

THINGS HAVE BEEN A LITTLE QUIET WITH THE VERY COLD CONDITIONS INFLUENCING SOME OF OUR RUNNERS. BUT WE ARE OVER HALFWAY THROUGH WINTER, AND THINGS WILL PICK UP AS THE DAYS START TO GET LONGER AND HOPEFULLY WARMER.

BUT NOTHING WILL STOP THOSE DEDICATED RUNNERS WHO HAVE BEEN TRAVELLING ALL OVER THE STATE AND FURTHER.

WE HAD KIM AND DARYL ROWETH,
LYN AND MICHAEL O'MARA, NICOLA
BLORE AND CHRIS CLOUGH
COMPETE IN THE BAY TO BAY.
LYN AND MICHAEL O'MARA AND
KARREN SKELTON WENT TO THE
GOLD COAST. KATE WRIGHT, JOHN
BETTS AND KATE THORNTON WENT
TO THE SHOALHAVEN SUMMIT
23KM.

WELL DONE TO YOU ALL.

OUR TRAIL RUNS COMMENCED AGAIN UNDER THE WATCHFUL EYE OF ALISON WHO HAS DONE A GREAT JOB MARKING THE COURSES AND GETTING THINGS MOVING.

WITH A GREAT RESPONSE TO THESE RUNS THEY ARE PROVING VERY POPULAR. PICTURED HERE: 1ST TRAIL RUN



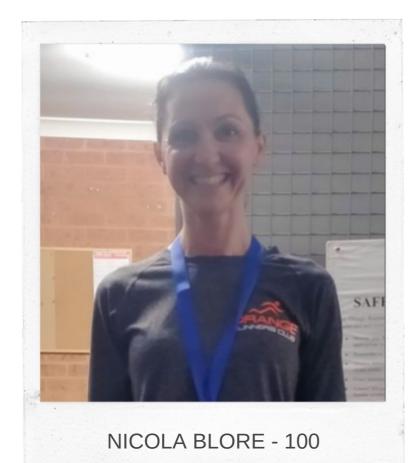
## CLUB ACHIEVEMENTS

CONGRATULATIONS TO THE FOLLOWING MEMBERS WHO HAVE RECEIVED ACHIEVEMENT MEDALS OVER THE LAST TWO MONTHS.











SARAH PASSEY - 75





**ROSEMARY ELKINGTON - 50** 

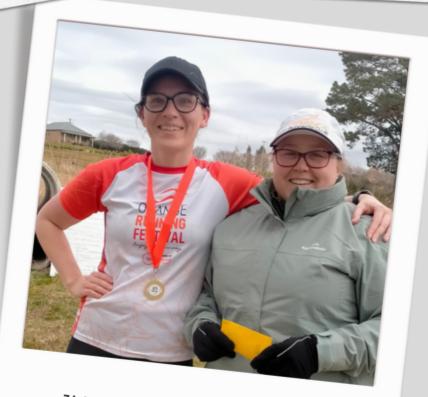
OLIVIA BLORE - 50



ZOE FINLAY - 25



COOPER BENNETT - 25



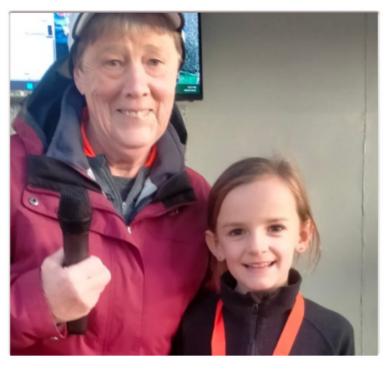
JUSTE KUCINSKAITE - 25



JESSICA CURRAN - 25



ISOBEL CURRAN - 25



LACEY CURRAN - 25