

# Shawn's Summer Series - 2020 - 2021

All runs unless specifically stated start at 5.30pm on a Sunday afternoon. Everyone welcome with gold coin donation for fruit and refreshments afterwards. Children 12 years and under need an attending adult. Half and full distance courses always available ( see map for most events)  
Please bring a water bottle. All runs are social at your own pace.

Date	Event Details	Map
18th of October	Surf Club. East Pt road to the River and back to the Breakwater. 8.5 K.	
25th of October	Base Hospital carpark. "The two Bridges". 11K and 6 K version.	
1st of November	"Hillsborough Hurt Locker". 3 Tracks for 10K. 4.30pm start. Meet at Cape Hillsborough carpark	
8th of November	Magpies. "Catch the Field". Full Goose ponds circuit. (10 and 5 K)	
15th of November	Seabreeze tavern. "Soft sand and prickles" - 3 to 4 loop course. Total of 8 K.	
22nd of November	Centenary Place (near North Primary). 1 hr run to Harbour (5 and 10K).	
29th of November	Bucasia Shops. Shoal Pt circuit. Beach north, road and path back. Long and short course.	
6th of December	North Mackay High. Hilly circuit. 2 x 4.5 K loops.	
13th of December	Memorial Pool Carpark. Run to Town beach via Blue	

	Water trail. Short and long course.	
20th of December	Festive Run. Harrop Pk carpark. Group jog (5 K group or 9 km group) Drinks at club afterwards. Bring a Christmas shirt.	
27th of December	ARC to Alexandra St (10 & 5 K). Meet at ARC Pool carpark. Run to The Gardens.	
3rd of January	Northwall carpark. - To Sladie Watertower. Sand running (5 or 9 K)	
10th of January	City loop. "Snakes and Ladders". Blue Water Quay. Team challenge Over 5 or 10 K courses.	
17th of January	Planet Paget. Railway Station Carpark. Team run . Each team needs a mobile phone. "Shortest path to 10 locations"	
24th of January	Paradise pursuit. Meet Mackay High oval. (6 & 10 K loops)	
31st of January	Blacks Beach Tavern. "Stairway to Heaven" 2.5 K course over 2 or 4 loops. Best team total.	
7th of February	Andergrove Tavern. Wetlands double pump ( 2 x 5 K loops). Drinks and presentation for "Shawn's Summer Series"	

