

PORT MACQUARIE TRIATHLON CLUB

RACE TIMETABLE 2010/2011

(local PMTC-run events highlighted + pointscore races in **BOLD**)

DATE	EVENT	LOCATION	DISTANCE	SPONSOR
18-9-10	Foster Triathlon Weekend	Forster	Various	Elite Energy
19-9-10	Foster Triathlon Weekend	Forster	Various	Elite Energy
25-9-10	Blackheart Adventure Multisport Race	Hastings Shire - TBA	Sprint - offroad	Blackheart Events
26-9-10	Open Fun Run Dementia week	Westport Park	5 km + 2.5km	Alzheimer's Australia
3-10-10	Gold Coast Half Ironman	Calypso Bay	1.9/90/21.1	USM events
10-10-10	Woolgoolga Tri	Main Beach Woolgoolga	500/20/5	Coffs Harbour Triathlon Club
Race 1 17-10-10	Come-n-tri & Sponsor's Breakfast	McInherney Park 7.00am	600/18/5 Half distance & junior races	NashysPix
31-10-10	Port Macquarie Half Ironman	Westport Park 6.30am	1.9/90/21.1	Science in Sport
Race 2 7-11-10	Graded	McInherney Park 7.00am	600/18/5 Half distance & junior races	Mortgage Choice
14-11-10	Nepean Triathlon	Nepean Regatta Centre	1/30/10	Panthers Tri Club
14-11-10	Shepparton Half Ironman	Shepparton	1.9/90/21.1	Shepparton Tri Club
Race 3 21-11-10	Graded	McInherney Park 7.00am	600/18/5 Half distance & junior races	The Good Guys
28-11-10	Women's only triathlon	McInherney Park 7.00am	300/9/2.5	PMTC
Race 4 5-12-10	Graded enduro	McInherney Park 7.00am	(300/9/2.5) x 2 Half distance & junior races	ANZ Bank
12-12-10	Canberra Half Ironman	Canberra	1.9/90/21.1	X-Tri Australia
Race 5 19-12-10	Christmas tag team race	McInherney Park 7.00am	(300/9/2.5) x 2 Junior races	Oxley Insurance Brokers
Race 6 7-1-11 (Friday!)	Graded Aquathlon & BYO BBQ	McInherney Park 6.00pm	2.5/1/5 + half and junior	Flynns Beach Pharmacy

9-1-11	Manning River Triathlon	Cundletown	500/20/5	Forster Tri Club
14-1-11 (Friday!)	<i>Social Aquathlon & BYO BBQ (no club points)</i>	<i>McInherney Park 6.00pm</i>	<i>2.5km/1km/5km + half and junior</i>	PMTC
21-1-11 (Friday!)	<i>Flynns Beach Aquathlon</i>	<i>Flynns Beach Surf Club</i>	<i>PMSLSC Inter-Club challenge</i>	PMSLSC
Race 7 23-1-11	Graded	Rock's ferry	1/30/8 Half distance	Mt Seaview Springwater
29-01-11	Camden Haven Junior triathlons	Pilot Beach	various	Riverview Service Centre
Race 8 30-01-11	Camden Haven Senior Triathlon	Pilot Beach	600/28/6.5	Laurieton United Services Club
Race 9 13-2-11	Handicapped	McInherney Park 6.45am	600/18/5	Bank West
19-2-11	Trial Bay Junior Triathlons	Trial Bay, SW Rocks	Various	SWR Tri Club
20-2-11	Trial Bay Senior Triathlon	Trial Bay, SW Rocks	500/28/6	SWR Tri Club
Race 10 6-3-11	Graded Reverse Enduro	McInherney Park 7.00am	(2.5/9/300) x2 Half distance & junior races	Robyn Doyle First Aid Training
13-3-11	Australian Long Course Champs	Huskisson	2/80/20	Elite Energy
Race 11 20-3-11	Wauchope Olympic Distance	Rocks Ferry	1.5/40/10 (senior members)	Holiday Coast Credit Union
27-3-11	Mooloolooba Olympic	Mooloolooba	Olympic	USM events
2-4-11	Relay for Life	Stuart Park	As far as you can!	Cancer Council
Race 12 3-4-11	Glen McIntosh Handicap	McInherney Park 7.00am	600/18/5 Half distance & junior races	Country Energy
Race 13 10-4-11	Pyramid Tag Team Race	McInherney Park 7.00am	(300/9/2.5) x 2 Junior races	Northcorp Accountants
1-5-11	Australian Ironman/70.3	Port Macquarie	IM + HIM	WTC
7-5-11	Byron Bay Olympic Tri	Byron Bay	Olympic	Byron Bay Tri Club
14-5-11	NSW Club Championships	Forster 11.00am	1/30/8	TriNSW
20-5-11 (Friday!)	Club Presentation	Westport Club	Dinner + Drinks Time TBA	PMTC

For membership forms or additional race details
visit www.portmactriclub.com.au
or contact Club President, Andrew Lister on 0406316228