

All runs start at 5.30pm with the exception of Cape Hillsborough. Refreshments afterwards with a gold coin donation to cover expenses. Bring a water bottle.

Sunday 20th Oct -: Mater Hospital Carpark. "Goose ponds to North Primary and Magpies" 5 and 10 K options.

Sunday 27th Oct -: Mackay ARC. CQU track. 10 and 5 km timed track run.

Sunday 3rd Nov-: Seabreeze Tavern Slade Point. "Soft sand and prickles". Up to 4 x 2.5km loops

Sunday 10th Nov-: 'Hillsborough hurt locker". 4.30 pm start. Cape Hillsborough car park. 10k of trails.

Sunday 17th Nov-: City loop "Snakes and Ladders". Start at Blue Water Quay. 5 or 10 km team challenge.

Sunday 24th Nov-: Blacks Beach Tavern. "Hills and sand". Hour long challenge - total team distance. Drinks at Tavern afterwards.

Sunday 1st Dec-: Memorial Pool carpark. Cathy Freeman bikeway to the end of Town Beach. 5 and 10 km options

Sunday 8th Dec-: Bucasia Shops to Shoal Point. Beach to the point. Road and bike path back to the beach. 10km course with 6 km option

Sunday 15th Dec-: Base Hospital Carpark. "Bridges run" 12km and 6 km options

Sunday 22th Dec-: "Festive Run". Harrop Park Carpark. Ocean International to Town Beach and return. Quick change and drinks on the deck. Non-runners and normal people welcome.

Sunday 29th Dec -: Surf club carpark to Water Tower. Warm up followed by hill reps on Mt Bassett and warm down. 6 to 8 km total.

Sunday 5th Jan-: Mackay ARC (CQU - Sports precinct) 5km on track followed by 1km swim (entrance cost)

Sunday 12th Jan-: Planet Paget. Meet at the Railway Station carpark. Mobile phone needed for each team. Team members will run different distances.

Sunday 19th Jan-: Tourist Information Centre - City Gates. Pioneer river to Canelands and alternate return. 5 and 12 km options.

Sunday 26th Jan -: "Plant the flag". Australia Day Run. Mt Pleasant Tavern car park. Hills circuit (including High St). Short course option. Drinks afterwards to celebrate the lucky country.

Sunday 2nd Feb-: Andergrove Tavern. Wetlands double pump. 2 x 5km Wetlands circuit. Prizes afterwards for Summer series outstanding participants.

Sunday 9th Feb-: See club program for 2020 season