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NORTH CRONULLA NEWSLETTER

NUTRI-GRAIN
IRONMAN / IRONWOMAN
SERIES 2015/16

WITNESS THE
UNSTOPPABLE

NORTH CRONULLA BEACH, NSW

ROUND 5 ROUND 6
SAT 16th JAN 2016 SUN 17th JAN 2016

FIRST RACE STARTS 11.30am

NUTRI-GRAIN **CANNIBAL** **coateshire** Sutherland Shire COUNCIL

FOR MORE INFORMATION VISIT WWW.NUTRIGRAINIRONMAN.COM.AU

CALLING ALL FAMILIES!

NUTRI-GRAIN
IRONMAN / IRONWOMAN
SERIES 2015/16

MEET THE NUTRI-GRAIN SERIES IRONMEN & IRONWOMEN!

WHERE: North Cronulla Beach, NSW.
WHEN: Round 5 - Saturday 16th Jan 2016
Round 6 - Sunday 17th Jan 2016

- WIN! Dolphin will be awarding a nipper board for the best supporters sign.
- Athlete signing sessions.

WITNESS THE **UNSTOPPABLE**

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*Welcome to 2016 and Happy New Year.
Thanks to our fantastic patrol members who patrolled our beach during the
Christmas – New Year holiday period.
This weekend we will be hosting the Nutri Grain at our beach see
elsewhere in the newsletter for more details.*

DATES FOR YOUR CALENDAR

EVENT	DATE
Interclub @ Wanda	Sun 7 th February
Branch Championships	Sat 13 th Feb (Seniors) Sun 14 th Feb (Juniors)
NSW Championships	5 th & 6 th March (Juniors) 12 th & 13 th March (Seniors)
Australian Championships	16 th – 24 th April
Presentation Night	Sat 11 th June
North Cronulla SLSC Annual General Meeting	Sun 10 th July

Carnivals



Competitors are reminded to check with their section leaders regarding arrangements and entries for carnivals and for programs over the coming few months.

History suggests that carnival programs can and do change as entries are confirmed.

Programs as currently available are listed below just click on links.

[Manly Carnival Program](#)
[Freshwater Program](#)
[Branch Lifesaving Events](#)

Patrols



Sat 16/1/16	8:45-1:00	Patrol 3
Sat 16/1/16	12:45 – 18:00	Patrol 10
Sun 17/1/16	8:30-13:00	Patrol 1
Sun 17/1/16	12:45-18:00	Patrol 13
Sat 23/1/16	8:45-13:00	Patrol 5
Sat 23/1/16	12:45-18:00	Patrol 7
Sun 24/1/16	8:30-13:00	Patrol 9
Sun 24/1/16	12:45-18:00	Patrol 4
Tues 26/1/16	7:30-1:00	Patrol 11
Tues 26/1/16	1:00 -18:00	Patrol 12

REMEMBER IF YOU ARE UNABLE TO ATTEND YOUR PATROL YOU MUST FIND SOMEONE OF THE SAME LEVEL TO TAKE YOUR PLACE

[Patrol Roster](#)

Nutri Grain Ironman & Iron woman

This weekend North Cronulla Beach will host the finals two round of the Nutri Grain series. Racing starts from 11am on both days.

North Cronulla Members be aware of the following:

- Parking will be even more difficult than usual
- Outside club space including the grass area at the front of the club, driveway, roadway, Harry Brown Room will have restricted and in some cases no access.
- The beach access walkway to the North of the tower will also have restricted access at times during the day.
- Access to equipment in the gear shed, especially movement of boats could be difficult at peak times during the day.

North Cronulla have been asked to provide a small workforce to assist with the event from Thursday – Sunday. Our Club Captain Jamie Primmer is coordinating this team. If you are able to assist please contact *Jamie on 0419 991 490 or email Jamie.Primmer@tollgroup.com.*

Shifts:

Thursday & Friday 8-11 and 11-2

Sat & Sun 7-11 & 11-3

You will be helping with general back of house event management.

Nippers Golf Day



Nippers Golf Day
Saturday 20th February 2016
Boomerang Golf Course

Event Program to follow

Australia Day Iron person Classic



Monday 26th January
North Cronulla Beach
Entry Flyer link below

[Australia Day Iron Person Classic](#)

Come & Race the Nutri Grain Course



Sunday 17th January
See event link and details below

Event [Program](#) link

Aussies Uniform Orders



Orders for Aussies uniforms are due by
1st Feb for competitors, team management,
water safety and officials only.

See order form attached

Judd Room Bar & Social Events



Club Bar times for this weekend & platter order details

Friday 6pm – 10pm

Saturday 12 noon till late

Sunday 12 noon till late

The Judd Room will be open for the Nutri Grain races just before 11:30am to view the race however the bar will not be open until 12 noon.

Members are reminded that the Judd Room is licenced as such there is no BYO.

Judd Room Platters

Spinach Cob \$10

Cob loaf filled with a spinach and French onion dip serves 5-8 people

Mexican Dip \$20

Layered Dip surrounded by CC's serves 5-8 people

Vege Platter \$15

Carrot, celery & cucumber sticks, cherry tomatoes, hoummos & dip rice crackers serves 8-10

Cheese Platter \$25

Assorted cheeses, dip, fruits and selection of crackers serves 8-10 people

Gourmet Platter \$30

Assorted cheeses, cold meats, fruits, crusty bread and selection of crackers serves 10-15 people

Hot Platter \$30

Assorted selection of spring rolls, quiches, dim sims, party pies and mini pizzas serves 5-10

Fruit Platter \$40

Seasonal fruits with a tasty dipping sauce

Please email Bree on breereneemakovec@yahoo.com.au with your order.

Orders need to be in by 5pm Wednesday afternoon for Friday Judd Room or 5pm Friday for Saturday and Sunday

[Social Events Facebook Page Link](#)

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