

**ANSW NSW ROAD RELAY CHAMPIONSHIPS
SAT 7TH JULY 2012**

**UNIVERSITY OF NEWCASTLE, CENTRAL COAST CAMPUS
OURIMBAH**

PROGRAM

TIMETABLE:

12:00 U12, U16, 65+ Male 4 x 2km

12:00 U12, U16, 65+ Female 4 x 2km

12:45pm U14, 55+ Male 4 x 2km

12:45pm U14, U18, 45+, 55+ Female 4 x 2km

1:30pm U20, Open, 35+ Female; 45+ Male 4 x 4km

2:40pm All ages Fun Run

3:10pm U18, U20, Open and 35+ Male 4 x 4km

Things to Remember About the ANSW Races

1. KJ's uniform must be worn.
2. Official uniform for males is the KJ singlet and navy blue shorts.
3. Official uniform for females is the KJ singlet or croptop and navy blue shorts.
4. ANSW number must be pinned to the front and back of the uniform.
5. Get there **at least** 1 hour before the race to register and find close parking.
6. Cheer loud and hard for fellow KJs.
7. Have lots of fun.
8. If in doubt, ask someone, there will be plenty of people around to help.
9. [If you don't have your ANSW number yet, Dave Higgins will give it to you on the day](#)

Getting To Ourimbah Cross Country Park – Race 4

Enter **F3 Freeway/National Highway 1** ramp to **Newcastle at Hornsby**
Take the **PACIFIC Hwy** exit toward **State Route 83/Ourimbah/Palmdale**
At the roundabout, take the **3rd** exit onto **Pacific Hwy**
Go through 1 roundabout
At the roundabout, take the **1st** exit onto **Chittaway Rd**
Turn right onto **Brownlee St**
Continue onto **Shirley St**
Turn left onto **Brush Rd**