

Looking for a new exercise activity?
Something more than just a run?
Then come and try the *Sydney Summer Series*.

Explore the best of Sydney's foreshores, parks, reserves and bush tracks every Wednesday afternoon/evening during daylight saving.

- * Different location each week
- * Go solo, with a buddy, or in a small group
- * Running and walking categories
- * Easy navigation
- * Electronic timing
- * Season ticket is available

Start any time between 4.30pm and 6.45pm. Visit as many of the 30 controls as you can, in any order, in 45 minutes. Plan your route to maximise your score: 1-10 = 10 points, 11-20 = 20 pts, 21-30 = 30 pts.

Be warned - it's highly addictive!





2024/2025 Program

Date	SUBURB	Assembly Area
9 Oct 24	WATSONS BAY	The Gunyah, 335 Old South Head Road
16 Oct 24	CARLINGFORD	Carlingford Bowls Club, Evans Road
23 Oct 24	ST IVES	Acron Oval, Acron Road
30 Oct 24	FRESHWATER	Freshwater SLSC, Kooloora Road
6 Nov 24	LINDFIELD	Primula Oval, Primula Street
13 Nov 24	NEWTOWN	Camperdown Memorial Rest Park, Federation Road
20 Nov 24	NORTH WAHROONGA	Golden Jubilee Field, Esk Street
27 Nov 24	ALLAMBIE HEIGHTS	Allambie Heights Oval, Allambie Road Including special line course option
4 Dec 24	CHATSWOOD	Beauchamp Park, Nicholson Street
11 Dec 24	CASTLE COVE	Castle Cove Park, Holly Street
18 Dec 24	PUTNEY	Morrison Bay Park, Frances Road
Monday 23 Dec 24	MOSMAN	Georges Heights Oval, Suakin Drive
Monday 30 Dec 24	MANLY	St Paul's Catholic College, Darley Road
8 Jan 25	SURRY HILLS	Prince Alfred Park, Chalmers Street
15 Jan 25	TELOPEA	Sturt Park, Sturt Street
22 Jan 25	ERSKINEVILLE	Erskineville Oval, Fox Ave
29 Jan 25	DOVER HEIGHTS	Hugh Bamford Reserve, Military Road
5 Feb 25	CONCORD	St Luke's Park North, Crane Street
12 Feb 25	MOSMAN	Reid Park, Avenue Road
19 Feb 25	PENNANT HILLS	Pennant Hills Park Netball Courts, off Britannia Street
26 Feb 25	PARRAMATTA	James Ruse Reserve, Hassall Street
5 Mar 25	CONCORD	Ron Routley Oval, off Nullawarra Avenue
12 Mar 25	LEICHHARDT	Pioneers Memorial Park, Norton Street
19 Mar 25	EAST LINDFIELD	Lindfield Oval, Tryon Road
26 Mar 25	EPPING	West Epping Park, Dent Street
2 Apr 25	NORTHBRIDGE	Northbridge Golf Club, Sailors Bay Road Please stay for dinner and presentations

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