



St George District Athletic Club Inc

2019/20 Summer Cross Country Programme

Races held at Syd Frost Hall, Scarborough Park,
Hawthorne St, Ramsgate

Date	Division 2 6.50pm	Division 1 7.10pm	
Wed 23rd Oct 2019	2km	3km	Scratch
Wed 30th Oct 2019	2km	3km	Scratch
Wed 6th Nov 2019	2km	3km	Handicap
Wed 13th Nov 2019	2km	3km	Scratch
Wed 20th Nov 2019	2km	3km	Handicap
Wed 27th Nov 2019	2km	4km	Scratch
Wed 4th Dec 2019	2km	3km	Handicap
Wed 11th Dec 2019	2km	4km	Scratch
Wed 18th Dec 2019	2km	3km	Handicap
Wed 8th Jan 2020	2km	3km	Scratch
Wed 15th Jan 2020	2km	4km	Handicap
Wed 22nd Jan 2020	2km	3km	Scratch
Wed 29th Jan 2020	2km	4km	Handicap
Wed 5th Feb 2020	2km	3km	Scratch
Wed 12th Feb 2020	2km	3km	Handicap
Wed 19th Feb 2020	2km	3km	Scratch
Wed 26th Feb 2020	2km	3km	Scratch

Race Fees: Nil

Registration: All runners must be registered so that they are covered by insurance. Registration starts from 1st October 2019 and is easily done online on our home page at <http://sgdac.org> and clicking on "**Become a Member of St George**". Membership varies and for those runners that only wish to run at Scarborough a Community Membership is only \$30 and offers insurance cover until 30th September 2020 and also eligibility for both Summer and Winter club competition. Membership to compete at ANSW events is also available.

Competition: Each Division is contested by a handicap points score as well as Male and Female Fastest points score.

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