00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Sat 12 – Sat 19 Jan	Thredbo Fun and Fitness Week
Sun 27 Jan 7.30 am	<i>World Cross Country Selection Trials</i> <i>Stromlo Forest Park</i>
Tue 29 Jan 6:15 pm	Summer Series Stromlo Forest Park 2/5k cc Uriarra Rd
Sun 3 Feb 8.00 am	Women's and Girls' Jogalong 6/3/1.6k OvCan special event Weston Park
Tue 5 Feb 6:15 pm	Summer Series Museum 2/5k r Lawson Cr Acton
Tue 12 Feb 6:15 pm	Summer Series Telopea Park 2/4k cc Telopea Park East Kingston
Tue 19 Feb 6:15 pm	Summer Series Weston Park 2/5k r Weston Park
Tue 26 Feb 6:15 pm	Summer Series Barrenjoey 2/5k cc Off Lady Denman Dr

Sun 3 Mar 8:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Tue 5 Mar 6:15 pm	Summer Series Boat House East 2/5k r Menindee Dr Parkes
Tue 12 Mar 6:15 pm	Summer Series Stirling Park 2/5k cc Hopetoun Circuit Yarralumla
Sun 17 Mar	<i>Weston Creek Half Marathon and 10k</i>
Tue 19 Mar 6:15 pm	Summer Series Stromlo Forest Park 2/5k cc Uriarra Rd
Sun 7 April 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Sat 13 April	<i>Australian Running Festival 5&10k fun runs</i>
Sun 14 April	<i>Half Marathon, Marathon and 50k</i>
Sat 27 April 7:30 am	Kingston Physio West Basin 10* mile r John Cardiff Close Black Mt Peninsula
Sat 4 May 12:45 pm	North Lyneham 2/3.1k[#]/6.2k* cc Salkaukus Cr North Lyneham
Sun 5 May 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Heart Foundation special event Weston Park
Sat 18 May 12:45 pm	Stromlo Forest Park 2/4[#]/6*k cc Uriarra Rd
Sat 25 May 1:30 pm	YMCA Half Marathon Eve 1.6/5k[#] r
Sun 26 May 8:00 am	YMCA Half Marathon * r incorporating the AACT Half Marathon Championships and the AMA National Half Marathon Championships Lennox Gardens Flynn Drive Yarralumla
Sun 2 June 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park

Sat 8 June 12:45 pm	Age/gender handicap 2/3/5k^{\$} cc Stromlo Forest Park, Uriarra Rd
Wed 12 June	<i>ACT Schools Cross Country Championships</i>
Sat 22 June 12:45 pm	Red Hill 2/3[#]/6k[*] cc Mugga Way
Sat 29 June	<i>ACT Cross Country Championships</i>
Sat 6 July 12:45 pm	Smithy 2/3[#]/6k^{*\$} cc Stromlo Forest Park Uriarra Rd
Sun 7 July 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Sat 20 July 12:45 pm	Runners Shop 2/5[#]/10k^{*\$} r incorporating the AACT Road Championships Menindee Dr Parkes
Sat 27/Sun 28 July	<i>Bush Capital Marathon Festival</i>
Sat 3 Aug 8:00 am	Longstaff/Pennington 4[#]/8[*]/16k[*] cc/gr Stromlo Forest Park Uriarra Rd
Sun 4 Aug 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park
Sat 10/Sun 11	<i>AACT Stromlo 3/5k (date TBC)</i>
Sun 11 Aug	<i>City to Surf, Sydney</i>
Sat 17 Aug 12:45 pm	Ginninderra 2/4[#]/8[*] k r Diddams Close Belconnen
Fri 23-Sun 25 Aug	Capital to Coast
Sat 24 Aug	<i>National Cross Country Championships</i>
Sun 1 Sept 9:00 am	Women's and Girls' Jogalong 6/3/1.6k Weston Park

Sat 14 Sept 7:00 am **Goorooyaroo Off Road Half Marathon*/14k/relays cc**
Horse Park Drive Gungahlin

Sun 22 Sept *Canberra Times Fun Run*

Sun 6 Oct 9:00 am **Women's and Girls' Jogalong 6/3/1.6k**
Weston Park

Sun 3 Nov 9:00 am **Women's and Girls' Jogalong 6/3/1.6k**
Weston Park

Tue 5 Nov 6:15 pm **Spring Series Boathouse East 2/5k r**
Menindee Dr Parkes

Tue 12 Nov 6:15 pm **Spring Series Barrenjoey Dr 2/5k cc**
Off Lady Denman Dr

Tue 19 Nov 6:15 pm **Spring Series Weston Park 2/5k r**
Weston Park

Tue 26 Nov 6:15 pm **Spring Series Black Mt Peninsular 1.7/5k cc**
John Cardiff Close Black Mt Peninsula

Sun 1 Dec 8:00 am **Women's and Girls' Jogalong 6/3/1.6k**
Weston Park

Tue 3 Dec 6:15 pm **Spring Series Stromlo Forest Park 2/5k cc**
Uriarra Rd

Tue 10 Dec 6:15 pm **Christmas Relays cc**
Alexandrina Drive, Yarralumla

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 and the Capital to Coast is free for Club members. Membership is available online via the Club website. Annual membership is on a calendar year basis and costs \$50 for adults, \$30 for under 18s or \$80 for a family. The fees for single entry for non-members are \$15 for adults and \$5 for under 18s.

For the Summer Series, there is a point score competition for both males and females over the longer events, counting the best 6 results across the series. There is also a barrel draw for juniors who complete at least 6 of the 2k events.

In the winter, points are accumulated for open and junior members in selected events. Competitors count their best 6 out of 10 events marked * for the Senior and 5 out of 8 events marked # for the Junior (Under 20) Male and Female Distance Runner of the Year awards.

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

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