



ATHLETICS GAUTENG NORTH



U20, U23, Snr & Masters Cross Country Starting Times 2024

RACE	START	DIST	AGE CATEGORIES
1	10:00	4 KM	Men U/23 (2002, 2003, 2004, 2005, 2006), Senior Men (1990 to 2004)
2	10:20	4 KM	Women U/23 (2002, 2003, 2004, 2005, 2006), Senior Women (1990 to 2004), Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70 yrs, Women 75+ yrs... , Men 75 yrs, Men 80 yrs, Men 85+ yrs.....
3	10:50	6 KM	Women U/20 (2005 & 2006), Men 60 yrs, Men 65 yrs, Men 70 yrs
4	11:30	8 KM	Men U/20 (2005 & 2006), Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs
5	12:10	10 KM	Senior Men (1990 to 2004), Senior Women (1990 to 2004)
League 6: Next to Rooihuiskraal Primary - Saturday 6 July 2024			
League 9: Next to Rooihuiskraal Primary - Saturday 13 July 2024			
League 19: Next to Rooihuiskraal Primary - Saturday 27 July 2024			
Dated: 9 May 2024 Rev 1			