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Athletics NSW Road Relay Championships are on this Saturday, 11 July in Wollongong

UTS Norths would like to enter as many teams as possible. Please contact Kieran Courtney (0432.630728) ASAP so that teams can be arranged. If you need a lift or you can offer a lift please also let Kieran know.

Venue - Flagstaff point, Wollongong (enter Wollongong via Mount Ousley Road)

Course - fully enclosed traffic free loop, 2km

Start / Finish line is located on Endeavour Drive at Flagstaff Hill (Light House Point), adjacent to Wollongong Harbour .

PROGRAM

12:00 pm	U12 Male, U12 & U14 Female - 4 x 2 km
12:40 pm	U14 & U16 Male, U16 & U18 Female - 4 x 3 km
1:50 pm	WOMEN'S OPEN, U20, 35+, 45+, 55+ - 4 x 4 km
1:50 pm	45 + 55+ & 65+ Male - 4 x 4 km
3:00 pm	MEN'S OPEN, U18, U20 & 35+ - 4 x 4 km

Athletics NSW Short Course Cross Country Championships

UTS Norths is hosting this event for ANSW on Saturday 18 July at Upjohn Park , Dundas .

In addition to entering teams, we need to provide many volunteers – can you provide refreshments, put up a shelter, assist in collecting entries, help with directing runners? Of course you can! Please contact Ian White (0417 423 870 , 9416 7213 or irpw@netspace.net.au) ASAP and let him know what you can do. We need people in shifts from 8am to set up with most people needed from 11am. The races start at 12 noon and finish about 4pm.

New Editor for North Star

I would like to take this opportunity to introduce and welcome Mark Cepak as the new editor of the North-e_Star. Mark is well known to all club members with his vibrant and upbeat personality. Mark will do a great job as the new editor and will continue to have Janet (the previous editor) and my support in getting future editions of the North Star out.

Caroline Layt
North Star Editor
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