

St George District Athletic Club

SUMMER CROSS COUNTRY 2010 – 2011 Program

DATE	VENUE	6.50 PM	7.10 PM
OCTOBER 2010			
WED 20th	SCARBOROUGH PARK	2KM*	3KM*
WED 27th	GANNONS PARK	2KM*	3KM*
NOVEMBER 2010			
WED 3rd	SCARBOROUGH PARK	2KM	3KM
WED 10th	GANNONS PARK	2KM	3KM
WED 17th	SCARBOROUGH PARK	2KM	3KM
WED 24th	GANNONS PARK	2KM	3KM
DECEMBER 2010			
WED 1st	SCARBOROUGH PARK	2KM	4KM
WED 8th	GANNONS PARK	2KM	3KM
WED 15 th	SCARBOROUGH PARK	2KM	4KM
JANUARY 2011			
WED 5 th	GANNONS PARK	2KM	3KM
WED 12 th	SCARBOROUGH PARK	2KM	4KM
WED 19th	GANNONS PARK	2KM	3KM
WED 26th	SCARBOROUGH PARK	2KM	4KM
FEBRUARY 2011			
WED 2nd	GANNONS PARK	2KM	3KM
WED 9 th	SCARBOROUGH PARK	2KM	3KM
WED 16 th	GANNONS PARK	2KM	3KM
WED 23rd	SCARBOROUGH PARK	2KM	3KM

Scarborough Park ----- Hawthorne St Ramsgate

Gannons Park ----- Southern car park via Forest Rd to Boatwright Ave Peakhurst.

*These races are scratch, all other runs will be handicap unless conditions dictate otherwise.

Athletics NSW insists that all competing athletes be insured, therefore all runners must be registered. Unregistered runners wishing to race in these events are allowed two trialling runs, before registration.

Aggregate handicap pointscore trophies for the first three placings in each division.
Fastest times pointscore trophies Male/Female in each division.

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