

St George District Athletic Club Inc

2022/2023 Summer Cross Country Programme

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

DATE	Division 2 6.50pm	Division 1 7:10pm	
OCTOBER 2022			
WED 26 th	2km	3km	Scratch
NOVEMBER 2022			
WED 2 nd	2km	3km	Scratch
WED 9 th	2km	3km	Scratch
WED 16 th	2km	3km	Handicap
WED 23 th	2km	3km	Scratch
WED 30 th	2km	4km	Scratch
DECEMBER 2022			
WED 7 th	2km	3km	Handicap
WED 14 th	2km	4km	Scratch
JANUARY 2023			
WED 4 th	2km	4km	Scratch
WED 11 th	2km	3km	Handicap
WED 18 th	2km	4km	Scratch
WED 25 th	2km	3km	Handicap
FEBRUARY 2023			
WED 1 st	2km	3km	Scratch
WED 8 th	2km	3km	Scratch
WED 15 th	2km	3km	Scratch

Race Fees \$2 Individual, \$5 Family

Registration: All runners must be registered so that they are covered by insurance. Registration starts from 1st October 2022 and is easily done online on our homepage 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 covers you until September 2023 and offers insurance for both Summer and Winter Cross Country.

Competition: Each Division is contested by a handicap points score as well as Male and Female Fastest points score. However, the 2km races (Division 2) Fastest is restricted to U14 and O60 runners. Prizes are awarded to 1st, 2nd & 3rd for the Handicap competition and 1st for the Fastest (Male and Female) competition

Enquiries- <mailto:andrewcapp@tpg.com.au> Handicapper & organiser