



# ATHLETICS GAUTENG NORTH



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 PRETORIA WEST

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-----To be the best athletics Provincial South Africa-----

## GAUTENG NORTH & DISTRICTS CROSS COUNTRY CHAMPIONSHIPS

**Tshwane University of Technology Soshanguve Campus Saturday, 19 August 2017**

- No Qualification Required - open to all athletes
- Provincial medals to first 3 in each age category
- Entries at R25 each

RACE	DIST	START	AGE CATEGORIES
1	10 Km	09:30	Senior Men, Senior Women
	8 Km		Junior Men (born in 1998, 1999, 2000 or 2001), Men 30 yrs, Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs.
	6 Km		Men 60 yrs, Men 65 yrs, Men 70yrs, Men 75 yrs, Men 80 yrs
2	4 Km	10:15	Women 23 yrs (born in 1995, 1996, 1997, 1998 1999, 2000 or 2001), Senior Women, Women 30 yrs, 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
3	1 Km	10:45	Girls 8 yrs (born 2009 or after)
4	1 Km	10:55	Boys 8 yrs (born 2009 or after)
5	2 Km	11:05	Girls 9 yrs (born in 2008)
6	2 Km	11:20	Boys 9 yrs (born in 2008)
7	2 Km	11:35	Girls 10 yrs (born in 2007)
8	2 Km	11:50	Boys 10 yrs (born in 2007)
9	3 Km	12:05	Girls 11 yrs (born in 2006)
10	3 Km	12:25	Boys 11 yrs (born in 2006)
11	3 Km	12:45	Girls 12 yrs (born in 2005)
12	3 Km	13:05	Boys 12 yrs (born in 2005)
13	3 Km	13:25	Girls 13 yrs (born in 2004)
14	4 Km	13:45	Boys 13 yrs (born in 2004)
15	4 Km	14:05	Girls 14 yrs (born in 2003), Girls 15 yrs (born in 2002)
16	4 Km	14:25	Boys 14 yrs (born in 2003), Boys 15 yrs (born in 2002)
17	4 Km	14:45	Girls 16 yrs (born in 2001), Girls 17 yrs (born in 2000)
18	4 Km	15:05	Men 23 (born in 1995, 1996, 1997, 1998 1999, 2000 or 2001), Senior Men
19	6 Km	15:25	Boys 16 yrs (born in 2001), Boys 17 yrs (born in 2000), Junior Women (born in 1997, 1998, 1999 or 2000)

For more detail please contact the Athletics Gauteng North Office at 012 327 4932 or  
[office@agn.co.za](mailto:office@agn.co.za)