

PORT MACQUARIE TRIATHLON CLUB – 2009/10 SUMMER SEASON

DATE	SPONSOR	RACE	VENUE	DETAILS
27/09/09	PMTC	Women's Only Fun Run	McInherney Park 7:00am	2.5km & 5km races \$5 entry
18/10/09 Race 1	Discovery Health & Fitness	Come & Tri Grading & sponsors breakfast	McInherney Park 7.00am	Triathlon open day 600/18/5, half distance & junior distances
01/11/09	LOC	Port Macquarie Half Ironman	Westport Park	1.9km / 90km / 21km
08/11/09 Race 2	Mortgage Choice	Graded	McInherney Park 7.00am	600/18/5, half distance & junior distances
22/11/09	PMTC	Women's Only Triathlon	McInherney Park 7:00am	250m/9km/2.5km (no teams – no pointscore)
29/11/09 Race 3	TRS Cycles	Handicapped	McInherney Park 7:00am	600/18/5, half distance & junior distances
06/12/09 Race 4	Laing and Simmons	Enduro race	McInherney Park 7:00am	600/18/5 (taken as 2 x individual laps), half distance & junior distances
20/12/09 Race 5	Oxley Insurance Brokers	2 Man Teams & Xmas BBQ	McInherney Park 7:00am	600/18/5 total & junior teams events
03/01/10 Race 6	Flynns Beach Pharmacy	Aquathlon	McInherney Park 7.00am	2.5km/1.0km/5km Half & Junior distances
17/01/10 Race 7	Fredo's meats	Graded	Rocks Ferry Rd Wauchope 7:00am	1km / 30km / 8km, half & junior distances
30/01/10	LUSC	Camden Haven Junior Races	Dunbogan	Various distances
31/01/10 Race 8	Mid Coast Garages	Camden Haven Senior Race	Dunbogan	600m / 28km / 6.5km
14/02/10 Race 9	Go Taxation	Reverse Enduro	McInherney Park 7:00am	600/18/5 (taken as 2 x individual laps), half distance & junior distances
20/02/10	SWR Tri Club	Trial Bay Junior Triathlons	South West Rocks	Various
21/02/10	SWR Tri Club	Trial Bay Senior Triathlons	South West Rocks	600m/26km/6km
07/03/10 Race 10	Holiday Coast Credit Union	Olympic Distance Senior Race	Rocks Ferry Reserve Wauchope 7:00am	Olympic Distance (no half or junior races)
21/03/10 Race 11	Northcorp Accountants	Graded Mystery distance	McInherney Park <u>6:45am!!</u>	Find out on the day!
27/03/10	IMG	Dawn Light Dash	Westport Park	5km
28/03/10	IMG	Port Macquarie Ironman	Westport Park 6.30am	3.8/180/42
11/04/10 Race 12	Graham Seers Cyclery	Glenn McIntosh Memorial (handicap)	McInherney Park 7:00am	600/18/5, half distance & junior distances
18/04/10 Race 13	Ecosmart Hot Water	2 Man Teams, Presentation BBQ	McInherney Park 7:00am	600/18/5 tag team & junior teams events
01/05/10	TriNSW	NSW Club Championships	Port Stephens 11:00am	1km / 30km / 8km (Club v Club State Champs)