



SPORTING EVENTS CALENDAR 2009

Summer 09	Jan		Mon 12th Jan Evolution starts for 2009	Sat 17th/Sun 18th Jan Kathmandu Adventure Series, Blue Mts. Mountain bike, kayak, trail run		www.maxadventure.com.au
	Feb	Sun 1st Feb Cole Classic, Manly. 1km or 2km ocean swim	Sun 8th Feb North Bondi Classic. 1km or 2km ocean swim	Sat 14th Feb Little Black Dress Run, Centennial Park. 5kms	Sat 21st Feb Huskisson Sprint Triathlon. 750m swim, 20km cycle, 5km run	Sat 28th Feb SLAM Volleyball competition, Maroubra
	March		Sat 7th Mar Mardi Gras Fun Run, Centennial Park. 5kms Sun 8th Mar Manly Ocean Swim 2.2kms	Sat 14th Mar Six foot track, Katoomba. 45km mountain marathon		Sun 29th Mar Sri Chimnoy Race 1, Centennial Park. 14kms, 7kms, 4kms
Autumn 09	April			Sat 18th April Paddy Pallin Adventure Race, Lake Macquarie. Sun 19th April Dee Why Duathlon 2km swim 4.5km run 800m swim		www.arocsport.com.au/ www.dyslsc.org.au/
	May		Sun 10th May Byron Bay Triathlon 1500m swim, 40km cycle, 10km run Mother's Day Classic, Lady Macquarie's Chair. 8km run Sri Chimnoy Race 2, Iron Cove. 16kms, 8kms, 4kms	Sun 17th May SMH Half Marathon		www.byronebaytri.com/ www.mothersdayclassic.org/ www.srichinmoyraces.org.au/events/sydneyraces http://halfmarathon.smh.com.au/
	June		Sun 14th June MS walk and 8km fun run	Sat 20th June Kathmandu Adventure Series, Royal National Park Sun 21st June Sri Chimnoy Race 3, Cooks River. 16kms, 8kms, 4kms		www.msaustralia.org.au/nswvic/events/oe/funrun/index.asp www.maxadventure.com.au/AdventureSeries/default.htm www.srichinmoyraces.org.au/events/sydneyraces
Winter 09	July	Sat 4th/Sun 5th July Tough Bloke Challenge, Appin. Off-road running/obstacle course	Sun 12th July Sri Chimnoy Race 4, Dolls Point. 21kms, 10kms, 5kms	Sat 18th/Sun 19th July Hunter Valley Winery Running Festival. 42kms, 21kms, 10kms, 6.25kms		www.toughblokechallenge.com.au www.srichinmoyraces.org.au/events/sydneyraces www.huntervalleymarathon.net/
	August	Sat 1st August Kathmandu Adventure Series, Central Coast. Cycle, kayak, run		Sat 15th August Multi-Sport Challenge, Akuna Bay, cycle, kayak, run	Fri 28th-Sun 30th August OXFAM trailwalker. 100km walk, teams of four	www.maxadventure.com.au/AdventureSeries/default.htm www.maxadventure.com.au/multisport/default.htm www2.oxfam.org.au/trailwalker/?gclid=C027md0OnJgCFRwpa wodQ0eY3A
	Sept		Sat 13th Sept Sri Chimnoy Race 5, Greystanes. 16kms, 8kms, 4kms	Sun 20th Sept Sydney marathon, half marathon and 9km Harbour Bridge Run	Sun 27th Sept Sydney Spring Cycle	www.srichinmoyraces.org.au/events/sydneyraces www.sydneymarathon.org/ www.springcycle.com.au/
Spring 09	Oct		Sat 10th Oct Fitzroy Falls Fire Trail Marathon, 10kms, 5kms bush run			www.fitzroyfallsmarathon.com/www.mountainrunning.coolrunning.com.au/events/ffftm/
	Nov	Sun 1st Nov Noosa Triathlon. 1.5km swim, 40km cycle, 10km run MS Sydney to Gong Bike Ride 90kms (TBC)			Sat 21st Nov Urban MAX Adventure Race Sun 22nd Nov Sri Chimnoy Race 6, Centennial Park. 21kms, 7kms, 4kms	www.usmevents.com.au/ntmsf/index.html www.mssociety.org.au/live/events.asp www.maxadventure.com.au/urbanmax/default.htm www.srichinmoyraces.org.au/events/sydneyraces
	Dec		Mon 11th Dec Last week of Evolution 2009			

Red: Running
Blue: Swimming

Green: Triathlons
Purple: Other events