

MID COAST LITTLE ATHLETICS CENTRE

McDonalds CROSS COUNTRY

Sunday 30th June 2013

Tatachilla Lutheran College Oval

Tatachilla Road, McLaren Vale

The Mid Coast LAC is pleased to announce that they will be hosting a McDonalds Cross Country event at the Tatachilla Lutheran College Oval on Sunday the 30th June.

Catering : BBQ, Homemade Soup & Cakes, Drinks, Coffee & Tea

Course : The courses have been set around the college oval and track layouts can be found via the following internet link

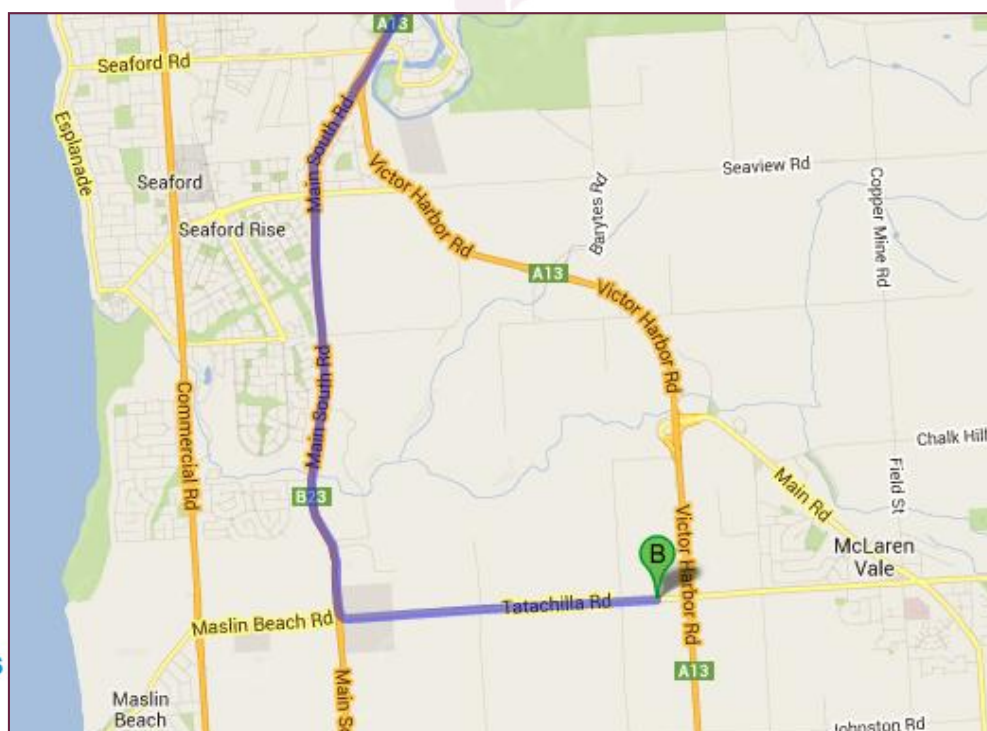
<http://www.walkjogrun.net/members/MidCoastLAC>

Instant Raffle : Great prizes will be on offer including, Local McLaren Vale Wines, Hair Care Products & Electrical Products plus much more.

Special Accommodation Offer : The centre is pleased to advise that courtesy of McLaren Vale Motel and Apartments. Athletes and their families whom are attending the Mid Coast LAC Cross Country event will receive a **15% discount** on their accommodation on this weekend, if they mention that they are attending the event. Please note that Saturday night accommodation at this facility is very popular and books out fast, please take advantage of this offer early to avoid disappointment. Don't forget Sunday night as an option. Ph : (08) 8323 8265

<http://www.mclarenvalemotel.com.au/>

Please also refer to the SALAA website <http://salaa.org.au/> for more information



Contact : Darren Grigg 0408 815 473 or Jackie McCormack 0403 960 747