St George District Athletic Club Inc

2005 Cross Country Programme

23-Jan-05

Check the program, race results and next week's handicap on the web at http://sgdac.org/

Starting Times: Most Club Days: Division 4: 1.30 pm; Division 3: 1.50 pm; Division 2: 2.20 pm; Division 1: 3.00 pm
Carruthers Cup: First event 2.00 pm.

Entry Fees: PAYABLE AT ENTRY TABLE BEFORE RACE. All runners who are 12 and over: $3; runners under 12: $1. Max. charge for a family: $6.

Main Venue: **Syd Frost Hall, Scarborough Park, Hawthorne St, Ramsgate**

Club Dates	Other Dates	Event	Race Day	Venue	Div 1	Div 2	Div 3	Div 4
					Distances for Club Races (in km)			
Sat 26 Mar 2005	(Easter)	**Club Scratch Races**	0	Scarborough	6	3	2	1.5
Sat 2 Apr 2005		**Club Handicap**	1	Scarborough	6	3	2	1.5
Sat 9 April 2005		**Ron Gribble Trophies (All)**	2	Scarborough	8	4	3	2
Sat 16 Apr 2005	(2km:2:20pm, 3km: 2:45pm 5&10km: 3:15pm)	**Club Scratch Races (and Endeavour Cup)**	Visit to Illawong. & Suth. 3	**The Ridge**	**10**	**5**	**3**	**2**
Sat 23 Apr 2005		**Club Handicap**	4	Scarborough	8	4	3	2
Sat 30 April 2005	Sat 30 April 2005	**Club Scr/NSW Novice Chships ##** *(End of 1st Cycle)*	5	Scarborough	*10	*4	*2	*2
	Sat 7 May 2005	## NSW Road Chships		Holsworthy				
Sat 14 May 2005		**Bob Molloy Trophy (Division 2)**	6	Scarborough	*10	*4	*2	*2
	Sun 15 May 2005	**Rockdale City Community Fun Run 5 Km**		**Dolls Point**				
Sat 21 May 2005		**Terry O'Connor's Day**	7	Scarborough	8	5	3	1.5
	Sun 22 May 2005	## NSW Half Marathon Chships (See Note b, page 2)		Sydney				
Sat 28 May 2005		**Ken Jenkins' Day (Division 1)**	8	Scarborough	10	4	4	2
	Sat 4 June 2005	## NSW Cross Country Relay Chships		Miranda Park				
Sat 11 June 2005	(Long Weekend)	**Club Scratch Races with Handicap** *(End of 2nd Cycle)*	9	Scarborough	**8**	**3**	**2**	**1.5**
	Sat 18 June 2005	## NSW CC Chships (12/6 km)		Nowra				
Sat 25 June 2005	(2km:1:30pm, 5km: 1:50pm)	**A. A. Gainsford Club Championships**	10	Scarborough	#*5	#*5	#*2	#*2
Sat 2 July 2005		**Club Scratch Races**	Visit to Illawong. & Suth. 11	**Miranda Park**	**8**	**5**	**3**	**2**
Sat 9 July 2005	(2km:1:30pm, 3km: 1:50pm 8km: 2:30pm)	**A. A. Gainsford Club Championships**	12	Scarborough	#*8	#*3	#*3	*2
	Sat 16 July 2005	## NSW CC Chships (8/6 km)		Mt Penang/Kariong				
	Fri 22 July 2005	State All Schools Cross Country						
Sat 23 July 2005		**Club Scratch Races with Handicap**	13	Scarborough	*5	*3	*2	*2
	Sun 24 July 2005	Sutherland to Surf		Sutherland				
	Sat 30 July 2005	## NSW Road Relays		Wollongong				
Sat 6 August 2005	(11km: 2:20pm)	**Greg Page Trophy (Division 1)** *(End of 3rd Cycle)*	14	Scarborough	11	5	3	1.5
Sat 13 Aug 2005	(Snr 5km: 2:20pm)	**J Coppock Trophy (U14 in Div 3)**	15	Scarborough	*5	*5	3	2
	Sun 14 Aug 2005	City to Surf		Sydney				
Sat 20 Aug 2005		**Dean Degan Trophy (All Divisions)**	16	Scarborough	**10**	**4**	**3.1**	**2**
Sat 27 Aug 2005		**Club Scratch Races**	17	Scarborough	*9	*5	*3.1	*2
	Sat 27 Aug 2005	Aust CC Championships						
Sat 3 Sept 2005		**Club Handicap** *(End of 4th Cycle)*	18	Scarborough	8	4	2	2
Sat 10 Sept 2005		**Presentation Day; Carruthers' Cup**		Scarborough	5or2	5or2	5or2	5or2
	Sun 11 Sept 2005	## NSW/Sydney Marathon		Sydney				

Note: (1) Distances in bold indicate points score events.

(2) Division 1 handicap races greater than 7 km shall include group starts, with a number of runners starting together.

*(3) Events marked * are scratch races with a handicap.*

*(4) Events marked ** are scratch races with a handicap and are allocated double points.*

(5) Events marked # are Club Championships - 2km for U12; 3km for U14, U16 & U18; 5km U20 and also Senior female; 8 km for Senior male.

A. A. Gainsford Club Championship Perpetual Trophies awarded to Under 12, Under 14, Under 16 and Seniors, Male and Female for all categories.

Club Championships categories also include Athletics NSW Masters categories, provided there are 3 runners for each appropriate age group.

(6) Events marked ## are Winter Premiership Teams and Individual Championship Events. Club uniforms and registration numbers must be worn.

For Athletics NSW Championships and Club competitions, age groups are determined by the age the runner reaches in the calendar year of competition.

Athletes in Athletics NSW Championships qualify for Club Points Scores if there are Club competions that weekend.

- please advise handicappers by following Saturday.

Cross Country Handicappers: Div. 1: Dennis Jolliffe; Div. 2: Dennis Jolliffe; Div. 3: Chris Stratford; Div. 4: Chris Stratford