



Ridgewood LAC Winter Season

Our Winter Cross Country season takes place from April to August each year.

Ridgewood LAC Winter Officer: Darren Bennett 0408 418 506

Existing Member Registrations

Winter Registrations for existing Ridgewood LAC Members is now open by logging onto;
<https://resultshq.com.au/login>

Log into your own HQ profile and click the green Invites button in the top right hand corner.

Cost is \$5 for new timing technology, plus a small processing fee if payment by Paypal or Credit Card.

Once completed, please print off your Registration form and bring down to Training with your payment. Timing Tags must be picked up at Training sessions prior to your first competition.

New Family Member Registrations

If you wish to add a child that was not registered in the summer season, please click on the link below:

<https://centreadmin.resultshq.com.au/registration/MemberStatus>

Go in as a Returning Member and follow the prompts.

New Member Registration

Winter Registration for New Members is NOW OPEN. Please click on the link below:

<https://centreadmin.resultshq.com.au/registration/MemberStatus>

Go in as a New Member

Select WA Little Athletics as your Peak Body.

Select Ridgewood LAC as your Centre and follow the prompts.

Cost for new Winter Members is \$90, plus a small processing fee if Payment using Paypal or Credit Card.

Once completed, please print off your Registration form and bring down to training with your payment. All new registrations must present 'proof of age' (birth certificate or passport) to finalise registration.

Centre Uniforms

Centre Uniforms must be worn at all WALA Cross Country and Road Walking Events, so if you require to purchase a new Centre Uniform please see Jo at Training to organise.

Centre Training

Cross Country and Road Walking training for all registered Centre Athletes will commence over the coming weeks. Please watch our Centre Website and Facebook page for updates and details.

Winter Competition

Competitions are held between Cross Country and Walks on alternate Saturdays, with the first competitions scheduled as follows:

- Cross Country Runs Competition Saturday **7th May 2016** at Cockburn LAC
- Road Walking Competition Saturday **14th May 2016** at Adventure World

The Winter Guide including general information, rules and programs for all to read, please download a copy: [2016 Winter Guide](#)

For further information please email: info@ridgewoodlac.org