

Contact Diane with any notices for the newsletter, or for distribution to the email group.

REGULAR ACTIVITIES - Local

Running Wednesdays at 5.15pm, 20 Wear St outside Dean & Associates. All levels of fitness welcome. Training advice & assistance. Shared travel to events. Contact – Ali Wilson ph 4345128 wk / 4348793 home

Kayaking Training - Multisport/K1 Sessions - Aidan Haig ahaig@stkevins.school.nz Ph 021 793828. Pool based teaching sessions and canoe polo. Multisport and slalom coaching is running all winter.

Triathlon training - Swimming (Waitaki Aquatic Centre) All levels welcome. Beginners through to competitive. Monday, Wednesday mornings 6am and Sundays at 7am. Contact Adair Craik 021-309-439 or the pool 433 0410

Winter road cycling – Saturdays, May to September. Handicap & A, B, C and D grade racing 40-60km, 2pm Sth Canterbury area, \$10 fee. **Sundays** – 40-50km training rides alternate Nth Otago / Waimate venues. Programmes available Ph Geoff 03 689 7747. (Nth Otago – railway bells at airport 2pm).

Cycling Paul Whittaker ph 432 4040, Tony antubt@slingshot.co.nz, Peter McNabb ph 4370007 / 027 3522623 mcnabb_family@xtra.co.nz, Peter Robinson ceo@nomg.co.nz

Biking buddies wanted new to Oamaru, keen to mtb / road bike Ph Andrew 4345988 andrewandjane12@clear.net.nz

The Great Oamaru Bike Ride - 5.30pm. Last Friday Of Every Month. 'Critical Mass' - celebrate cycling & increase awareness of cyclists' right <http://criticalmass.wiki.com/> Jane Matchett, ph; 021 758589. Meet at the carpark at corner of Harbour & Wansbeck Streets. 28th Aug, 25th Sept, 27th Nov, & 25th Dec. <http://www.criticalmass.org.nz>

LOCAL EVENT: SCARC (Sth Canterbury Adventure Racing Club) 12 hour adventure race Black Forest Station, Lake Benmore 12th September - 3 stages - Run/Tramp-Kayak-MTB all transitioning from a central area. No need for support crews. cathmark@xtra.co.nz Entry fee \$35 pp includes bbq. Accommodation @ \$10-20 pp.

UPCOMING EVENTS

- **5 & 10km Fun Run/Walk**, Sat 8 Aug, 22 Aug, 5 & 26 Sept, 17 & 31 Oct, 14 & 28 Nov [The Frontrunner Series](#), Queenstown - [Event Poster >> http://www.activeqt.co.nz/](#)
- **Great Naseby Water Race** – Naseby, **Sat, August 9**. 100km Ultradistance Run 6am; 80km 9am.; 50km 10am. Individual and 2 person team event. <http://www.greatnasebywaterrace.co.nz/>
- **Winter Kayak Series**, Race 4 - Henley - Taieri Mouth, Dunedin (Sunday, August 9) 15km. 9.30am, launching ramp by old bridge, Henley. Brendan O'Neill - 021 221 8393.
- **Brass Monkey Kayak Race Series** – Fun level, classes for all types of kayak & abilities. Grade 2 cert not required but competence on moving water essential. 12km course on Waimakariri River from Pylons to SH1 Bridge. www.whitewater.org.nz racing@whitewater.org.nz Sun 10:00 am Race 5 – 16 Aug.
- **Annavale Attack and Amble Rogaine** - Springfield, Sun 16 Aug, 4 & 3hr options. [Darfield High School](#)
- **Gym Company Duathlon Series** – Ashburton 23 Aug. www.duathlon.ashburtononline.co.nz cjmoore@xtra.co.nz
- **TaxRefunds.co.nz Winter Triathlon, Snow Farm**, August 29th. Queenstown <http://www.wintertri.org.nz> Run 7km, bike 12km, and cross-country ski 10km - all on hard packed groomed snow.
- **Tour de Tasman – 2-day 8-stage Kayaking Tour** 29/30 Aug, Abel Tasman Nat Park www.tourdetasman.co.nz
- **Abel Tasman Coastal Classic** 12 Sep, Sat. 36km Offroad run. **Wait list operating** . <http://www.nelsonevents.co.nz/AbelTasmanCoastalClassic.htm>
- **Mountain to Mountain**, Wanaka, 12 Sept. Ski, mtb, kayak, run, road bike <http://www.m2mwanaka.com>
- **Moro Marathon** - Dunedin (Sunday, **September 13**) Marathon: 42.2km 8:00am. Half marathon: 21.1km 9:30am. <http://www.moromarathon.co.nz/>
- **Haggis Hunter 6 Hour mtb** Sat 19 September Dunedin www.mountainbikingotago.co.nz
- **Timaru Pink Ribbon Women's Duathlon** Sunday 20 Sept - an event for all women & girls regardless of age, size, shape or fitness. Give it a go. <http://www.takethechallenge.co.nz/> ph 03 6885531
- **SPARC Get-2-Go Challenge, Dunedin (for Year 9-10 students)** Wed 23 Sept: <http://www.vorb.org.nz/sparc-get-challenge-dunedin-t96938.html>
- **Spring Challenge women's adventure race** - September 25th-27th - St Arnaud. LAKE ROTOITI. Nelson Lakes National Park - Buller River. <http://www.springchallenge.co.nz/>
- **Katharine Eustace Fundraising Rogaine**, Wanaka, Sat 26 Sept, 6 & 3hr options. <http://www.highlandevents.co.nz/help-katharine-reach-her-goal-2010-winter-olympics-fun-fundraising-rogaine>.
- **Rail Trail Challenge 100 mile (152km) Ride** Sun 27 Sept www.rtc100.co.nz or rtc100ride@gmail.com
- **South Island Masters Games**, Chch. 30 Sept to 4th Oct. <http://www.simasters.co.nz/>

Oamaru Multisport Club, www.oamarumultisport.org.nz. Diane Talanoa, 4 Stoke St, Oamaru. Ph 434 7348 / 437 9023, mobile 027 6745688, diane.talanoa@ccsdisabilityaction.org.nz

- **TrustPower Adventure Quest**, Queenstown, Sat 3rd Oct <http://www.southerntraverse.com/AdventureQuest/>
- **12 Hour Day / Nighter & 6 Hour Blast** - Mountain Biking approx 12km loop course McLeans Forest Park, Christchurch. Saturday, 10th October <http://www.bluedogeevents.co.nz/>
- **MACPAC Control 90 – Multisport rogaine, 12 hrs –** L. Tekapo 10 Oct 3 rogaines - kayak, bike, & hike - each of 4hrs, compulsory 2hr stop between disciplines. 2-person teams. Entries close 25 Sept www.control90.co.nz
- **The WildCoaster** – cycle race, West Coast Sat 10th October <http://www.nelsonevents.co.nz/WildCoaster.htm> 109km from Greymouth to Westport
- **Frost Buster 09**, Methven Sat 17th October <http://www.multisportevents.co.nz> in the Methven foothills (Below Mt Hutt). Multisport 8.5km run, 25km cycle, 15km kayak. Duathlon 8.5km run, 28km cycle, 2km run.
- **Twizel Pyramid Run**: Saturday 24 Oct. Ali Bell 03 435 0562 infopyramid@twizelhardlabour.org.nz www.twizelhardlabour.org.nz
- **Canal Caper Road Cycle Race**: Sunday 25 Oct 60 km, two lap road cycle alongside Twizel's canal system. individuals and 2 person teams. **Canal Caper 2009 Map** Steve Skinner, 03 435 0285 infocaper@twizelhardlabour.org.nz www.twizelhardlabour.org.nz
- **The Dusky Trail MTB Race**, 26 Oct. Ben Ohau Station, Twizel 44 km race through the stunning grandeur of the Mackenzie Basin with views of Mt Cook, Lake Pukaki and Lake Benmore. www.twizel.com/recreation.html#sportsevents, bellshoney@xtra.co.nz, Ph: 03 343 0562
- **Timaru 12 Hour MTB race**, 31 October. Centennial Park get a team together or go solo - suitable for everyone. www.specialevents.co.nz, info@specialevents.co.nz, Ph: 03 688 5531
- **Queen Charlotte Classic** - a multi sport adventure. 13.5km run, 30km bike and 8km paddle. Saturday 7th November. [Queen Charlotte Classic http://www.queencharlotteclassic.co.nz/](http://www.queencharlotteclassic.co.nz/)
- **Molesworth Muster**, 7 November, Canterbury, 80 km point-to-point mtb ride through NZ's largest high country station. www.bluedogeevents.co.nz, blue.dog@clear.net.nz, Ph: 03 331 7990
- **Colombia Multisport Race, CHCH**. 7th Nov. 17km Run - 30 km Road Bike - 6km Kayak. Duathlon - 17k Run - 30k Road Bike. Individual and Team Entries.
- **Coastal Classic** mtb Sun 8 Nov (59km, 39km, or 15km), Taieri www.coastalclassic.org.nz
- www.multisportevents.co.nz methvenrace@xtra.co.nz
- **Kaitangata Black Gold**, Dunedin Sat 14th Nov. 45km and 21.5km x country mtb race, mtb downhill and half marathon events. <http://www.kaitangatablackgold.co.nz/pages/20/Black-Gold-Trail-Mountain-Bike-and-Run>
- **Bannockburn Gutbuster**, 28 Nov, 75 km MTB race from Garston to Bannockburn. Part of the Cromwell Summer Series. www.cromwell.org.nz/calendar1.asp, info@cromwell.org.nz, Ph: 0274 849 424
- **7 famous NZ tracks in 7 days** - Fundraising for Leukaemia & Blood. Nov / Dec 09. <http://7in7.org.nz>
- **Challenge Wanaka 2010 and Lake Wanaka Half** - Sat 16th January 2010 <http://www.challenge-wanaka.com>
- **Benmore Challenge** – helibike race. Jan 23/24th 2010. 0800 HELIBIKE www.helibike.com 0800435424
- **Motatapu 50km Mountain Bike, and off-road marathon** Wanaka Sat 13th March 2010 <http://www.motatapu.com>

RECENT LOCAL RESULTS – some of the recent results for some of the locals

- Heights of Winter Rogaine - Jane Matchett & Diane Talanoa 6 hour event - W 4th, VW 1st.
- Amberley Winter Warm Up – Jane Simpson
- Captain Cooks Landing – W U40 Hayley Flett 12th 3.11.37; Sharyn Hartland W40-49 17th 3.40.15

NOTICE - The Heaphy Track DOC has just released its Draft Partial Review to trial seasonal access for mountain bikes on the Heaphy from 1 May to 1 Oct each year. & general access for mtb on the Kill Devil and Flora Saddle-Barron Flat tracks <http://www.groundeffect.co.nz/projects/heaphy.htm> Submissions close on Friday 4 September 2009

NOTICE - Hurunui under threat - Environment Canterbury has received a resource consent application from Hurunui Water Project Limited to build 2 dams on this river. If the consents are granted, there would be massive changes to the river. Closing date for submissions 11 Sept. See website for more info. www.whitewater.org.nz

WEBSITES www.groundeffect.co.nz ; www.halo.org.nz; www.oamarumultisport.org.nz; www.playsport.co.nz; www.multisportcalendar.com; www.mountainbikingotago.co.nz; www.vorb.org.nz www.mtbpursuits.com. <http://www.mountainbike.orcon.net.nz/>; www.endurancesport.co.nz; www.timaruharriers.co.nz; <http://www.dunedintriclub.co.nz/triclub/>; www.sportzhub.com; www.canterburytriclub.co.nz; <http://www.mountainbike.orconhosting.net.nz/calendar.htm>; <http://www.southcanterburymountainbikeclub.co.nz/> www.geocities.com/cyclingtimaru www.bikenz.org.nz; <http://www.cyclingotago.co.nz/> ; standrewscycling.co.nz; www.highlandevents.co.nz <http://www.slalomnz.org.nz/>; <http://www.coolrunning.co.nz/calendar/>

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