



RamsgateRSL

ST. GEORGE DISTRICT ATHLETIC CLUB INC. **2023 WINTER CALENDAR**

Welcome to the 2023 Winter Season! This calendar is your one-stop-shop for everything you need to know, including membership, club and state races, social events and more. Please note that this is a LIVE document, meaning information on the calendar will be updated (e.g. links to online entry pages or to nominate for relays) as information becomes available.

QUICK LINKS AND CONTACTS

Club Website	St George District Athletic Club – Athletics for everyone (sgdac.org)
Club Contacts	Contact Us – St George District Athletic Club (sgdac.org) MAIN CONTACT: Greg Breen President Email: president@sgdac.org Mobile: 0421985775
Become a Member	Registration – St George District Athletic Club (sgdac.org)
Instagram- Follow us! (stgeorge_athletics)	https://www.instagram.com/stgeorge_athletics/
Facebook Group- Please join to access important member information!	St George District Athletics Club Facebook
Facebook Page- Give us a like!	St. George Athletics Facebook
Purchase Club Uniform	ST GEORGE DISTRICT AC - Uniforms (sportsmagic.com.au)
Purchase Club Merchandise	ST GEORGE DISTRICT AC - Merchandise (sportsmagic.com.au)
Athletics NSW website	Home Athletics NSW (nswathletics.org.au)
Ramsgate RSL (Major Sponsor of St. George District Athletic Club)	Home - Ramsgate RSL

2023 WINTER CALENDAR

Club Race (Scarborough Park- Hawthorne Street, Ramsgate- Syd Frost Memorial Hall)	Athletics NSW State Event (representing St. George against other clubs, open to all abilities)
Interclub Rounds 1 & 2- St. George, Sutherland, Illawong Clubs Interclub Round 3 & Endeavour Cup- St. George, Sutherland, Illawong, Randwick Botany Clubs	Athletics Australia National Event (those selected to represent NSW)
Other events	

Club Cross Country Course Maps	Cross Country – St George District Athletic Club (sgdac.org)
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DATE	EVENT	LOCATION	IMPORTANT DETAILS			
Sat 18th March	Club Races- Scratch Races	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 4km/8km
Sat 25th March	Club Races- Scratch Races	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 5km/7.5km
Sun 26th March	NSW Mountain Running Championships	Orange	HOME (greatvolcanic.org)			
Sat 1st April	Club Races- Handicap	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 4km/8km
Sat 8th April	Club Races- Handicap	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 5km/7.5km
Sat 15th April	Club Races- Scratch	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 4km/8km
Sat 22nd April	St. George Classic (inc. NSW Novice Championships)	Scarborough Park	St George Classic (featuring NSW Novice Championships) Athletics NSW (nswathletics.org.au)			
Sat 29th April	Club Races- Handicap	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 5km/7.5km
Sat 6th May	Club Races- Handicap	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 4km/8km

Sun 7th May	Sydney 10 (inc. NSW Road Championships)	Sydney Olympic Park	Sydney 10 (featuring NSW Road Championships) Athletics NSW (nswathletics.org.au)															
Sat 13th May	Club Races- Scratch	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 5km/7.5km												
Sat 20th May	INTERCLUB Round 1	Miranda Park	Events TBC															
Sat 27th May	Club Races- Handicap	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 4km/8km												
Sat 3rd June	NSW Cross Country Relays	Upjohn Park, Rydalmere	NSW Cross Country Relays Athletics NSW (nswathletics.org.au)															
Sat 10th June	A.A. Gainsford Club Cross Country Championships	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 5km/7.5km												
<p><u>Club Champs Rules:</u></p> <ul style="list-style-type: none"> Members who hold any of the following membership types are eligible to be considered for Club Championship awards: - community, dual, concession, open or winter membership Runners are permitted to receive Club Championship awards for one age group AND the Open division Awards will be presented to 1st, 2nd and 3rd for each age group and gender (presentation to take place on Sat 2nd September-final presentation day) <p>The Annual General Meeting will take place at the conclusion of the Club Championship races (approximately 3:15pm)</p>			<table border="1"> <thead> <tr> <th>DISTANCE</th> <th>CLUB CHAMPS AGE GROUPS</th> </tr> </thead> <tbody> <tr> <td>1km</td> <td>Non-Championship</td> </tr> <tr> <td>2km</td> <td>Under 12 Male & Female; 80+ Male & Female</td> </tr> <tr> <td>3km</td> <td>U14, U16, U18 Male & Female</td> </tr> <tr> <td>5km</td> <td>U20 Male & Female; OPEN & Masters Female (30+, 40+, 50+, 60+, 70+) Masters Male (50+, 60+, 70+)</td> </tr> <tr> <td>7.5km</td> <td>OPEN Male, 30+ Male, 40+ Male</td> </tr> </tbody> </table>				DISTANCE	CLUB CHAMPS AGE GROUPS	1km	Non-Championship	2km	Under 12 Male & Female; 80+ Male & Female	3km	U14, U16, U18 Male & Female	5km	U20 Male & Female; OPEN & Masters Female (30+, 40+, 50+, 60+, 70+) Masters Male (50+, 60+, 70+)	7.5km	OPEN Male, 30+ Male, 40+ Male
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Sat 17th June	Club Races- Guess Your Time	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 4km/8km												
Sat 17th June	NSW Cross Country Championships	Nowra	NSW Cross Country Championships Athletics NSW (nswathletics.org.au)															
Sat 24th June	Club Races- Handicap	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 5km/7.5km												
Sat 1st July	Club Races- Guess Your Time	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 4km/8km												

Sat 8th July	NSW Short Course Cross Country	Dapto	NSW Short Course Cross Country Athletics NSW (nswathletics.org.au)			
Sat 15th July	Club Races- Handicap	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 5km/7.5km
Sat 22nd July	INTERCLUB Round 2	Miranda Park	Events TBC			
Sat 29th July	Club Races- Guess Your Time	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 4km/8km
Sat 5th August	Club Social Run	Scarborough Park	1:30pm- Meet at Scarborough Park for an easy social/prep run for NSW Road Relays the following day			
Sun 6th August	NSW Road Relays	The Crest Sporting Complex, Bass Hill	NSW Road Relay Championships Athletics NSW (nswathletics.org.au)			
Sat 12th August	Club Races- Handicap	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 4km/8km
Sat 19th August	INTERCLUB Round 3- Endeavour Cup 🏆	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 5km/7.5km
Sat 26th August	Club Races- Guess Your Time	Scarborough Park	1:30pm- 1km	1:40pm- 2km	2:00pm- 3km	2:30pm- 4km/8km
Sat 26th August	Australian Cross Country Championships	Stromlo Forest Park- Canberra, ACT				
Sun 27th August	Sydney Half (inc. NSW Half Marathon Championships)	Sydney Olympic Park	NSW Half Marathon Championships Athletics NSW (nswathletics.org.au)			
Sat 2nd September	Gala Day & Presentation	Scarborough Park	1:30pm- 1km 1:40pm- 2km/4km Guess Your Time 2:15pm- Relays & Novelty Events			
Sun 17th September	Sydney Marathon (inc. NSW Marathon Championships)	Sydney CBD	Home - Sydney Marathon Sydney Marathon			

CLUB RACE INFORMATION

	OPTION 1: Fee per club race day (fee covers any race(s) on that day)	OPTION 2: Season Fee (upfront fee to save)	<ul style="list-style-type: none"> Each week, runners will be entered in to the draw to win a prize in the raffle 'Fastest Male' and Fastest Female' points are awarded each week for the following: <ul style="list-style-type: none"> 2km Fastest Male/Female (Under 12 Only) 3km Fastest Male/Female 4km/5km Fastest Male/Female 7.5km/8km Fastest Male/Female <p><i>1st= 6 points, 2nd= 4 points, 3rd= 3 points, 4th= 2 points, 5th= 1 point</i></p>
Adult (Over 21)	\$5	\$75	
Under 21	\$3	\$45	
Under 12	\$2	\$30	
Family	\$10	\$130	
<ul style="list-style-type: none"> Runners are required to be a registered member to run in club races (for insurance purposes) & represent the club at interclub and state events. More information here: Registration – St George District Athletic Club (sgdac.org) 			<ul style="list-style-type: none"> Mr & Mrs Consistency Awards- one male & one female award will be presented for each event distance to the runner with the most consistent times throughout the season. To be eligible, runners need to attend at least 10 club race days over the season. Attendance prizes will be awarded at the end of the season: <ul style="list-style-type: none"> 90% attendance award 80% attendance award

RamsgateRSL

PROUD NEW SPONSORS OF



St. George District Athletic Club are proud to partner with Ramsgate RSL!

Ramsgate RSL is the dining and entertainment destination of choice for our local and extended community and is located right next to our home base at Scarborough Park! It is the perfect venue to meet family and friends for a meal, drink or coffee and cake. Enjoy a delicious lunch or dinner dining experience at their restaurants, 'The Kitchen by Mike's Grill' and 'Zen Restaurant'.

Affiliate your Ramsgate RSL membership with St. George District Athletic Club

Make sure you mention 'St. George District Athletic Club' upon joining as the local club you are supporting.

If you are already a member of Ramsgate RSL, you can visit the club reception and affiliate your membership with St George District Athletics Club.

