

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.

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

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 ride Local mtb cycling group leave from the Junction near the toilets at 5.30pm on Tuesdays & Thursdays, travel on roads approx 30km. Contact Peter Robinson.

The Great Oamaru Bike Ride - 5.30pm. Last Friday Of Every Month. <http://criticalmass.wiki.com/> Jane Matchett, ph; 021 758589. Meet at the carpark at corner of Harbour & Wansbeck Streets. 27th Nov, & 25th Dec.

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

Notices

Oamaru Bike Track – future of the BMX track – contact Jane Matchett jmatchett@waitaki.govt.nz

Call For Vintage Cycling Tools And Bikes! - old Tools, Posters, Bikes, Parts & associated Memorabilia for the new Oamaru Cycle Works Manufactory & Museum. Donations very gratefully received. Greg Davies, 03 4313938

Central Otago Recreational Users, Spring Forum 2009 - Nov 18th at 7.30 pm, Alexandra Community Hall

Non-motorised recreation in the C.Otago high country Questionnaire due 30 Nov www.coruf.org.nz (03) 448 6536,

Local events

▪ **Victorian Oamaru To Historic Clarks Mill Bike Ride** - Thurs 19th Nov - departs Oamaru Cycle Works, southern end of Victorian Oamaru Precinct 9.00am. gsimpson@es.co.nz \$15.00 includes lunch and admission to the Mill.

▪ **McKenzie Craik Duathlon** – Wednesday Nov 25th. Starts from Harbour (Rowing club) at 6.30pm. Regn at 6pm. 1.8km run/12km bike/ 1.8km run. Teams can be businesses or families or a mixture. Contact Adair Craik

▪ **Fifteenth National Penny Farthing and Veteran Cycle Champs** - Sat 21 / 22 November. Oamaru Heritage Celebrations <http://www.historicoamaru.co.nz/2009fete.html>

▪ **Hampden Skyline Mtb Ride Sunday 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

▪ **Oamaru Stamina Event and SISEcSchool Triathlon & Duathlon Champs – Sunday 7 March 2010**

www.oamarumultisport.org.nz

UPCOMING EVENTS

- **5 & 10km Fun Run/Walk, 14 & 28 Nov** [The Fronrunner Series](#), Queenstown - [Event Poster >>](#)
- **Kaitangata Black Gold, 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>
- **Mainly Tramping Wanaka Rogaine** - Saturday, **14th November**. 6hr and 12hr options at the Snow Farm on the Pisa Range, accessed from the Cardrona Valley. <http://www.highlandevents.co.nz/>
- **Mountain Bike Orienteering** - SUNDAY **15 November**, 6hr, 4hr, 2hr and 1hr event options all finish 4pm. Leave from Outram School, Beaumaris St. maggiepasek@hotmail.com or ring Daniel on 021 485 719
- **Southland Marathon and Half Marathon Sun 22nd November** <http://www.southlandmarathon.co.nz/>
- **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
- **South Island Half marathon, Lake Hood. 28 Nov.** Aquathon, triathlon, half ironman and [half marathon](#) www.conference.co.nz/index.cfm/CISport/Events/South_Island_Half_Ironman
- **The Longbeach MTB Coastal Challenge Sun 29 November** – Hinds. www.longbeachbikeride.co.nz. longbeachmtb@gmail.com 35km, 23km, 12km.
- **Groundeffect CyclicSaga**, Weekend **28th - 29th November**, Awatere Valley <http://www.cyclicsaga.co.nz/>
- **7 famous NZ tracks in 7 days** - Fundraising for Leukaemia & Blood. **Nov / Dec 09.** <http://7in7.org.nz>
- **Armstrong Festival of Cycling 5/6 Dec.** Road Cycling, Kids, MTB Events- Recreational Challenge, Elite & Scenic Recreational, City Criteriums, & Kid's Criteriums www.festivalofcycling.co.nz
- **Physique triathlon / duathlon 5 Dec.** Wanaka. swim 400m / MTB 11.5km / run 7.6km Dublin Bay www.phyzique.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

- **Salomon Southern Tri Series - 5 Dec** – Jacks Point Triathlon, **27 Dec** – Lake Hayes Triathlon, **21 Feb** – Paradise Triathlon, **2 April** – Lake Hayes Triathlon – Series final www.salomonsoutherntriserries.co.nz
- **4050 Tour** – Nelson, **December 10-13** - for riders 40 years +. A 7-stage cycle tour, 330km over three days.
- **Catlins Pawakataka Trail** (40km and 22km MTB options) **12 Dec.** <http://www.catlins.org.nz> , <http://www.sportsouthland.co.nz> or contact Kim Dodds, 03 4158954, 0275337876
- **Clutha Classic** – kayak race, Sun **13 Dec.** Reg. Wanaka Foreshore 7:30am to 9:30am. Classic –Wanaka foreshore to Lindis River 54km. Sprint – Albertown to Lindis River 39km bgodsall@sportotago.co.nz
- **Bannockburn Mountainbike Classic, 30 December** www.cromwell.org.nz/calendar1.asp,
- **Lake Dunstan Cycle Challenge, 10 January** 96km cycle race. www.cromwell.org.nz/calendar1.asp,
- **RaboPlus NZ MTB Cup Cross Country - Event 2 and RaboPlus NZ MTB Cup Downhill - Event 2** -Dunedin Sat **16th January 2010** <http://www.bikenz.org.nz/Article.aspx?ID=4774>
- **Challenge Wanaka 2010 and Lake Wanaka Half** - Sat **16th January 2010** <http://www.challenge-wanaka.com>
- **Contact Tri Series** – Wanaka, Fri **15th January 2010** <http://www.triathlon.org.nz/Article.aspx?ID=2294>
- **Benmore Challenge** – helibike race. **Jan 23/24th 2010.** 0800 HELIBIKE www.helibike.com 0800435424
- **The BIG EASY, 23rd Jan 2010**, a mtb event with a focus on participation. Starting at the Snow Farm on Mt Pisa <http://www.highlandevents.co.nz/the-big-easy> Also **The Big Not So Easy** for the more competitive.
- **2010 Otago Peninsula Challenge 30 January.** www.otagopeninsulachallenge.co.nz
- **X-Scenic Sun 31 January** - Centennial Park, Timaru www.xscenic.co.nz
- **Wanaka Skyline Challenge** 27km mtn run. Sat **13th February 2010** <http://www.highlandevents.co.nz/skyline-challenge-wanaka>
- **Alpine Epic MTB stage race Wed 24 - Sat 27 February** - Mt Somers to Tekapo www.alpineepic.co.nz
- **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 –
- **2010 Naseby 12hr Challenge - 17 April** Online entries open 1st Feb. www.mountainbikingotago.co.nz/html/
- **Contact Epic-NZ's Ultimate MTB Event**, Lake Hawea. **Sat 24th April 2010** <http://www.contactepic.co.nz>

RECENT LOCAL RESULTS (check websites for times and placings)

- **ITU triathlon world champs** Adair Craik – in the NZ age-group squad, competed on the Gold Coast <http://www.worldtriathlongoldcoast.com/index.html>
- **Moro Marathon** – local runners included Pete McNabb, Kevin Kirkman, John Newlands, Nicola Newlands, Kevin Malcolm, Mike Sandri, – see webpage for results
- **Timaru Pink Ribbon Women's Duathlon** – locals included Jade Winter, Ailsa Hayes, Sharon Williams. <http://www.takethechallenge.co.nz/>
- **Twizel Pyramid Run: Walkers** - Chrissy Watherston, Heather Strachan, Irene Watt, Vicki Bisschops, Tracey McDonnells, Anna Smillie, Joanne Taylor, Lisa Ledingham, Melissa Hooper. Runners – Paul Whittaker, John Newlands, Scott Neal, Nicola Newlands, Chris Bisschops, John Berry, Tim McEvoy, Dianne Dale, Claire Robertson, Eric Ross, Kay Schrader, Patrick Allen, Jason Downe, Reubynn Bisschops, Hannah McErlane. Korbyn Bisschops, Hamish Allen, Bryn Bisschops. www.twizelhardlabour.org.nz
- **Cromwell Half Marathon** - Kevin Kirkman, 10 km run – Nicola Kirkman
- **Canal Caper Road Cycle Race** – Margaretha Engels, Eric Ross, Patrick Allen, Korbyn Bisschops www.twizelhardlabour.org.nz
- **The Dusky Trail MTB Race** – Aubrey Martin, Bevan Wilson, Graham McLeod, Oscar Smit, Ian Perry, Dianne Dale, Tony Caldwell, Brian Hunter, Bryn Bisschops, Korbyn Bisschops www.twizelhardlabour.org.nz
- **Mahinerangi Madness Multi Sport Race** – Peter McNabb, Ian Sutherland, Diane Talanoa
- **Coastal Classic** mtb race – Peter McNabb, Tony Caldwell www.coastalclassic.org.nz
- **Wanaka Urban mtb race** – Cameron and Luke
- **World Masters Games** – 10 km run David Rush www.2009worldmasters.com/
- **Tekapo Throwdown Whitewater canoeing** – Fergus Farrell, Courtney Kerin, Anna Eade, Aidan Haig. <http://www.slalomnz.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; 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/>