

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 - Aidan Haig ahaig@stkevins.school.nz Ph 021 793828.

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

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

Weekly rides Local mtb cycling group leave from Junction near toilets 5.30pm on Tuesdays & Thursdays, on roads approx 30km. Contact Peter Robinson. **Road cycling** – Thursday nights 5pm from top of Derwent St. All welcome.

Waimate Monday night road cycling – handicap circuit. 7pm gregs@timdc.govt.nz

Notices

Are you interested in a local weekly handicap road cycle circuit? – winter season, (lights required). We want to gauge local interest. Please contact Adair Craik or me if you are keen or want to know more. Ph 021-309-439

Cycle Oamaru – new club whose vision is “To promote all forms of cycling for all ages”. Contact Jane Matchett for more info. jmatchett@waitaki.govt.nz

Oamaru Cycle Park – Old Mill Rd. Inquiries: bike shops, Stu 027 531 0225; Neil 027 335 7277; Grant 021 222 6586

Mountain Biking in McKenzie / Waitaki – DOC brochure available from DOC office / website - wide range of rides.

Bike Wise Challenge, 1 - 28 Feb. February is Bike Month. Register a team & get your workmates to trade their cars for a bike ride each day. Free to enter and chances to win prizes. www.bikewisechallenge.co.nz

UPCOMING LOCAL EVENTS

- **Hampden Skyline Mtb Ride Sun 14 February.** Hampden Skyline Ride and Pugh Pedal Push - recreational rides for riders of all abilities. Fundraiser for Hampden School. 15km or 25km (500m climb) ride. <http://www.sportsground.co.nz/hampdenskylineride> or contact Ian on 034394844 or ijsuth@farmside.co.nz
- **Kiwikids Tryathlon** – Sun 21 February, 11am, reg 10.15. Oamaru Intermediate School. Contact Adair Craik
- **McKenzie Craik Triathlon / Duathlon – Wednesday 24 February.** At harbour (Rowing club) 6.00pm. 1.8km run or 300m swim /12km bike/ 1.8 km run. Teams / individuals. Students free. Adair Craik adair@mckenziecraik.co.nz
- **Oamaru Stamina Event and SISecSchool Triathlon & Duathlon Champs – Sunday 7 March 2010**
www.oamarumultisport.org.nz
- **Kuriheka Mtb & fun run / walk – Sat 8 & Sun 9 May** www.scottstownseascouts.com Antony 027 6659364

UPCOMING EVENTS

- **NZ Masters Games** – mtb, running, triathlon, duathlon, road cycling, etc <http://www.nzmg.com/>
- **Speights Coast to Coast** Feb 12 & 13 www.coasttocoast.co.nz good luck John Crombie, Mark Frisby, Paul Whittaker, Greg Kirkwood.
- **Wanaka Skyline Challenge** 27km mtn run & Hillend Gutbuster 13th Feb. 13.5km hill run/walk/hike <http://www.highlandevents.co.nz/skyline-challenge-wanaka>
- **Sun 14th Feb Dunedin Tri Club, Summer Series Race 2**, Harbour Basin
- **Sun 14 Feb – Sherwood Enduro**, Fairlie. 24km run; 30km or 27 km rec MTB. www.mtbpursuits.com
- **MLT Moonshine Trail - 20 February** Mtb / mtn run. Gore. <http://www.moonshinetrail.co.nz/>
- **Papatowai challenge** – run. 20 feb www.sportotago.co.nz
- **Flock Hill Station Adventure Ride**, Canterbury Sat 20 Feb <http://www.funcycling.net/events.htm#flock-hill>
- **Blokefree Triathlon Series - Sun 21 Feb**– Macandrew Bay – 8am start. <http://www.go2fitness.co.nz/>
- **21 Feb – Paradise Triathlon**, Glenorchy www.salomonsoutherntriserries.co.nz
- **Alpine Epic MTB stage race Wed 24 - Sat 27 February** - Mt Somers to Tekapo www.alpineepic.co.nz
- **Otago Paddles Up** – canoe slalom, Hawea. Feb 27. <http://www.slalomnz.org.nz/>
- **Sat 27-Sun 28 Feb Otago Central Rail Trail Duathlon** Clyde –Middlemarch <http://www.railtrailduathlon.co.nz/>
- **Outside Sports Alpine Classic Cycle Race** – 6 March. Q/town to Wanaka return bgodsall@sportotago.co.nz
- **Cure Kids Great Adventure Race 6 March.** Queenstown. <http://www.curekids.org.nz/southisland.htm>
- **White Hill Windfarm Classic, 6 March.** Mossburn. 25km and 17km options www.whitehillclassic.co.nz
- **Avalanche Peak Challenge** Mtn run **Sat 6 March** www.avalanchepeak.co.nz/default.asp?PageID=7107/

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

- **Pass to Pub**, 7 March. Burkes Pass, mtb event for the whole family 36km www.pass2pub.com,
- **Motatapu 50km Mountain Bike, and off-road marathon** Wanaka Sat **13th March** <http://www.motatapu.com>. Motatapu miner's trail 15km off-road mtn run, R&R Sport 49km 2-Person Team Adventure Run
- **Le Race, 20 March** 100km cycle race from Christchurch to Akaroa. team / individual. www.lerace.co.nz
- **Air Safaris Lake Tekapo Mtn Run and Recreational Walk, Sat 20 March.** <http://www.mtbpursuits.com/>
- **Mt Lyford Challenge**, Mtn run **Sun 21 March** <http://www.paardekooper.co.nz>
- **Reiker Cycles Lake Tekapo Wee McGregor MTB race Sun 21 March**, 40km <http://www.mtbpursuits.com/>
- **Geraldine Bike Challenge, 21 March**, 68km, 32km, or 18km www.geraldinebikechallenge.co.nz,
- **Sunday, March 21, Sth Island Champs – canoe slalom.** <http://www.slalomnz.org.nz/>
- **Goldrush multisport event, 20-22 March** <http://www.goldrush.co.nz/>
- **Real Women Duathlon**, Millbrook Resort, **March 21st**. <http://www.realduathlon.co.nz/main.cfm?id=25>
- **'Fat Tyre Heli bike challenge'** on the 27th of March <http://www.fat-tyre.co.nz>
- **Southern Lakes 1/2 Marathon & 10k. Sat 27 Mar.** <http://www.highlandevents.co.nz/half-marathon-wanaka>
- **Forrest Estate GrapeRide, 27 March**, Marlborough, 101km circuit. www.graperide.co.nz,
- **Raincliff Rumble Mtb Event, 28 March**, South Canterbury. www.raincliffumble.co.nz
- **Sun 28th March Dunedin Tri Club**, Summer Series Race 3 (Otago Champs), Vauxhall
- **Mt Alfred Challenge**, Paradise, Glenorchy **28 March**. Mtb race
- **Arrowsmith Thee Ride or Run**, Canterbury **Sun 28th March** <http://www.multisportevents.co.nz> 42 km
- **Lake Hayes Triathlon and duathlon – 2 April.** www.salomonsoutherntriseriesseries.co.nz
- **Tour de Wakatipu MTB, 3 April.** www.southerntraverse.com Rec 36 km, Sport / Elite 45km.
- **Carricktown Crusher, 3 April. MTB race** www.cromwell.org.nz/calendar1.asp,
- **NZ Orienteering Champs**, Central Otago, **2-3 April.** <http://www.madeventz.co.nz/nationals2010/>
- **Mt Peel Mtb Marathon & Blue Mt Gorges Challenge, 11 April.** www.mtpeelmtb.co.nz, 85 or 55km
- **Naseby 12hr Challenge (mtb) - 17 April** Online entries open 1 Feb. www.mountainbikingotago.co.nz/html/
- **Around Brunner Cycle Ride, 17 April.** 130 km sealed circuit cycle ride. www.aroundbrunner.co.nz
- **Mt Somers Classic Mtb Race, 18 April.** www.mtsomersbikerace.co.nz, info@mtsomersbikerace.co.nz
- **Contact Epic-NZ's Ultimate MTB Event**, Lake Hawea. **Sat 24th April 2010** <http://www.contactepic.co.nz>
- **Routeburn Classic Run**, , **Sat 24 April**, Entries open Jan 25 <http://www.goodtimesevents.net/routeburn.html>

RECENT LOCAL RESULTS (check websites for times and placings)

- **Mountain Bike Orienteering**, Outram **15 November** – Ian Sutherland and Diane Talanoa
- **Lake Hood Triathlon, 28 Nov** – Reubyn Bisschops, Mike Sandri, Tim Rush, Kris Rush, Adair Craik
- **27 Dec – Lake Hayes Triathlon**, Reubyn Bisschops, Colin Clearwater, Kevin Kirkman, Adair Craik, **Duathlon** Tim Rush, Chris Bisschops, Kris Rush
- **Kepler Challenge 5 Dec, Luxmore Grunt** - Claire Muir, <http://www.keplerchallenge.co.nz>
- **Bannockburn MTB Classic, 30 Dec.** www.cromwell.org.nz/calendar1.asp, – Tim Rush, Nick Shearer, Adair Craik, Tiernach Farrell, Kris Rush, Fergus Farrell, Dara Shearer, Molly Farrell, Niamh Farrell
- **Lake Dunstan Triathlon, 2 Jan**, Swim Tri: Mitch McCrae, Michael Sandri, Adair Craik, Reubyn Bisschops, Duathlon: Tim Rush, Chris Bisschops, Peter McNabb, Kris Rush, Corbyn Bisschops
- **NZ MTB Cup DH, round 1, Chch 9 Jan, & Rnd 2 Dunedin 17 Jan** – Jed Rooney,
- **Lake Dunstan Cycle Challenge, 10 Jan** – Tim Rush, Mitch McCrae, Peter McNabb,
- **Contact Tri Series – Wanaka, Fri 15th January** Adair Craik, Reubyn Bisschops
- **Challenge Wanaka 2010 ironman - 16th January** – Michael Sandri
- **Contact Tri Series Timaru** – 24 Jan. Adair Craik, Reubyn Bisschops, Tim Rush. <http://www.triathlon.org.nz/Article.aspx?ID=2294>
- **Otago Peninsula Challenge 30 Jan.** www.otagopeninsulachallenge.co.nz. Walk – Chrissy Watherston, Colin Murray, Diane Stuart, Lisa Robertson, Maria Barta Hinkley, Neil Melton, Rosina Russell. MTB – Ian Sutherland, Tony Caldwell, Colin Wollstein, Peter Robinson, Warwick McLaren.
- **SUB Stride or ride series – Chch 31 Jan** – Claire Kearney <http://www.sarahulmerbrand.com/events/>

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; www.southcanterburymountainbikeclub.co.nz/ 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/> <http://www.cyclingtimaru.com/> ; <http://www.southernlakesmultisportclub.com/> ; www.whitewater.org.nz ; www.rogaie.org.nz

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