



Memorandum

To:	Clubs, Surf Sports Coordinators
From:	Wayne Druery – Director of Surf Sports
CC:	Presidents
Date:	15/09/2015
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Subject:	Coolangatta Gold Run Through

COOLANGATTA GOLD RUN THROUGH - 20 SEPTEMBER 2015

This Sunday 20 September 2015 Cronulla SLSC will be conducting a 'run through' training session for the Coolangatta Gold for their competitors. The session will commence at approx 8am and all Sydney Branch competitors, who are competing in both the individual and teams events, are invited to attend.

Please report at 7:30am for 8:00am start at Cronulla Surf Club.

The training session will be confined within Bate Bay with the following distances:

1. Ski Leg - 15km - PFD required
2. Swim - 2.5km - Hi Vis pink singlet required
3. Board - 6km - Hi vis pink singlet required
4. Run - 9km

A BBQ lunch will be available throughout and at the completion of the exercise for all competitors and supporters.

Any inquiries please contact Ant Lyon on 0421 830 731