



Club News

EDITION 1 – Winter 2010

Winter Training

Winter Training commences next Tuesday the 11th of May.
Running training is on Tuesday, Thursday and Sunday.
Strength training (optional) is on Monday and Wednesday.

Strength Training

Adam Robertson will be visiting the Club Rooms on Wednesday the 12th of May to help out with programs for winter strength training.

Don't miss out!

FOR SALE

Season 08/09 - Presentation CD's -
\$10.00
Club Sports Bags - \$25.00

Winter Competition

For athletes competing in Cross Country and Race Walking events over the winter months, you need to put in your AV registration now. See Shirley at training for a registration form.

Injury List

Darcy Sutton - shoulder reconstruction

Gayle Callaghan – broken ankle

Aaron McDonough – finger tendon

Best Wishes to all for a speedy recovery