

IT'S BEEN A VERY BUSY MONTH
WITH LOTS OF RUNS HAPPENING
ALL AROUND THE STATE.

MANY OF US TRAVELLED TO
BATHURST FOR SEMINARS AND
TO TEST THE NEW TRACK FOR
NEXT FEBRUARY'S WORLD
CHAMPIONSHIP CROSS COUNTRY
EVENT. THESE EVENTS WERE
HOSTED BY ANSW AND IT'S THE
START OF A RELATIONSHIP
BETWEEN US.

JACK DAINTITH HEADED TO THE SUNSHINE COAST WHERE HE REPRESENTED NSW IN THE AUSTRALIAN HALF MARATHON CHAMPIONSHIPS AND HAD A GREAT RUN COMING AWAY WITH A THIRD PLACE IN HIS AGE GROUP AND 62ND OUT OF 2,400 COMPETITORS.

**GREAT RESULTS JACK.** 





A WEEK LATER MANY OF US HEADED FOR MUDGEE WHERE THEY EXPERIENCED THE BEAUTIFUL RUNS THROUGH THE VINEYARDS AND ENJOYING ANOTHER GREAT DAY. AND SOME GREAT RESULTS COMING FROM THERE.

THEN TO TOP IT OFF WE HAD TREMENDOUS NUMBERS GO TO DUBBO TO ENJOY A BEAUTIFUL DAY OF RUNNING AMONGST THE ANIMALS ON A PERFECT SUNNY DAY. A LOT OF OUR MEMBERS CAME IN THE TOP THREE IN THEIR AGE GROUP MAKING IT A GREAT SUCCESS FOR OUR CLUB.



NOW MOST OF OUR MEMBERS WILL BE STAYING HOME FOR A WHILE AS WE START TO THINK ABOUT OUR OWN RUNNING FESTIVAL. WITH REGISTRATIONS NOW OPEN, IT'S TIME TO SPEAK TO YOUR FRIENDS AND RELATIVES AND DECIDE ON A DISTANCE YOU WOULD LIKE TO GIVE A GO, THEN PUT ON THE SHOES AND START YOUR TRAINING WITH YOUR FAMILY AND FRIENDS.

## **CLUB MEMBERSHIP**

OUR NEW CALENDAR YEAR AND REGISTRATIONS WILL COMMENCE ON 1ST. OCTOBER. FINALLY, AFTER THE DISASTROUS SIX MONTHS WE ARE HAVING, IT IS ALMOST OVER. THANK YOU FOR ALL YOUR PATIENCE AND UNDERSTANDING DURING THIS VERY DIFFICULT TIME. HOPEFULLY WE NEVER HAVE ANOTHER ONE LIKE THAT.

THE NEW REGISTRATION FEES ARE NOW ON THE WEBSITE.

CONGRATULATIONS TO THE FOLLOWING MEMBERS WHO HAVE RECEIVED ACHIEVEMENT MEDALS DURING AUGUST.



CALEB MUDGE - 50



**AYAKO KUSUI - 75** 





AMY ROBINSON - 50



TIM ROBINSON - 50



WILL ROBINSON - 50



COLLETTE ROBINSON - 25