

## Lakers Sunday runs 2009

Commence: Sunday May 17th

**From JULY 26th North Adelaide Red Ocre car Park (same as Tuesday nights)**

Followed by a bakery breakfast- location to be confirmed

Meet at: 8 am for an 8.15 am start

Three levels of run on offer as well a walking group

I am sure this will all sort itself out after a few weeks, but the plan is for three run groups based on the speed a person can run and a walk group, to be formed. Each group is further subdivided into a long and a short course group depending on the events they are aiming for this year.

The A B & C groups all start off together however the short course athletes stop at the designated times. For the first month the groups will aim to be back at the starting point at the end of the short course run and then add extra time afterwards. Please note times listed below are guides only. The walk groups will be approximately 45-60 minutes.

The plan is for an A B and C leader to marshall each of groups. The run is basically follow the leader, with the leaders turning back every 20 minutes, or when they come to a fork in the road, to catch up with the back markers. If anyone is keen on leading their group, A B or C can they please contact Nigel Pietsch who can give you some ideas on where to run

When we head over to Waterfall Gully and the distances increase for the long distance athletes we will have to decide if we want groups to start early or later which will mean all groups either start together or finish together (depending on the breakfast/bakery options).

### Meeting places

- ∅ Morialta meet in car park on Stradbroke road (i.e. don't drive into the national park turn left at the top of Morialta road onto Stradbroke rd and about halfway down on the LHS.
- ∅ - Waterfall Gully meet out the front of the Goodlife Gym on corner of Greenhill and Glynburn Road, feathers roundabout.
- ∅ **Nth Adelaide runs Commencing from 26th July are along the Torrens out and back alternating direction meet at the Red Ocre car park (same location as Tuesday night running)**

Date	Races	Location	A's Long	A's short	B's Long	B's short	C's long	C's short
May 17		Morialta	60 min	60 min	60 min	60 min	45 min	45 min
May 24	Joggers world Barossa 1/2	Morialta	60 min	60	60 min	60	60 min	45
May 31		Morialta	75	60	75	60	75	45
June 7		Morialta	75 – 90	75	75 – 90	75	75 – 90	60
June 14		Waterfall Gully – chambers	90 Chambers + winter track and up to falls for extra	75 Chambers + winter track	90 Chambers + winter track and up to falls for extra	75 Chambers + winter track	90 Chambers + winter track	60 waterfall gully road
June 21	SARRC Derby Dash Meteors MTB duathlon	Waterfall Gully-	90 SE freeway, Mireen, Bullock	75 SE freeway, Mireen, Bullock	90 SE freeway, Mireen, Bullock	75 Chambers	90 SE Freeway no Mireen Bullock track	60 waterfall gully road
June 28	Joggers world	Waterfall gully	120 Chambers + SE	75 Chambers + winter	120-135 Chambers + SE	75 Chambers + winter	105 SE freeway, Mireen,	60-75 chambers

			Free way + Bullock	track	Free way + Bullock	track	Bullock	
July 5	Gold Coast marathon	Water fall Gully	135 Chamber s + SE Free way + Mireen and Bullock	75 Chamber s + SE Free way	135 -150 Chamber s + SE Free way + Mireen and Bullock	75 Chamber s + SE Free way	105-120 chamber s winter, SE, bullock	60-75 chamber s
July 12		Waterfall Gully	150 SE Free way then Chamber s winter (Cleland?)	75-90 SE freeway loop	150	75-90 SE freeway loop	150 chamber s winter, SE, mireen, bullock	75 chamber s
July 19	Lakers run to Lofty Summitt	Waterfall Gully	180	180	180	180	180	180
July 26	SARRC River run	Nth Adelaide – weir	120-135	75	120-135	75	120-135	75
Aug 2	Joggers world	Nth Adelaide	120-150	75	120-150	75	120-150	75
Aug 9		Nth Adelaide	120-150	75	120-150	75	120-150	75
Aug 16		Nth Adelaide	120-150	75	120-150	75	120-150	75
Aug 23		Nth Adelaide	60-90	75	60-90	75	60-90	75
Aug 29	Adelaide Marathon	Nth Adelaide pinky flat						