

The Athlete's Foot Hornsby is
proud to be a sponsor of
**Hornsby District Little
Athletics Club**

Everytime you buy a pair of shoes
We Donate \$5 to the HDLAC!

Join ClubFit and receive a
FREE Spike Bag

While Stocks Last.



**GREAT FIT ON SHOES AND SPIKES
AVAILABLE AT HDLAC SEPTEMBER 16TH.**

So come on down and SPIKE yourself a bargain!



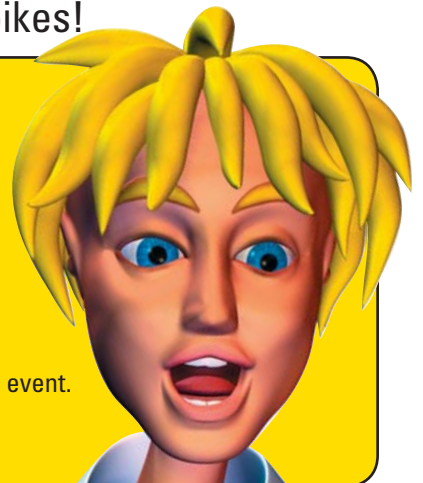
Buy a pair of spikes and you could
**WIN a pair of Brooks
for Mum or Dad**

See instore for details.

Please note: we now sell replaceable spikes!

The official footwear recommendations
for Little Athletics Events

- Footwear is compulsory for ALL competitors in ALL events.
- Spike shoes MUST NOT be worn in any U6 to U8 event. Waffles are recommended
- Competitors in U9 - U15 age groups may wear spikes in events run entirely in lanes, Javelin, Long jump, Triple jump and High jump.
- Competitors must not wear spike shoes with the spikes removed in any event.
- Spike shoes must only be worn during the event and are not to be worn to and from the event.
- 6 - 8 mm tartan or christmas tree spikes are recommended for competing on tartan
- 12 mm grass spikes for competing on grass



The Athlete's Foot

Shop 1082, Westfield Hornsby - 9987 1444