

# January 2011

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# SRAWS

## News

### PRESIDENT'S REPORT.

We are very fortunate to have been saved from the terrible floods in other parts of the country. So, we will do our small bit by donating our gate money on Sunday 23<sup>rd</sup> to the Queensland Flood Relief.

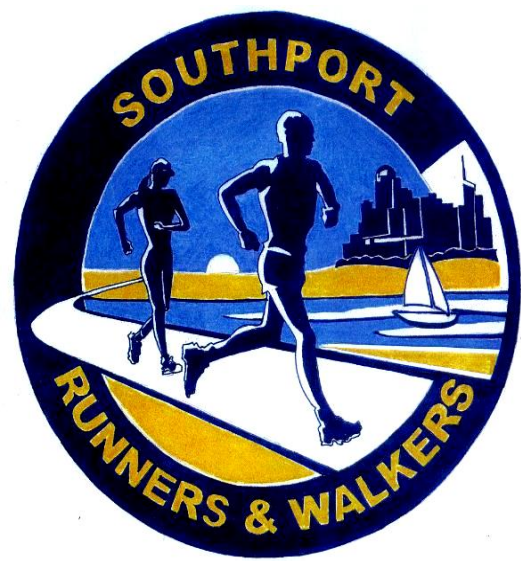
This Friday 21st, one of our members, is starring in Perfect Murder at the Javeenbah Theatre. All tickets, which are being sold at just \$10.00, half the usual cost, and bar takings are being donated to the Queensland Flood Appeal, so if you would like tickets please contact Libby Bancroft on 0410570200.

Our Anniversary Dinner is coming up soon, **DATE TO BE ADVISED**. Many of the venues we were considering are already booked out. It was decided when the club formed that as we are a Trophy Free Club, we did not need a Presentation Night and as the end of the year is always such a hectic time we would celebrate the club's formation in the New Year with a Anniversary Party.

Our theme this year will be **BLACK & WHITE**

The AGM has been moved to **27th March**. We are looking for some new faces on the committee this year, so if you think that is you, please come forward. There is a list of duties on the notice board at the club or just speak to an existing committee person.

Carole



### Coming Events

**23 January: Club Handicap Mile**

**30 January: Gold Coast Runners Club  
5 km time trial at Evandale.  
Southport runners welcome.**

**13 February: 5 km time trial at club.  
Gold Coast Runners invited.**

**20 February: Race 1 Runaway Bay  
Series**

**27<sup>th</sup> March: AGM**



**SPECIAL GUESTS** This Sunday 23<sup>rd</sup> January.

Arranged by Kerryn Nicks.

*A small running group that normally meets at and runs from the 'Blue Anchor' (between Captain Cook Bridge and Southbank) in Brisbane cannot run at the moment due to the flooding. They have been invited to the club this weekend so they can have somewhere to run and lift their spirits. The group is led by a very long time runner, Roger Gratton ( he has completed 71 Marathons so far). Approximately 10 runners will attend.*

### **CAPTAIN'S REPORT**

A BIG thanks to Daryl Bancroft and Renee Farrell for sponsoring our Christmas Run/Swim/Run, so remember for your LED lighting or a relaxing massage or facial, please support our sponsors. Our other sponsors throughout the year have been RED Personal Training and Trade Link Plumbing Supplies. We are always looking for sponsors for our Time Trials, only 9 per year, so if you can help out we would appreciate it and it is a great way to promote your business.

Great excitement is being generated for this Sunday's (23<sup>rd</sup>) Handicap Mile or Southport Cup. This is the second time we have run this exciting event which looks like rivaling the Melbourne Cup in the future!

20<sup>th</sup> February sees the start of the Runaway Bay Series which is preceded by our first Time Trial of the year on 13<sup>th</sup> February. Gold Coast Runners Club have also extended an invitation to their first Time Trial of the year, a 5km event, at Evendale on 30<sup>th</sup> January..

Wednesday night is proving very popular but we would like to see a few more runners & walkers. So, why not come along at 6.00pm, bring a picnic or you can purchase fish 'n' chips opposite, a drink and the family and join us at the club house.

Injury free running  
Alan

### **UNIFORMS**

CLUB UNIFORMS ARE STILL AVAILABLE AT \$25.00

ALSO AVAILABLE ARE SKINS WHICH CAN BE ORDERED THROUGH JUDY AT A GREAT PRICE.

SEE JUDY AT THE CLUB OR CALL HER ON  
0412657054

### **Weekly Run**

Tuesday morning at 6 am from Caffene Coffee Shop, Bayview Street, Runaway Bay. Anyone welcome to join. More people, more motivation. Phone Jo 5539 1157

# **Southport Runners and Walkers Inc**

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