



ATHLETICS

GAUTENG NORTH

AGN Cross Country Leagues Race & Category Criteria 2026

Athlete Bithyear	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs
Boys	1 km	2 km		3 km		4 km			6 km	
Girls	1 km	2 km		3 km			4 km		4 km	
2020	X									
2019	X									
2018	X									
2017										
2016			X							
2015				X						
2014					X					
2013						X				
2012							X			
2011								X		
2010									X	
2009										X
Athlete Bithyear	U/20 (Junior)		U/23	Senior						
Men	8 km		4 km	10 km						
Women	6 km		4 km	10 km						
2008	X	X				Correct Age Category MUST be shown on Race Tag PRIOR to Start of Race. Failure to do so will result in Category set to U/23 .				
2007	X	X								
2006		X	X	X						
2005		X	X	X						
2004		X	X	X						
2003				X	X	If born 2003 , but still aged 23 at SA Champs, must Participate in U/23 Category.				
2002				X	X					
2001				X	X					
2000				X	X					
1999				X	X					
1998				X	X	If Born 1992 , but is aged 35 at Champs, then must participate in M/W35 Category.				
1997				X	X					
1996				X	X					
1995				X	X					
1994				X	X					
1993				X	X					
1992				X	X					
1991										
Athlete Age at SA Champs	35	40	45	50	55	60	65	70	75 +	
Men	8 km					6 km			4 km	
Women	4 km									
35 - 39	X									Category in Season determined by Age at SA Champs
40 - 44		X								
45 - 49			X							
50 - 54				X						
55 - 59					X					
60 - 64						X				
65 - 69							X			
70 - 74								X		
75 +									X	