

Date		Duration	Activity		Grade
07/11/09	07/11/09	Saturday	Mountain Bike	Beginners Mountain Bike	Easy
07/11/09	07/11/09	Sunday	Bushwalk	Garie Beach Burning Palms circuit	EasyMedium
08/11/09		Sunday	Bushwalk	West Head & Elvina Track	Easy
11/11/09		Night	Social	Orienteering - Meadowbank	All
14/11/09	15/11/09	Weekend	Kayak	Shoalhaven Gorge	EasyMedium
14/11/09	14/11/09	Saturday	Climb	Rock climbing day at the Dam Walls	All
15/11/09	15/11/09	Sunday	Road Cycle	Tour De Brisbane Water	EasyMedium
21/11/09	21/11/09	Saturday	Bushwalk	Figure 8 Pools	EasyMedium
21/11/09		Saturday	Mountain Bike	MTB - Oaks Evening	EasyMedium
21/11/09	21/11/09	Saturday	Other	Rope rescue skills practice morning	All
22/11/09	22/11/09	Sunday	Kayak	Kayak Technique Workshop with Christine Heywood	Easy
22/11/09	22/11/09	Sunday	Road Cycle	Heathcote to Wollongong	EasyMedium
25/11/09	25/11/09	Night	Social	Java - Indonesian Restaurant	Social
28/11/09	29/11/09	Weekend	Other	Span Annual Training Weekend	All
28/11/09	28/11/09	Saturday	Other	Rock Pile Pass and Redledge Pass - Abseiling + Bushwalk	Medium
29/11/09		Sunday	Bushwalk	Carrington Falls & Missingham Pass and Steps	Medium
29/11/09		Sunday	Bushwalk	Blue Pool	EasyMedium
04/12/09	05/12/09	Weekend	Canyon	Newnes Forest canyon weekend with MTB access	Medium
06/12/09	06/12/09	Sunday	Kayak	Middle Harbour Creeks	EasyMedium
12/12/09		Saturday	Canyon	Waterfall of Moss	Medium
12/12/09	13/12/09	Weekend	Social	Span Christmas Party	Social
19/12/09	19/12/09	Saturday	Bushwalk	West Head	EasyMedium
19/12/09	20/12/09	Weekend	Canyon	Scatters and Luna Park Canyons	Medium
20/12/09	20/12/09	Sunday	Bushwalk	Kangaroo Creek	EasyMedium
26/12/09	26/12/09	Saturday	Bushwalk	The Spit to Manly and Dee Why	Easy
27/12/09	03/12/09	Extended	Bushwalk	Main Range Walk	MediumHard
28/12/09		Weekday	Canyon	Marihuana Canyon	Medium
01/01/10	03/01/10	Weekend	Canyon	Kanangra canyon etc	Medium
01/01/10	01/01/10	Other	Kayak	Kayaking from chiswick	All
08/01/10	09/01/10	Weekend	Canyon	Northern Wollemi Canyon Weekend	MediumHard
09/01/10	09/01/10	Saturday	Bushwalk	Karlooloo pool for summer swim	Easy
10/01/10		Sunday	Other	Tree Top Adventure Park	All
14/01/10		Weekday	Canyon	Clastral Canyon Trip	Medium

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16/01/10	16/01/10	Saturday	Kayak	Mystery Location	Easy
16/01/10	16/01/10	Saturday	Bushwalk	Bairne Trail - Pittwater - The Basin	Easy
16/01/10	17/01/10	Weekend	Canyon	Nth Bowens Creek canyon + one other	Medium
17/01/10	17/01/10	Sunday	Bushwalk	Waterfall to Heathcote	EasyMedium
17/01/10		Sunday	Canyon	Beginners Canyon - Mt Wilson	Beginner
23/01/10	26/01/10	Long Weekend	Other	Murry Gates	Hard
30/01/10	31/01/10	Weekend	Canyon	Breakfast Creek + Sheep Dip/Rocky Creek canyons	Medium
30/01/10		Saturday	Bushwalk	Moon Walk in the Royal NP	EasyMedium
30/01/10	30/01/10	Saturday	Other	track cycling at the Dunc Gray velodrome	Medium
31/01/10		Sunday	Kayak	mystery paddle	Easy
31/01/10		Sunday	Canyon	South Bowens Creek	Medium
01/02/10	01/02/10	Sunday	Kayak	Skills training day	EasyMedium
06/02/10	06/02/10	Saturday	Bushwalk	Little Marley Beach via Jibbon Beach	Easy
07/02/10	07/02/10	Sunday	Canyon	Wollangambe Lilo	EasyMedium
07/02/10		Sunday	Kayak	Kayak - Skills training day	EasyMedium
07/02/10	07/02/10	Sunday	Road Cycle	Strathfield to Brighton Le Sands	EasyMedium
07/02/10	07/02/10	Sunday	Canyon	Emerald Canyon	Medium
12/02/10	15/02/10	Long Weekend	Bushwalk	Kosciuszko and Lakes Circuit .	EasyMedium
13/02/10	14/02/10	Weekend	Canyon	Davies	MediumHard
19/02/10	21/02/10	Long Weekend	Mountain Bike	Northern Kosciuszko Mtn Biking	EasyMedium
20/02/10	20/02/10	Saturday	Kayak	Spit - Balmoral	Easy
20/02/10	21/02/10	Weekend	Canyon	Butterbox & Thunder Canyons	Medium
20/02/10	21/02/10	Weekend	Bushwalk	Coast Track - Overnight Training Walk	Easy
21/02/10	21/02/10	Sunday	Road Cycle	Bike Ride	EasyMedium
21/02/10		Sunday	Bushwalk	Wheeny Gap	Medium
25/02/10		Weekday	Canyon	Bungonia Canyon	Medium
27/02/10	27/02/10	Saturday	Canyon	Du Faur's Creek lilo/canyon	Medium
27/02/10	28/02/10	Weekend	Other	Goodradigbee Whitewater Lilo	Medium
27/02/10	28/02/10	Weekend	Kayak	full moon paddling weekend	EasyMedium
13/03/10	14/03/10	Weekend	Canyon	Northern Wollemi Canyons	MediumHard
15/03/10	20/03/10	Extended	Road Cycle	ADVANCE NOTICE Bendigo Circuit	Medium