

**PORT MACQUARIE TRIATHLON CLUB  
2011/12 SUMMER RACE CALENDAR**

<b>DATE</b>	<b>RACE</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>DISTANCE</b>	<b>SPONSOR</b>
18-9-11		Dementia Awareness Fun Run	Westport Park	2.5km & 5km	Alzheimer's Australia
9-10-11	1	Come n Tri	McInherney Park 7.00am	600/18/5 Half distance & junior	Nashyspix
16-10-11		Forster Long Course	Forster Main Beach	2/120/20	
23-10-11	2	Graded	McInherney Park 7.00am	600/18/5 Half distance & junior	The Good Guys
30-10-11	3	Graded	McInherney Park 7.00am	600/18/5 Half distance & junior	ANZ Bank
6-11-11		Port Macquarie 70.3	Town Green	1.9/90/21	
13-11-11		Nepean Tri	Nepean Regatta Centre	1/30/10	
20-11-11	4	Handicap Race	McInherney Park 7.00am	600/18/5 Half distance & junior	Mortgage Choice
27-11-11		Women's only triathlon	McInherney Park 7.00am	250m/9/2.5km	Lorna Jane & Challenge Fitness
4-12-11	5	Graded enduro	McInherney Park 7.00am	(300/9/2.5) x 2 Half distance & junior	Mt Seaview Springwater
11-12-11		Canberra 70.3	Canberra Parklands	1.9/90/21	
18-12-11	6	The Equilateral Race	McInherney Park 7.00am	1.5/15/6 Junior races	Oxley Insurance Brokers
6-1-12	7	Graded Aquathlon	McInherney Park 6.00pm (Friday!)	2.5/1/2.5	Flynns Beach Pharmacy
8-1-12		Manning River Triathlon	Cundletown	500/20/5	Forster Tri Club
13-1-12		2 <sup>nd</sup> Aquathlon (if needed)	McInherney Park 6.00pm (Friday!)	2.5/1/2.5	
20-1-12		SLSC Aquathlon challenge	Flynns Beach 6.00pm (Friday!)	700/400/1.6km	Nashyspix
28-1-12		Camden Haven Junior Triathlons	Pilot Beach, Dunbogan	Various	Riverview Service Centre
29-1-12	8	Camden Haven Senior Triathlon	Pilot Beach, Dunbogan	600/28/6	Laurieton United Services Club
12-2-12	9	Mystery Race	McInherney Park 7.00am	? ? ?	Midcoast Windows
19-2-12		Huskisson Triathlon & Trial Bay Triathlon	Husky Trial Bay	2/80/20 500/28/6	
26-2-12	10	Graded Reverse Enduro	McInherney Park 7.00am	(2.5/9/300) x 2 Half distance & junior	Robyn Doyle First Aid Training
4-3-12	11	Olympic Distance Club Championships	Pilot Beach, Dunbogan	1.5/40/10	Boost Juices
18-3-12		Port Macquarie Running Festival	Town Green	Half Marathon, 10km + 5km	
25-3-12	12	Glen Macintosh ETA Race	McInherney Park 7.00am	600/18/5 Half distance & junior	Bankwest
1-4-12	13	Tag-Team End of Season Race	McInherney Park 6.45am	(300/9/2.5) x 2 Half distance & junior	Northcorp Accountants
28-4-12		NSW Club Champs	Forster Keys	1/30/8	TriNSW
6-5-12		Australian Ironman	Town Green	3.8/180/42	WTC
17-6-12		Laurieton "King of the Mountain"	Captain Cook Bicentenary Road	5km straight up!	LJ Hooker Laurieton