



Sutherland District Athletics Club

50 YEARS IN THE SHIRE

Welcomes Athletes of ALL AGES

JUNIORS

OPEN AGE

MASTERS

CROSS COUNTRY SEASON

REGISTRATION DAY 13 March

Entrance to National Park, Grays Point Rd
near Grays Point Primary School

1.00pm – 4.00pm

1km 2km 3km 5km 10km races each Saturday

Beginners Welcome

2009/2010 Registered Little A's Aged 11-16 yrs Free

Registration Forms on Website

have fun get fit be healthy

www.sutherlandathletics.com

or enquiries to Paul Coull 9520 4913