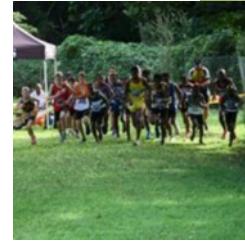
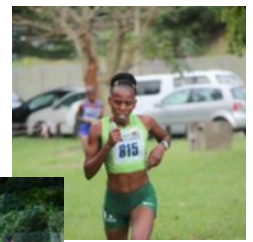


KwaZulu-Natal Athletics Cross Country Championships

2017



Date: Saturday 12 August
Venue: Richmond Primary School

Start time: 1st Race @ 08H30.
Programme overleaf

ENTRY FEES

Under-10: FREE. Up to Junior age category: R15.

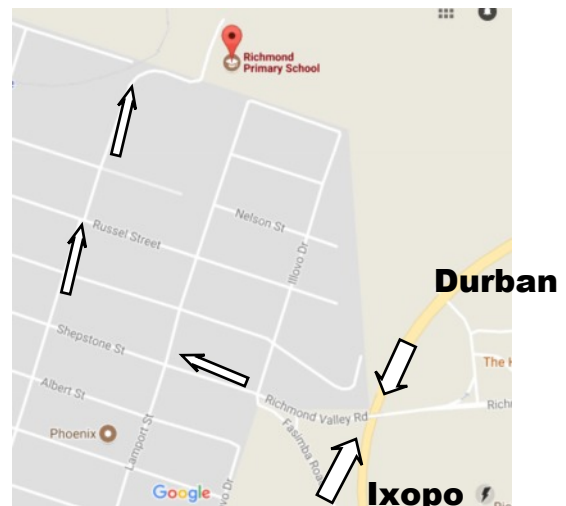
Senior + Master: R20. Temporary Licence: R15.

It is **COMPULSORY** for ALL athletes to wear a licence number, either permanent or temporary, irrespective of age. Masters athletes must wear the correct 5 year age category tag i.e. 35, 40, 45, 50, 55, 60 etc Entries will be taken at Kwa-Ximba League on Saturday and at the school on race day from 08H00 .

Please register your athletes beforehand. Kindly use the spreadsheet available from the KZNA offices and email grannyrutti@gmail.com once completed. Pre-printed tags will then be available for collection on race day.

Directions:

From Durban take N3 to Pietermaritzburg. Take the Richmond glide off at Umlaas Road and head towards Richmond. Coming into town, take the 2nd Richmond turn off (if you go under a bridge you have gone too far – turn around). This will be Shepstone Street. From Shepstone Street turn into Princess (3rd on the right) and follow to Richmond Primary School.



Contact: Bill Pellew
082 040 6880

Jabulani KZNA offices
031 312 9374

EVENT PROGRAMME : 12 August 2017

Event	Start	Age Category	Abbreviation	Distance
1.	08:30	Men: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59 <i>* Age as on race day</i>	M30/8; M35/8; M40/8; M45/8; M50/8; M55/8	8km
2.	09:10	Women: 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+ <i>* Age as on race day</i>	W30/6; W35/6; W40/6; W45/6; W50/6; W55/6; W60/6; W65/6; W70/6; W75/6; W80/6; W85/6	4km
3.	09:35	Men: 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+ <i>* Age as on race day</i>	M60/6; M65/6; M70/6; M75/6; M80/6; M85/6	6km
4.	10:00	Girls 8 Years & Younger Born: 2009/2010	G8/1	1km
5.	10:10	Boys 8 Years & Younger Born: 2009/2010	B8/1	1km
6.	10:20	Girls 9 Years Born: 2008	G9/2	2km
7.	10:30	Boys 9 Years Born: 2008	B9/2	2km
8.	10:40	Girls 10 Years Born: 2007	G10/2	2km
9.	10:50	Boys 10 Years Born: 2007	B10/2	2km
10.	11:00	Senior Men	SM/10	10km
	11:20	MEDAL CEREMONY	EVENT 1 - 7	
11.	11:45	Junior Women Born: 1998/1999	JW/6	6km
12.	12:15	Girls 16 & Girls 17 Born: 2000 & 2001	G16/4; G17/4	4km
13.	12:35	Junior Men Born: 1998/1999	JM/8	8km
14.	13:10	Boys 16 & Boys 17 Born: 2000 & 2001	B16/4; B17/4	6km
15.	13:35	Senior Women	SW/10	10km
	13:50	MEDAL CEREMONY	EVENT 8 - 13	
16.	14:25	Girls 11 - Born: 2006	G11/3	3km
17.	14:45	Boys 11 - Born: 2006	B11/3	3km
18.	15:00	Girls 12 - Born: 2005	G12/3	3km
19.	15:20	Boys 12 - Born: 2005	B12/3	3km
20.	15:40	Girls 13 - Born: 2004	G13/3	3km
21.	16:00	Boys 13 - Born: 2004	B13/4	4km
	16:15	MEDAL CEREMONY	EVENT 14 - 19	
22.	16:20	Girs 14 & Girls 15 Born: 2002 & 2003	G14/4; G15/4	4km
23.	16:40	Boys 14 & Boys 15 Born: 2002 & 2003	B14/4; B15/4	4km
	16:55	MEDAL CEREMONY	EVENT 20 - 22	
24.	17:00	Senior Women & U23 Women Born: 1994 - 1999 (U23) Born: 1999 & before (Senior)	SW/4; W23/4	4km
25.	17:15	Senior Men & U23 Men Born: 1994 - 1999 (U23) Born: 1999 & before (Senior)	SM/4; M23/4	4km
	-	MEDAL CEREMONY	EVENT 23 - 25	