



“GJ McDONALD & CO. REAL ESTATE” GEELONG ATHLETICS CROSS COUNTRY

Maintain your health fitness during the winter months by running, jogging or walking with Geelong Athletics cross country.

There is always a run of 3km and a longer distance of 5 or more kilometres.

Everyone is welcome to participate – juniors to veterans.

Fees:

Seniors - \$3 per run.

Juniors - 18 years and under - \$2 per run.

Family - 2 or more participants - \$2 each per run.

(Ages will be taken as at 3rd May 2009)

Runs commence at 1.15pm.

Spot prizes will be awarded each week.

At the end of the season prizes will be presented to winners in various age groups.

If you are interested in participating and would like further information please telephone Terry Crawford Ph. 5241 2653 or Neil Whitmore Ph. 0427 841 735

EVENT SPONSORS:

GJ McDonald & Co. Real Estate is our principal sponsor for the 2009 season.

Charles Crawford & Sons Funeral Directors & Pakington Bakery are senior sponsors of the event.

DeGrandi Cycle & Sport, Bush Inn Hotel, Geelong Bowling Lanes, Barwon Water, Bakers Delight Pakington Street, COGG Swim Sport & Leisure.

Geelong Athletics wishes to thank its sponsors. Please support them.