



ATHLETICS GAUTENG NORTH



## Jnr, Snr & Masters Cross Country Starting Times 2023

RACE	START	DIST	AGE CATEGORIES
1	10:00	4 KM	Men 23 (2001 to 2005), Senior Men (2003 to 1989)
2	10:20	4 KM	Women 23yrs (2001 to 2005), Senior Women (2003 to 2005), Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70+ yrs ... , Men 75 yrs, Men 80+ yrs.....
3	10:50	6 KM	Junior Women (2004/2005), Men 60 yrs, Men 65 yrs, Men 70 yrs
4	11:30	8 KM	Junior Men (2004/2005), Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs
5	12:10	10 KM	Senior Men (2003 to 1989), Senior Women (2003 to 1989)

**VENUE: PILDITCH STADIUM, PRETORIA WEST**