

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

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

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. 25th Sept, 27th Nov, & 25th Dec. <http://www.criticalmass.org.nz>

LOCAL EVENTS:

- **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.
- **Boulders To Beacon duathlon and 10km beach race** - Sunday 20th September. Mountain bike (15km)/beach run duathlon 11.00am. 10km beach race 11.00am. Childrens (10 & under) 3km beach run 10.00am. Registration from 8.30am at Moeraki Coronation Hall – 1.3km on left from SHW 1. Owen Gould: ph 03 4371161. e-mail: oglinda@clear.net.nz. An Oamaru Rowing Club event.

UPCOMING EVENTS

- **5 & 10km Fun Run/Walk**, 5 & 26 Sept, 17 & 31 Oct, 14 & 28 Nov [The Fronrunner Series](#), Queenstown - [Event Poster >> http://www.activeqt.co.nz/](#)
- **UNIQUE HUMAN POWERED VEHICLE & CYCLING EVENT** - WAIMATE 6th SEPTEMBER <http://www.kiwihpv.org.nz/>. Graeme Simpson ph 4348285 <http://homepages.ihug.co.nz/~gsimpson/>. A mix of events for HPV, Ordinaries and vintage safeties. gsimpson@es.co.nz
- **Winter Kayak Series 2009**, Race 5 - Henley - Waiholo, Dunedin, Sunday, September 6 Distance: 12km. Race start: 9.30am, launching ramp by old bridge, Henley. Dave Wilson 021 958 411.
- **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>
- **Gold Coast Triathlon World Champs** – Sept 9-15. <http://www.worldtriathlongoldcoast.com/index.html> - good luck to local Adair Craik who has qualified for her age group for NZ.
- **Moro Marathon** - Dunedin (Sunday, **September 13**) Marathon: 42.2km 8:00am. Half marathon:21.1km 9:30am. <http://www.moromarathon.co.nz/>
- Linger & Die XC and That Dam Downhill MTB 12 & 13 Sept - www.linger-and-die.co.nz/Site/Welcome.html
- **Haggis Hunter 6 Hour MTB** Sat 19 September Dunedin www.mountainbikingotago.co.nz
- **The 23rd Timaru Round the Gorges Relay** (run) Saturday 19th September <http://www.roundthegorges.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
- **TrustPower Adventure Quest**, Queenstown, Sat 3rd Oct <http://www.southerntraverse.com/AdventureQuest/>
- **South Island Masters Games - Mountain Biking**. Christchurch Sat 3rd October <http://www.simsters.co.nz>

- **Winter Kayak Series 2009, Race 6 - Pilots Beach-Vauxhall, Dunedin (Sunday, October 4)**
Distance: 20km. Race start: 9.30am. phone: Morris Hall – 454 4877 or Allan Sutherland – 021 229 8716.
- **12 Hour Day / Nighter & 6 Hour Blast** - Mountain Biking approx 12km loop course McLeans Forest Park, Christchurch. Saturday, 10th October <http://www.bluedogevents.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 Oct www.multisportevents.co.nz Multisport 8.5km run,25km cycle,15km kayak. Duathlon 8.5km run, 28km cycle,2km run. methvenrace@xtra.co.nz
- **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, 2 lap road cycle alongside Twizel's canal system. individuals & 2 person teams. **Canal Caper 2009 Map** Steve Skinner, 03 435 0285
infocaper@twizelhardlabour.org.nz www.twizelhardlabour.org.nz
- **Mahinerangi Madness Multi Sport Race** 25 Oct. www.sportsground.co.nz/mahinerangimadness Walk - 18.8km, Run - 18.8km, Short MTB - 18.8km, Long MTB - 45.6km
- **The Dusky Trail MTB Race**, 26 Oct. Ben Ohau Station, Twizel 44 km race
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
- **The Pounaweia Coastal Triathlon - Catlins, Sat, Nov 7.** 500m swim, 24km mtn bike, 6km run. Duathlon - 3.5km run, 24 km mtn bike, 6km run. Anne-Marie Holland on 027 601 0974.
- **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.bluedogevents.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 race Sun 8 Nov (59km, 39km, or 15km), Taieri www.coastalclassic.org.nz
- **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>
- **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.
www.conference.co.nz/index.cfm/CISport/Events/South_Island_Half_Ironman
- **7 famous NZ tracks in 7 days** - Fundraising for Leukaemia & Blood. Nov / Dec 09. <http://7in7.org.nz>
- **4050 Tour – Nelson, December 10-13** - for riders 40 years old and over. A 7-stage cycle tour totalling 330km over three days in the Top of the South, starting and finishing in the Nelson region. Individuals and teams.
- **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
- **2010 Otago Peninsula Challenge** 30 January. www.otagopeninsulachallenge.co.nz
- **Motatapu 50km Mountain Bike, and off-road marathon** Wanaka Sat 13th March 2010
<http://www.motatapu.com>
- **2010 Naseby 12hr Challenge** - 17 April Online entries open 1st Feb. www.mountainbikingotago.co.nz/html/

RECENT LOCAL RESULTS

- Reubyn Bischopps – Academy Otago 2009 Athlete; Triathlon NZ Youth Academy
- Contact Duathlon National Schools Champs – Reubyn Bisschops – 3rd U19 girls.

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/>
<http://www.cyclingtimaru.com/>

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