



THE LAPA GOLD 2023

NOV 11, 7.30AM

LaPa Gold is Coogee's junior version of The Coolangatta Gold, the most challenging endurance race in Australian Surf Sports. It's a great way for kids to be involved in a challenging but fun event and we'd like to open it up to other junior surf lifesaving clubs in the Sydney Branch to build connections across our clubs and to raise much needed funds for each Club.

**THE
LAPA
GOLD
2023**

When: Sat, Nov 11, 2023

Time: 7.30 am start

Where: La Perouse

Course - 500m run, 800m swim, 1km run, 250m swim, 300m run, 1.5km paddle, 300m run to finish!

