



## St. George District Athletic Club Inc.

Affiliated to Athletics NSW Incorporated 1992  
 Successor to St. George District Amateur Athletic Club Founded 1921  
 Postal Address: 5 Omanu St BEVERLY HILLS NSW 2209.  
[www.sgdac.org](http://www.sgdac.org)  
[secretary@sgdac.org](mailto:secretary@sgdac.org)  
 Facebook: <https://www.facebook.com/groups/45476568079/>  
<https://www.facebook.com/RunStGeorge/>

### SUMMER CROSS COUNTRY

#### 2018-19 Program

DATE	VENUE	6:50 PM	7:10PM
<b>OCTOBER 2018</b>		<b>Division 2</b>	<b>Division 1</b>
WED 24 <sup>TH</sup>	SCARBOROUGH PARK	2KM*	3KM*
WED 31 <sup>ST</sup>	SCARBOROUGH PARK	2KM*	3KM*
<b>NOVEMBER 2018</b>			
WED 7 <sup>TH</sup>	SCARBOROUGH PARK	2KM	3KM
WED 14 <sup>TH</sup>	SCARBOROUGH PARK	2KM	3KM
WED 21 <sup>ST</sup>	SCARBOROUGH PARK	2KM	3KM
WED 28 <sup>TH</sup>	SCARBOROUGH PARK	2KM	3KM
<b>DECEMBER 2018</b>			
WED 5 <sup>TH</sup>	SCARBOROUGH PARK	2KM	4KM
WED 12 <sup>TH</sup>	SCARBOROUGH PARK	2KM	3KM
WED 19 <sup>TH</sup>	SCARBOROUGH PARK	2KM	4KM
<b>JANUARY 2019</b>			
WED 9 <sup>TH</sup>	SCARBOROUGH PARK	2KM	4KM
WED 16 <sup>TH</sup>	SCARBOROUGH PARK	2KM	3KM
WED 23 <sup>RD</sup>	SCARBOROUGH PARK	2KM	4KM
WED 30 <sup>TH</sup>	SCARBOROUGH PARK	2KM	3KM
<b>FEBRUARY 2019</b>			
WED 6 <sup>th</sup>	SCARBOROUGH PARK	2KM	3KM
WED 13 <sup>th</sup>	SCARBOROUGH PARK	2KM	3KM
WED 20 <sup>th</sup>	SCARBOROUGH PARK	2KM	3KM
WED 27 <sup>th</sup>	SCARBOROUGH PARK	2KM	3KM

Scarborough Park----- Hawthorne St Ramsgate

\*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. The Community Membership category is \$30 (registration for club runs only). This can be upgraded to a RunNSW Membership for the ANSW Winter events. Alternatively, an Open Membership can be purchased for all ANSW Summer and Winter events, or a Club Membership for 2 Summer ANSW events (can also be upgraded).

Two trialling runs are allowed before runners are required to be registered..

Aggregate handicap point score trophies for the first three placings in each Division.  
 Fastest times point score trophies Male/Female in each Division.

Enquiries- Dave Kistle 0438 246 363 email [secretary@sgdac.org](mailto:secretary@sgdac.org)  
 Or Chris Stratford 800 800 81 email [president@sgdac.org](mailto:president@sgdac.org)