

## ***Winter racing with South Melbourne Athletic Club***

The winter cross country and road racing season starts on Saturday, April 19 and continues until September. Cross country races have an excitement all their own, and the cross country relay at Jells Park on April 19 is a good opportunity for newcomers to try racing in a relaxed and friendly atmosphere. Racing is for all standards of runner not just for the 'elite'. Our club competes in various grades within the competition including veterans [50+]. We put no pressure on runners to achieve a certain standard. You can be as serious or casual as you like.

Racing with a club is a lot cheaper than most fun runs. Race fees including athletic club [SMAC] membership will be \$170 for first-time adult members who are current members of South Melbourne District Sports Club [SMDSC]. Existing SMAC members pay \$200 if they have yet to pay their SMDSC membership fee. For this you get 10 races against other clubs affiliated with Athletics Victoria and at least 3 races within our own club. Distances range from 5 km to 21 km for adults, down to 2 km to 4.7 km for under 14 children.

For current members of Little Athletics, the cost for the winter season is \$65 (7 interclub and 3 SMAC races).

The races for under 14, 16, 18 and under 20 athletes are on the same day as the open competition. The kids can be inspired by watching the elite runners in action. Professional coaching will be available to the children. Our club aims to enter several under 14 and under 16 teams of Little Athletes from SMDSC.

If you know of anyone else who would be keen to run over the winter season please pass on our clubs details and people to contact so they can enjoy the full season & challenges.

If you would like more information or a calendar of winter races, or would like to join our club, contact:

- Stuart Nicol on 9529 2828 [h] or [stuart@nicol.com.au](mailto:stuart@nicol.com.au)
- OR Ivor Carter on 9529 4742[h] or [ivorcarter2@yahoo.com](mailto:ivorcarter2@yahoo.com)
- OR Bogush Frackowiak on 0411 105 522
- OR check our website [www.southmelbourneathletics.com.au](http://www.southmelbourneathletics.com.au)