

| Friday at 6.30pm | VENUE |
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| Friday October 18th | The Wharf - Riverview Rd Nowra |
| Friday October 25th | Bernie Reagan Sporting Complex, North Nowra |
| Friday November 1st | Beach Road, Gerroa National Park Trail |
| Friday November 8th | The Wharf - Riverview Rd Nowra |
| Friday November 15th | Greenfields Beach, Vincentia |
| Friday November 22nd | The Wharf - Riverview Rd Nowra |
| Friday November 29th | UOW Shoalhaven Campus - West Nowra |
| Friday December 6th | Beach Road, Gerroa National Park Trail |
| Friday December 13th | Christmas Run - The Lady Denman, Huskisson |