

<i>Date</i>	<i>Duration</i>	<i>Activity</i>	<i>Trip Title</i>	<i>Grade</i>
3 Jul 10	Weekend	Bushwalk	Barren Grounds Day Walks	Medium
3 Jul 10	Weekend	Rogaine	Navshield	Medium
3 Jul 10	Saturday	Mountain Bike	Wisemans Ferry	Medium
4 Jul 10	Sunday	Road Cycle	Turramurra to Parramatta	Easy
9 Jul 10	Weekend	XC Ski	XC skiing	EasyMedium
10 Jul 10	Saturday	Mountain Bike	Wingello	Medium
11 Jul 10	Sunday	Road Cycle	4 Canals and a Greenway - 10am Stanmore Station	Easy
14 Jul 10	Night	Social	Spare Evening	Social
15 Jul 10	Extended	Bushwalk	Trout anyone?	Medium
18 Jul 10	Sunday	Bushwalk	Copeland Pass - Gladstone Pass	Medium
21 Jul 10	Night	Meeting	AGM	Social
25 Jul 10	Sunday	Mountain Bike	cycle somewhere #1	Medium
25 Jul 10	Sunday	Bushwalk	wentworth falls area	EasyMedium
25 Jul 10	Sunday	Bushwalk	Cowan to Brooklyn	Medium
25 Jul 10	Sunday	Bushwalk	wentworth falls area	EasyMedium
28 Jul 10	Night	Social	Korean and Japanese Restaurant	Social
1 Aug 10	Sunday	Bushwalk	Garie Beach Thelma Ridge	EasyMedium
1 Aug 10	Sunday	Bushwalk	Sunday Bushwalk - Late Season Whale Watching	EasyMedium
1 Aug 10	Sunday	Road Cycle	Wolli Creek to Cronulla - 10am at Wolli Creek	EasyMedium
7 Aug 10	Extended	XC Ski	XC ski trip to Little Austria	MediumHard
8 Aug 10	Sunday	Other	City to Surf	All
8 Aug 10	Sunday	Road Cycle	Royal National Park Cycle	EasyMedium
8 Aug 10	Sunday	Bushwalk	Killcare - Putty Beach - Maitland Bay	EasyMedium
11 Aug 10	Night	Social	Half-price Mussels	Social
14 Aug 10	Weekend	Rogaine	Lake Macquarie Rogaine	All

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15 Aug 10	Sunday	Bushwalk	Nattai Gorge/Boxvale Tramway	EasyMedium
15 Aug 10	Sunday	Mountain Bike	cycle somewhere #2	Medium
21 Aug 10	Extended	XC Ski	Beginners Cross-Country Skiing at Perisher	EasyMedium
22 Aug 10	Sunday	Road Cycle	Blue Mountains Descent	EasyMedium
22 Aug 10	Sunday	Bushwalk	Glenbrook to Springwood	Medium
25 Aug 10	Night	Meeting	SPAN Committee Meeting	Social
27 Aug 10	Long Weekend	XC Ski	Jugungal Tour	MediumHard
28 Aug 10	Weekend	Bushwalk	Wild Dog Mountains	Medium
28 Aug 10	Extended	Mountain Bike	Mawson Trail, Flinders Ranges, Sth Australia	MediumHard
28 Aug 10	Saturday	Road Cycle	Royal NP Cruise	EasyMedium
29 Aug 10	Sunday	Bushwalk	Pindars Cave	Easy
4 Sep 10	Saturday	Bushwalk	Dunphys Pass and Harmil Ledge	Medium
4 Sep 10	Extended	Bushwalk	Top End Walking	EasyMedium
4 Sep 10	Weekend	Bushwalk	Two Awesome Ascents	Medium
5 Sep 10	Sunday	Bushwalk	A walk across the Royal	Medium
11 Sep 10	Weekend	Road Cycle	Moss Vale to Berry	Medium
11 Sep 10	Saturday	Bushwalk	Wahroonga to Mt Kuringai	EasyMedium
12 Sep 10	Sunday	Road Cycle	Tour de M7 – 80km cycleway ride	Medium
12 Sep 10	Weekend	Other	Gloucester Mountain Man Triathlon	All
15 Sep 10	Night	Meeting	Brandon does Yemen	Social
18 Sep 10	Saturday	Bushwalk	Curra Moors	Easy
18 Sep 10	Extended	Road Cycle	Cycle Tour of Central Western Slopes NSW	Medium
18 Sep 10	Weekend	Bushwalk	Full pack walk along Six Foot Track	MediumHard
19 Sep 10	Sunday	Bushwalk	Megalong Valley	EasyMedium
22 Sep 10	Night	Social	Govindas Restaurant and Movie night	Social
25 Sep 10	Weekend	Bushwalk	Budawangs/Folly Point	MediumHard
25 Sep 10	Weekend	Rogaine	NSW Championships Rogaine	All

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26 Sep 10	Sunday	Mountain Bike	Lagoon Loop	Medium
26 Sep 10	Sunday	Bushwalk	Grand Canyon	EasyMedium
1 Oct 10	Long Weekend	Bushwalk	Hume and Hovel Track	EasyMedium
2 Oct 10	Long Weekend	Mountain Bike	Tallaganda Forest Explorer	Medium
3 Oct 10	Sunday	Road Cycle	Wisemans ferry to St Albans and return	EasyMedium
6 Oct 10	Night	Meeting	Summer of Canyoning 2009/10	Social
10 Oct 10	Sunday	Bushwalk	Mt Mouin	Medium
10 Oct 10	Sunday	Bushwalk	Bundena to Marley	Easy
11 Oct 10	Extended	Bushwalk	Grampians National Park	All
16 Oct 10	Weekend	Kayak	there she blows a paddling weekend in jervis bay	EasyMedium
16 Oct 10	Weekend	Mountain Bike	Yarramunmun Fire Trail	MediumHard
17 Oct 10	Sunday	Bushwalk	Starlights Track	EasyMedium
17 Oct 10	Sunday	Bushwalk	Sydneys Great Coastal Walk: stage 3	Easy
20 Oct 10	Night	Meeting	Larapinta Trail	Social
22 Oct 10	Weekend	Bushwalk	Budawangs overnight	Medium
23 Oct 10	Weekend	Canoe	Hawkesbury Canoe Classic Checkpoint	All
23 Oct 10	Saturday	Other	Castle Head abseil	Medium
23 Oct 10	Weekend	Road Cycle	Bowral, Bundanoon, Berrima and Bargo	Medium
24 Oct 10	Sunday	Climb	Rock climbing at Mt York	All
24 Oct 10	Sunday	Bushwalk	Sydneys Great Coastal Walk: stage 4	EasyMedium
27 Oct 10	Night	Social	Lebanese Restaurant	Social
30 Oct 10	Saturday	Canyon	Mt Wilson Canyon	Medium
31 Oct 10	Sunday	Bushwalk	Sculpture by the SEa	Easy
31 Oct 10	Sunday	Bushwalk	Manly Dam Reserve	Easy
31 Oct 10	Sunday	Road Cycle	Hawkesbury Road Cycle	Medium