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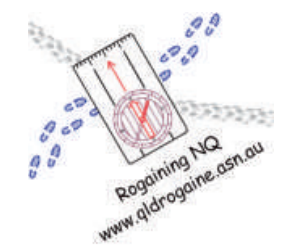


SUNCORP

North Queensland Games
9-12 April 2010
Cairns Region

Day, Date	Start	Club	Discipline	Sponsor & Event	Length	Where
Sun, 08 Aug	Various	Townsville Road Runners	Road Run	McDonald's Townsville Running Festival	42.2k / 21.1k / 10.5k / 5k	Tobruk Pool, Townsville
Sun, 08 Aug	9.00am	Cairns MTB	Mountain Bike	Herberton 8hr	8hr	Tepon Equestrian Park
Each Thursday, 12 Aug-16 Sept	5:30pm	Rogaining NQ	Metrogaines	Winter Series	1hr	Cairns region
Sat, 14 Aug	2.30pm	Roadies	Trail Run, Race	Pyramid Race	12k	Gordonvale
Sun, 15 Aug	9.00am	Rogaining NQ	Metrogaine, Hike/Bike	Mossy Metrogaine	3hr	Mossman
Sun, 29 Aug	7.00am	Crocs	Kids Triathlon	Latitude 16 Kids Triathlon U13	400m / 8k / 3k 200m / 4k / 2k	Kewarra Beach
Wed, 01 Sept	5:30pm	Roadies	Road Run, Time Trial	Choice Australia Management Cassowary Cup Time Trial	10k / 5k / 3k	Northern end of Muddy's Playground, Esplanade
Sun, 05 Sept	6.30am	Adventure Sport NQ	Multisport	ONAMISSION	12k / 23k / 17k 8k / 23k / 11k	Mission Beach South
Sat, 11 Sept	11.00am	Crocs	Long Course Triathlon	Hahn Super Dry Long Course Triathlon	2k / 80k / 20k 1k / 30k / 10k	Port Douglas
Sun, 19 Sept	9.00am	Rogaining NQ	Hike	Bush Rogaine	3hr / 6hr / 10hr	Atherton
Sat, 25 Sept	11.00pm	Crocs	Midnight Ride	Cairns Crocs Full Moon Ride	180k	Smithfield / Atherton / Mareeba / Smithfield
Thurs-Sat, 23-25 Sept	Various	Oceania committee	Athletics, Track	Oceania Championships	800m+	Barlow Park
Sun, 03 Oct	7.00am	Crocs	Triathlon	Pump n Pedals Yorkey's Knob Triathlon	750m / 20k / 4k 350m / 10k / 2k	Yorkey's Knob
Sun, 03 Oct	9.00am	Cairns MTB	Mountain Bike	20th RRR	100k / 44k	Mt Molloy to Port Douglas
Wed, 06 Oct	7.00pm	Roadies	Meeting	AGM	n/a	Dunwoody's Tavern
Sat, 09 Oct	5.00pm	Roadies	Road Run, Series, Race 1 of 2	Cock & Bull Freshie Handicap #1	6k / 3k	Freshwater Swimming Hole
Sun, 17 Oct	7.00am	Roadies	Trail run, Social, Series, Race 4 of 4	Spiny Cray Ultra	56k / 21k / 5k	Highlander Tavern, Mt Lewis Rd, Julatten
Sat, 23 Oct	5.00pm	Roadies	Road Run, Series, Race 2 of 2	Cock & Bull Freshie Handicap #2	6k / 3k	Freshwater Swimming Hole
Sun, 24 Oct	7.00am	Crocs	Triathlon / Fundraiser	Tri De Femme	75m / 7k / 1k	Kewarra Beach
Sat, 30 Oct	6.00pm	Roadies	Road Run, Social	Jason Hedges Halloween Run	TBA	Secret Location, TBA
Sun, 06 Nov	7.00am	Roadies	Road Run, Race	Active Health Clubs Northern Beaches	4k / 10k	Kewarra Beach
Sun, 07 Nov	7.00am	Crocs	Cycle Time Trial / Fundraiser	Mo-Vember Time Trial	40k / 20k / 10k	Second Beach Cairns
Sun, 14 Nov	TBA	Rogaining NQ	Canoe	Paddlegaine	2hr / 4hr	Lake Tinaroo South
Sun, 21 Nov	7.00am	Crocs	Triathlon	Triathlon & Peninsula Trials	750m / 20k / 5k 600m / 16k / 4k 400m / 12k / 3k	Lake Placid
Sun, 05 Dec	7.00am	Roadies & Crocs	Run & Tri & Party	Roadies & Crocs Xmas Dress Up Gathering	Various	Lake Placid

2010 FNQ Multisport Event Calendar



Contact Details

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Jeff & Tammy Homan

Day, Date	Start	Club	Discipline	Sponsor & Event	Length	Where
Every Wednesday No exceptions	5.30pm	Roadies	Road Run, Social	Club Run (Free for Everyone)	5k / 3k	Northern end of Muddy's Playground, Esplanade
Sun, 07 Feb	7.00am	Crocs	Crocs Sign-on	Sign-on, Kids Fun Run & BBQ	1k	The Lagoon, Esplanade
Wed, 10 Feb	4-7pm	Roadies	Roadies Sign-on & Come & Try	Sign-on Evening	5k / 3k	Northern end of Muddy's Playground, Esplanade
Sat, 13 Feb	5.00pm	Roadies	Road Run, Series, Race 1 of 3	CBC Staff Selection Holloways #1	5k / 3k	Holloways Beach
Sat-Sun, 27-28 Feb	Various	Adventure Sport NQ	Hike/Bike/Swim/Paddle/Metrogaine	Adventures on a Summer's Weekend	Various	Tinaroo township / Barrabadeen
Sat, 06 March	5.00pm	Roadies	Road Run, Series, Race 2 of 3	CBC Staff Selection Holloways #2	5k / 3k	Holloways Beach
Sat, 13 March	5.00pm	Roadies	Trail run, Series, Race 1 of 4	AJ Hackett Poker Run	One Hour	Smithfield MTB Park Car Park, Macgregor Road
Wed, 17 March	5.30pm	Roadies	Road Run, Time Trial	Choice Australia Management Cassowary Cup Time Trial	10k / 5k / 3k	Northern end of Muddy's Playground, Esplanade
Sun, 21 March	8.00am	Rogaining NQ	Hike	Bush Rogaine	3hr / 6hr	Atherton Tablelands
Sun, 21 March	8.00am	Crocs	Triathlon	Pete's Bridge Triathlon	750m / 20k / 4k 400m / 10k / 2k	Goldsborough
Sat, 27 March	5.00pm	Roadies	Road Run, Series, Race 3 of 3	CBC Staff Selection Holloways #3	5k / 3k	Holloways Beach
Fri, 09 April	5.30pm	NQ Sports Foundation	Athletes' March, Fireworks	2010 Suncorp NQ Games Opening Ceremony	n/a	Barlow Park
Sat, 10 April	7.00am	Crocs	Triathlon	2010 Suncorp NQ Games Triathlon	750m / 20k / 5k 400m / 12k / 3k	Lake Placid
Sat, 10 April	4.00pm	Roadies	Road Run, Fun Run	2010 Suncorp NQ Games 3k and 5k	5k / 3k	Fun Ship, north end of Esplanade
Sun, 11 April	6.30am	Roadies	Road Run, Race	2010 Suncorp NQ Games Half Marathon and 10k	21.1k / 10k	Barlow Park
Sun, 11 April	2.30pm	Rogaining NQ	Metro Hike	2010 Suncorp NQ Games Metrogaine	1hr / 2hr	Cairns Esplanade
Sun, 18 April	7.00am	Adventure Sport NQ	Multisport	Redlynch Valley Multisport Race	4hr / 7hr	Redlynch Valley
Sun, 25 April	7.00am	Roadies	Trail Run, Series, Race 2 of 4	The Speewah Legend Foot Race	17k / 8k	Speewah Campground
Sun, 02 May	7.00am	Crocs	Duathlon (Ride / Run)	Cairns Crocs	14k / 2k 6k / 1.5k 2k / 1k (kids)	Copperlode
Mon, 03 May	5.00pm	Roadies	Road Run, Series, Race 1 of 2	Sportsco Little Street #1	10k / 5k / 3k	Little St, Cairns North
Sun, 09 May	9.00am	Rogaining NQ	Hike	Bush Rogaine	3hr / 6hr / 9hr	Atherton Tablelands
Wed, 12 May	5.30pm	Roadies	Road Run, Time Trial	Choice Australia Management Cassowary Cup Time Trial	10k / 5k / 3k	Northern end of Muddy's Playground, Esplanade
Sat, 15 May	Afternoon	Crocs	Kids Triathlon Skills	Cairns Crocs Kids Skills camp	Juniors	Gordonvale Pool
Tue-Fri, 17 - 28 May		Geocentric Pty Ltd	Adventure Race	XPD	Multi	North Qld

Day, Date	Start	Club	Discipline	Sponsor & Event	Length	Where
Sat, 22 May	5.00pm	Roadies	Road Run, Series, Race 2 of 2	Sportsco Little Street #2	10k / 5k / 3k	Little St, Cairns North
Tue, 25 May	Various	Roadies	Kids Cross Country	Peninsula Cross Country	Juniors	Mareeba
Sat, 29 May	12.00pm	Crocs	Kids Triathlon	Latitude 16 Tri-Port Kids Triathlon	400m / 8k / 3k 200m / 4k / 2k	Rendezvous/Rydgas 25m Pool, Port Douglas
Sat, 29 May	3.30pm	Roadies	Road Run, Fun Run	Babinda Boulders Burst, after the Harvest Festival Float Parade	11k / 5k / 3k	Babinda
Sat, 29 May	4.30pm	Crocs	Run	Race the Bally Hooley	~4km	Port Douglas Marina
Sun, 30 May	7.00am	Crocs	Triathlon	Hahn Super Dry Tri Port Sprint Triathlon	750m / 20k / 5k 400m/10k/2.5k	Port Douglas Surf Club
Sun, 30 May	7.00am	Roadies	Trail Run, Series, Race 3 of 4	Gold Rush	42k / 21k / 5k	The Boulders campground, Babinda
Sat-Sun, 05-06 June	Various	Rogaining NQ	Rogaining / Multisport	TAFE Nav Weekend	Various	Atherton Tablelands
Sat-Sun, 05-06 June	2.30pm-9:30am	Roadies	Track, Run / Walk, Fundraiser / Team	Relay for Life	Timetabled	Barlow Park
Sat, 12 June	4.00pm		Kids, Cross Country	St Mary's Cross Country, Race 1	1k circuit	St Mary's College
Sun, 13 Jun	7.00am	Crocs	Kids Triathlon	Latitude 16 Kids Triathlon U13	200m / 5k / 1.2k 100m / 2k / 600m	Gordonvale Pool
Wed, 16 June	5.30pm	Roadies	Road Run, Time Trial	Choice Australia Management Cassowary Cup Time Trial	10k / 5k / 3k	Northern end of Muddy's Playground, Esplanade
Sat, 19 June	4.00pm		Kids, Cross Country	St Mary's Cross Country, Race 2	1k circuit	St Mary's College
Fri, 25 June	7.00pm	Roadies	Road Run, Social	Moonlight Gorge Gallop with glow sticks and free pizza	5k / 3k	Barron Gorge
Sat-Sun, 26-27 June	Various	Rogaining NQ	Hike/Bike	Bush Rogaine	3hr / 9hr / 24hr	Atherton Tablelands
Sat, 03 July	4.00pm	Roadies	Kids Cross Country	Goomboora Park Cross Country	2k circuit	Goomboora Park, Brinsmead
Sat, 10 July	4.00pm	Roadies	Kids Cross Country	David Todd Memorial Mile	1 mile (1.6k)	Centenary Lakes
Sun, 11 July	8.00am	Crocs	Triathlon	CORAL COAST Triathlon	1.5k / 40k / 10k 750m/20k/6.6k	Cairns City
Sat-Mon, 17 - 19 July	Various		Kids Cross Country	Old State Secondary Schools Cross Country	Juniors	Bald Hills, Brisbane
Sun, 18 July	7.30am	Adventure Sport NQ	Multisport Race	James Grant Memorial	4hr / 7hr	Goldsborough Valley
Sat, 24 July	7.00am	Roadies	Road Run, Race, Individual / Teams	Amanda Gale Physiotherapy Copperlode Cup	16k	Base of Lake Morris Road
Fri, 30 July	7.00pm	Roadies	Social	Christmas in July Dinner with Secret Santa	n/a	TBA
Sun, 01 Aug	7.00am	Crocs	Triathlon	Pump n Pedals Yorkey's Knob Triathlon	750m / 20k / 4k 350m / 10k / 2k	Yorkey's Knob
Wed, 04 Aug	5.30pm	Roadies	Road Run, Time Trial	Choice Australia Management Cassowary Cup Time Trial	10k / 5k / 3k	Northern end of Muddy's Playground, Esplanade



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