



# ATHLETICS GAUTENG NORTH



## GAUTENG NORTH CROSS COUNTRY CHAMPIONSHIPS High School Eldoraigne, Centurion Saturday, 17 August 2019

- No Qualification Required - open to all athletes
- Provincial medals to first 3 in each age category
- Medals to all finishers
- Entry Fee R 30.00

| RACE | DIST  | START | AGE CATEGORIES  |
|------|-------|-------|---|
| 1    | 4 Km  | 08:30 | Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70yrs, Women 75 yrs, Women 80 yrs, Women 85 yrs, Women 95<br>Women 23 yrs (born in 1997, 1998, 1999, 2000, 2001, 2002 or 2003),<br>Senior Women |
| 2    | 10 Km |       | Senior Men, Senior women  |
|      | 8 Km  |       | Junior Men (born in 2000, 2001 or 2002)<br>Men 35yrs, Men 40yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs   |
|      | 6 Km  | 09:15 | Men 60 yrs, Men 65 yrs, Men 70yrs   |
|      | 4 Km  |       | Men 75 yrs, Men 80 yrs, Men 85 yrs  |
| 3    | 1 Km  | 09:45 | Girls 8 yrs (born 2011 or after)  |
| 4    | 1 Km  | 09:55 | Boys 8 yrs (born 2011 or after)   |
| 5    | 2 Km  | 10:05 | Girls 9 yrs (born in 2010)  |
| 6    | 2 Km  | 10:20 | Boys 9 yrs (born in 2010)   |
| 7    | 2 Km  | 10:35 | Girls 10 yrs (born in 2009)   |
| 8    | 2 Km  | 10:50 | Boys 10 yrs (born in 2009)  |
| 9    | 3 KM  | 11:05 | Girls 11 yrs (born in 2008)   |
| 10   | 3 Km  | 11:25 | Boys 11 yrs (born in 2008)  |
| 11   | 3 Km  | 11:45 | Girls 12 yrs (born in 2007)   |
| 12   | 3 Km  | 12:05 | Boys 12 yrs (born in 2007)  |
| 13   | 3 Km  | 12:25 | Girls 13 yrs (born in 2006)   |
| 14   | 4 Km  | 12:45 | Boys 13 yrs (born in 2006)  |
| 15   | 4 Km  | 13:05 | Girls 14 yrs (born in 2005), Girls 15 yrs (born in 2004)  |
| 16   | 4 Km  | 13:25 | Boys 14 yrs (born in 2005), Boys 15 yrs (born in 2004)  |
| 17   | 4 Km  | 13:45 | Girls 16 yrs (born in 2003), Girls 17 yrs (born in 2002)  |
| 18   | 4 Km  | 14:05 | Men 23 (born in 1997, 1998, 1999, 2000, 2001, 2002 or 2003),<br>Senior Men  |
| 19   | 6 Km  | 14:25 | Junior Women (born in 2000, 2001 or 2002)<br>Boys 16 yrs (born in 2003), Boys 17 yrs (born in 2002)   |

For more detail please contact the Athletics Gauteng North Office at 012 327 4932, office@agn.co.za or Buks Meyer at 082 823 8883, buksmeyer@vodamail.co.za