

LATEST NEWS

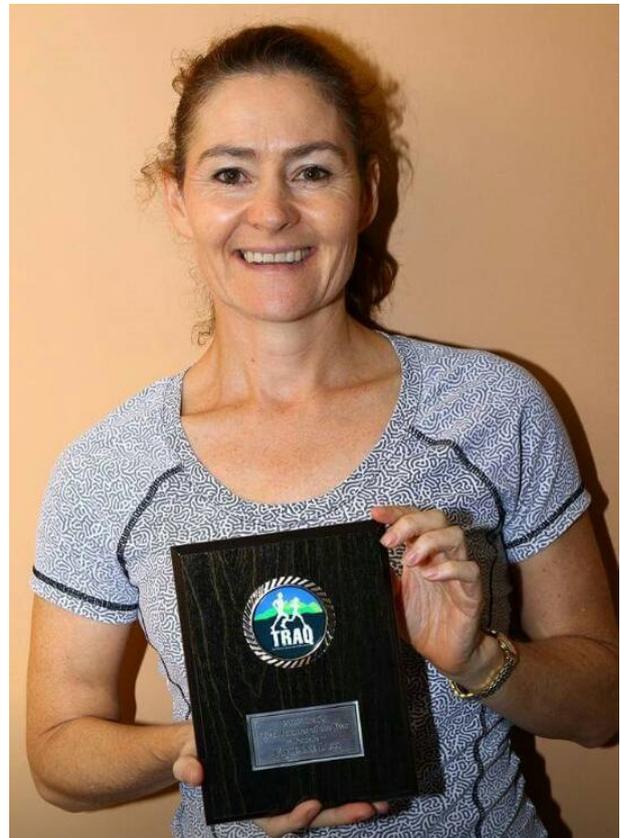
All

Well done once again to all runners in the plethora of events every one has been participating in. I have some initial results from this weekend so they may not be 100% complete. Make sure you check out our face book page for all the very latest news. I have left the information for the team entries in this news letter and for other upcoming events.

Special mention to Vivian Buss who was named the TRAQ trail runner of 2015, well done Vivian.

Entries are open now for the Twilight Team and Gold Coast Marathon Teams, Jodie will set up a team for the Sun Shine Coast Marathon and City to South runs when entries open. For details see the upcoming events section. Please note payment for GCM team entries isn't due till after the team entries close. You will be notified at the time and can then transfer monies to the club account. Remember to use your name on any e-transfers so the treasurers know who the money has been transferred from.

Account Name: River City Runners Inc
BSB: 484 799
Account No: 053140881



Vivian Buss - TRAQ Trail Runner of 2015

RECYCLE USED RUNNING SHOES

Have you got running shoes that you no longer use but don't want to throw in the bin? They can be put to good use. Shoes play such an important role in everyone's lives – can you imagine not owning a pair?

Many people have nothing to keep their feet warm and clean and we can all do our little bit to help those less fortunate than ourselves.

Please help us to deliver your shoes as quickly as we can by following the guidelines below:

SPORTS SHOES only please.

NO HOLES AND GOOD SOLES. It is not worth shipping shoes to an orphanage in Southern Africa if they are

broken! We want to send shoes that will last a whole winter.

CLEAN! Would you like to receive a dirty pair of shoes? They can be hand scrubbed or washed on a short cold cycle in the washing machine. Best dried in the sun stuffed with newspaper – no tumble trying please as it destroys the shoe.

Jodie can collect shoes from people if that is more convenient. "I will have a box in my car. I am usually at QSAC on Tuesday mornings and sometimes Saturday."

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

RACE RESULTS

February 28th

Ipswich Trail Running Series—Round 2 White Rock

Well done Alex Ralph who was 2nd in category in a time of 37:32, Rhys and Dean Bradford crossed the line together 44:54, Trisha Coonerty 45:53 and Katie King 46:47.

| Ipswich Trail Running Series - White Rock | |
|---|-------|
| 7.5km | |
| Alex Ralph | 37:32 |
| Rhys Bradford | 44:54 |
| Dean Bradford | 44:54 |
| Trisha Coonerty | 45:53 |
| Katie King | 46:47 |

Run Gold Coast - Kurrawa Beach

I wonder if Carol is getting in some pre Red rock training on the beach to defend her title from last year.

| Run Gold Coast—Kurrawa Beach | |
|------------------------------|---------|
| 15km | |
| Carol Wingreen | 1:28:18 |

March 6th

Brisbane Trail Running Series - Daisy Hill

Gary Collins enjoyed the trail run with a great performance finishing the 20.7km course in 2:16:16.

| Brisbane Trail Running Series - Daisy Hill | |
|--|---------|
| 20.7km | |
| Gary Collins | 2:16:16 |



L: Gary Collins post Daisy Hill trail race.

International Woman's Day Run/Walk

Over 8000 entrants completed the run / walk for International Woman's day in a sea of pink. Jodie Osborne put in a good 5km time of 20:10, others that walked included Kira Osborne and Maria Proctor.

| International Woman's Day Run/Walk | |
|------------------------------------|-------|
| 5km | |
| Jodie Osborne | 20:10 |
| Kira Osborne | |

March 12th

Coombabah Cross Country 10km

Seemingly unstoppable Maria Proctor once again finished on the podium in this 10km cross country event with a 1st in age category and 2nd female place, crossing the line in 53:34. Not to be out done by the ladies Steve Turner was also 2nd in age category 53:56 and Pat Coglan was 1st in age category 52:30.

| Coombabah Cross Country | |
|--------------------------------|-------|
| 10km | |
| Maria Proctor - 2nd Female | 53:34 |
| Steve Turner - 2nd in category | 53:56 |
| Pat Coglan - 1st in category | 52:30 |



Maria Proctor - On the podium once again.

UPCOMING EVENTS

TWILIGHT RUN TEAM

To register as part of the River City Runners team please follow these steps:

1. Go to www.streamlinedevents.com.au and select Twilight Run 2016 on the left-hand side
2. Click Join an existing Team and type in River City Runners
3. Select River City Runners to join this Team
4. Choose from the options available for Twilight Run 2016
5. Continue with the registration process until payment has been completed.

We hope you enjoy Twilight Run 2016 and if you have any questions please contact Twilight Run 2016 event organiser. **20th March 2015**

GOLD COAST MARATHON TEAM AND OTHER EVENTS

This is now up and operational. As usual team members get a 10% discount off their entry. Anyone is welcome to join our team. The password is RCR2016.

Enter as part of the River City Runners team to receive the 10% discount.

Pay after team entries are finalised directly to the RCR account, you will be informed when payment is due.

You can enter multiple events.

GREAT OCEAN RUN - WATER WORLD RED ROCK TO COFFS HARBOUR RUN

This year the race starts at 6:30am on Sunday the 17th of April. For anyone interested in staying at Opal Cove resorts a special group booking discount deal has been set up.

Room Only Rates are as below:

Breakfast is additional @ Adults \$19.50 p/p & Children \$10.00 5-14yrs

Resort side room: \$140.00 per night

Ocean side room: \$180.00 per night

2 Bed Room Villa: \$280.00 per night

3 Bed Room Villa: \$320.00 per night Min 2 night stay

4 Bed Room Unit: \$550.00 per night Min 2 night stay

Could you please confirm as soon as possible if you would like to go ahead and book. Cut Off date would be 25th March 2016.

Group Booking Name & Booking Number

River City Runners Group ## 13340103527

Please be mindful your rooms booked will drop of the system if not booked & paid for in full by 25 March 2016. For those wishing to enter go to www.registernow.com.au and search for Great Ocean Run 2016.

MAIDENWELL AT EASTER

<http://www.runmaidenwell.com/entries>

Where the Hell is Maidenwell?

Beautiful country run at the foot of the Bunya Mountains.

| | |
|----------------------------|-------------------|
| Easter Weekend 2016 | DISTANCES |
| | 2.2 km 14 km |
| | 5 km 21.1 km |
| | 10 km 28 km |
| | 42.195km and 56km |

Enter any race 21.1km or longer before 1/2/2016 and receive a complimentary race T-Shirt.

www.runmaidenwell.com