



Jock Athletic & the World Sand Running League brings you the

AUSTRALIAN SOFT SAND RUNNING CHAMPIONSHIPS

4 EVENTS | 800M TO 5KM | ALL AGES



DETAILS

Location: Wanda Surf Life Saving Club

Time: 7:30am start

Date: Saturday
November 12, 2022

***Early bird discounts apply until the 29th of October!**

TIMETABLE

- 7:30am:** OPEN Aus Middle Distance Championships - 1.6km 'Golden Mile'
Soft sand 'sprint' - U12 to 40+ age groups, **\$35 entry***
- 7:34am:** Australian Cross Country Championships - 5km
Soft sand run through the famous Wanda Sand dunes - U18, Open & 40+ age groups, **\$55 entry***
- 7:36am:** U16, U18, MASTERS 'Golden Mile', **\$35 entry***
- 8-8:10am:** NIPPERS - U12, U14 'Golden Mile', **\$35 entry***
- 8:25am:** 3 x 800m Team Relay Championships
3-man relay - U12-40+ age groups, **\$70 entry per team***
- 8:45am:** 2km Jane McGrath Classic, in-person & virtual fun run for all!
\$27 entry* donated directly to the McGrath Foundation who fund Breast Care Nurses & those fighting Breast Cancer.