



CROSS COUNTRY

- Recent results: 4th place Senior 6 man team 2015 Cross Country Nationals
- The Cross Country squad is made up of 32 individuals, with a big Year 9 squad.
- Top Level coaching including Wellington selector Don Dalglish.
- Opportunities to compete at all levels of competition within Wellington and also the New Zealand Secondary Schools Nationals. Grades are Year Nine, Under 16, and Senior.
- Cater for all levels of runners. New members are always welcome.

YEAR NINE GUIDE

Terms two and three (cross country and road racing)

Training at SPC: Tuesday and Thursday after school 3:30pm – 4:45pm

Cost: subscriptions of \$40 to cover all races in Wellington. Racing kit is school singlet and blue shorts

Contact: blair.florance@stpats.school.nz