



**2023 KZN ATHLETICS
CROSS-COUNTRY
INFORMATION**



KWAZULU-NATAL ATHLETICS

CROSS-COUNTRY COMMISSION MEMBERS

NAME	POSITION	CONTACT NUMBER	EMAIL
Sabelo Ndlovu	Chairperson	082 433 8249	sabelondlovu257@gmail.com
Simphiwe Zulu	Vice-chairperson	067 764 0923	cmmphiwe@gmail.com
Adeline Xulu	Secretary	084 043 8229	adelaide.txulu@gmail.com
Busi Dlamini	Additional Member	083 479 7780	dlamini62@gmail.com
Alen Hattingh	Additional Member	083 440 3135	crocodile@live.co.za
Stacey Pretorius	Additional Member	064 6824742	Stacepret765@gmail.com
Willie Majombozi	Additional Member	082 958 4047	wmajombozi@justice.gov.za
Michelle Sims	Additional Member	082 465 1969	garyandmish@gmail.com



KWAZULU-NATAL ATHLETICS

CROSS COUNTRY INFORMATION

What is cross-country?

“It’s endurance, it’s focus, it’s strategy. It’s man and women against the elements and the environment- some naturally occurring and some less naturally.....It’s one of the few disciplines in our sport where a 1500m runner with ambition and a background in cross country can be as competitive as someone training for a marathon “ Seb Coe.

Cross country is both an individual and a team sport run over natural terrain course which should contain minimal paved or tarred areas. It takes place in all weather conditions and is rarely cancelled due to bad weather. The season starts in March and consists of Saturday afternoon leagues at various venues and culminates in the KZN championships in August at which a team will be selected to represent the province at the SA championships in September. (See the section on criteria for team selection)

The race distance is different for the different age categories starting with a 1km race for under 8 and ending with a 10km for the senior men and women. The master’s categories are very well supported with the women running 4km and the men from 4 to 8km depending on their age. The leagues all have a fixed program with the first race starting at 11H50 and the last at 15H15. Although certain races may include mixed ages the results are assessed according to age categories. At KZN champs the race times are different as the different age categories are run separately hence resulting in more events on the day.

The course always consists of a 1km loop and a 2km loop which will be utilized to make up the required distance for each race i.e. 3km = 1x 1km plus 1 x 2km : 6km = 3x 2km etc (more details are discussed later).

Why run cross-country?

It’s unique, it’s fun and everyone can do it!

It makes you a better and stronger runner, it builds physical and mental strength, it’s short in duration but heavy in effort. It teaches you how much pain you can endure if you push yourself to your limits and it teaches you how to run on feel as times are not important in cross-country. It’s low impact so hard on muscles but not on joints. The uneven ground strengthens feet and ankles and keeping your balance through all the twists and turns increases core strength and the strength of the stabilizing muscles in the lower limbs. One also develops a greater ability to absorb shock. It’s mentally challenging because not only are you racing your opponents but at the same time thinking on how best to negotiate the obstacles in your path. Best of all it gives you a wonderful sense of achievement and the camaraderie between cross-country runners is something worth experiencing.



KWAZULU-NATAL ATHLETICS

2023 CROSS COUNTRY CALENDAR

Leagues & date	Venue & District	Host Club	Chairperson & contact	X-C Captain
Parlauf 17 March 2023	Westville Clubhouse Ethekwini	Westville A.C	Kylie Griffin – 0825630574 director@kznea.co.za	Kylie Griffin 0825630574
League 1 18 March 2023	Richards Bay Complex King Cetshwayo	Qhakaza A.C	Lilly Dillies- 0824718853 octavedillies@yahoo.com	Stacey Pretorius 0646824742
League 2 01 April 2023	Laddsworth P School Umgungundlovu	Hilton Harriers A.C	Jeff Speed- 0828924215 jeffspeed@telkomsa.net	Jeff Speed 0828924215
League 3 22 April 2023	Ndwedwe Sports Ground Ilembe	Thandolwethu A.C	Cebolenkosi Maphumlo- 0736668441 Maphumulocebo@gmail.com	Nkosingiphile Zuma 0734275797
League 4 22 April 2023	Howick Sports Complex Umgungundlovu	Umngeni Howick Academy A.C	Ntokozo Mlotshwa-0734923882 Numlotshwa 987@gmail.com	Ntokozo Mlotshwa 0734923882
League 5 23 April 20 23	KwaBhukuda Zululand	Edumbe A.C	Busi Dlamini- 0834797780 Dlamini62@gmail.com	Vincent Mthethwa 0760220436
League 6 29 April 2023	KuNyinyani(KwaZuma) Umkhanyakude	Manguzi A.C	Dr Gama Nhlonzi -0721484555 Nhlonzign@gmail.com	SS Vumase 0731942341
League 7 06 May 2023	UELZEN Primary School Mzinyathi	Biggersburg A.C	Siyabonga Ngobese – 0833778959 ngobesemabonga@gmail.com	Siyabonga Ngobese 0833778959
League 8 06 May 2023	Honey Trails, Monteseel Ethekwini	Kearsney Striders A.C	Andrew Fleming - 0824415897 andrew@flemingcivils.co.za	Peter Edward 0848888444
League 9 13 May 2023	Ulundi Stadium Zululand	Siyathuthuka A.C	Sabelo Ndlovu – 0824338249 Sabelondlovu257@gmail.com	Nkosingiphile Sibiya 0783316632
League 10 13 May 2023	Collegians Club Umgungundlovu	Collegians Harriers	Les Burnard – 0823367244 Collegians.harriers@gmail.com	Les Burnard 0823367244
League 11 20 May 2023	Bulwer Sappi Harry Gwala	Fast Runners A.C	Pinky Zondi – 0722174072 pinkyzondi@gmail.com	Xolisile Didi 0823050538
League 12 20 May 2023	Liv Vilage Ilembe	Liv 2 Run A.C	Lindi Meyer – 0765732708 run@liv-village.com	Phakamani Madlala 0848367123
League 13 27 May 2023	Nkantolo Madungeni Ugu	Umzumbe Dev A.C	Emmanuel Lushaba – 0829359220 ghawamahle@hotmail.com	Emmanuel Lushaba 0655303820
League 14 03 June 2023	Nquthu Stadium Mzinyathi	Asiyeni A.C	Mpumelelo Zungu- 0710949729 Mzamozungu41@gmail.com	Mpumelelo Zungu 0710949729
League 15 17 June 2023	Newcastle - Avopark Amajuba	Vlam A.C	Mduduzi Vilakazi – 0735326615 mduduzijl@gmail.com	Mduduzi Vilakazi 0735326615
League 16 24 June 2023	Riverview Cricket Field Mkhanyakude	Umfolozu A.C	Sipho Tembe – 0726206313 siphotembe@gmail.com	Sipho Tembe 0726206313
League 17 24 June 2023	Jeffrey Zungu Stadium Harry Gwala	Ixopo A.C	Conrad .T Chemane- 0767721128 Conrad49@live.com	Conrad Chemane 0767721128
League 18 01 July 2023	Utrecht Amajuba	Utrecht A.C	Moses Xulu – 076110926 Vmxulu7323@gmail.com	Moses Xulu 076110926
League 19 01 July	Bushman Bush Ethekwini	Savages A.C	Dave Williams- 031 5643702 Williams6@telkomsa.net	Dave Williams 031- 5643702
League 20 08 July 2023	Sigweje High School Uthukela	Wasbank A.C	Sifiso Nzuza – 0724503481 Sifiso.nzuza60@gmail.com	Sifiso Nzuza 0724503481
League 21 15 July 2023	Gelohte High School Ethekwini	PDAC	Lise Muchna - 0826567707 plumbcare@mweb.co.za	June Watson 0824213037
League 22 22 July 2023	St Patrick's College Harry Gwala	CKS	Tessa van Vuuren – 039 7272888 sport@stpatrikcollege.co.za	Tessa van Vuuren 039 7272888
League 23 22 July 2023	Hutchinson Park Toti Ethekwini	Amanzimtoti A.C	Charles Botha – 082 871 7181 Cbotha01@telkomsa.net	Cecil Clarke 0838051271
KZNA CHAMPS 5 August 2023	Ulundi Stadium Zululand	Siyathuthuka A.C	Sabelo Ndlovu -0824338249 Sabelondlovu257@gmail.com	Sabelo Ndlovu 0824338249
ASA CHAMPS September	TBC	TBC	TBC	TBC



KWAZULU-NATAL ATHLETICS

2023 DISTRICT CROSS COUNTRY CHAMPIONSHIP CALENDAR

Date	Venue	District	Host Club	Chairperson
22 July 2023	Pomeroy Sports Complex	Mzinyathi	Msinga Development A.C	Sabelo Zondi – 0720400084 Sabelozondi1@gmail.com
22 July 2023	Sappi Sports Field	Ilembe	Mandini Harriers A.C	Raymond Nkwanyana-0842296698 Raymond.nkwanyana662gmail.com
22 July 2023	Eshowe Sports Field	King Cetshwayo	Eshowe Striders A.C	Mmiseni Biyela- 0795283750 sbnisimbiyela@gmail.com
29 July 2023	Vulekani Special School	Harry Gwala	Umzimkhulu A.C	Rabaza Ntsikelelo- 0723049629 umzimkuluac@gmail.com
29 July 2023	Ndumo Sports Ground	Mkhanyakude	Manguzi A.C	Dr Gama Nhlonzi- 0721484555 Nhlonzigb@gmail.com
29 July 2023	Protea Sports Centre	Umgungundlovu	Protea Striders	Gorden Pillay-0763883700 comradescoach@gmail.com
29 July 2023	Dannhauser Sports Ground	Amajuba	Fulathela A,C	Nkosinathi Zulu- 0737211655 Nkosinathizulu5@gmail.com
29 July 2023	UKZN Gate 10	Ethekwini	Pantane A.C	Mdu Khumalo-0614363967 Mdu.khumalo@golddev.co.za
29 July 2023	Ulundi Stadium	Zululand	Ulundi Striders	Moses Gazu-0799464465 gazumoses@yahoo.com



KWAZULU-NATAL ATHLETICS

2023 AGE GROUPS

Age Category	Year Born	Date Born from	Date Born to	Age & Event Colour
Girls & Boys 7	2016			Age at 31/12/2023
Girls & Boys 8	2015			Age at 31/12/2023
Girls & Boys 9	2014			Age at 31/12/2023
Girls & Boys 10	2013			Age at 31/12/2023
Girls & Boys 11	2012			Age at 31/12/2023
Girls & Boys 12	2011			Age at 31/12/2023
Girls 13	2010			Age at 31/12/2023
Boys 13	2010			Age at 31/12/2023
Boys 14	2009			Age at 31/12/2023
Boys 15	2008			Age at 31/12/2023
Girls 14	2009			Age at 31/12/2023
Girls 15	2008			Age at 31/12/2023
Youth Men 16	2007			Age at 31/12/2023
Youth Men 17	2006			Age at 31/12/2023
Youth Women 16	2007			Age at 31/12/2023
Youth Women 17	2006			Age at 31/12/2023
Junior Women 18	2005			Age at 31/12/2023
Junior Women 19	2004			Age at 31/12/2023
Junior Men 18	2005			Age at 31/12/2023
Junior Men 19	2004			Age at 31/12/2023
*Open Women & Men 20 – 34 (4km race)		1989	2003	Age on the day
*Open Women & Men 20 – 34 (10km race)		1989	2003	Age on the day
*Master Women 35+		1988 & before		Age on the day
*Master Men 35 - 59		1964	1988	Age on the day
*Grandmaster men 60 - 74		1949	1963	Age on the day
*Grandmaster men 75+		1948 & before		Age on the day

NOTE: Age is determined on race day. If you enter league 3 on the 2nd of April and it's your 35th birthday on the day, you either enter the masters women 35+ or masters men 35 – 39, depending on your gender. If your birthday is on the 1st of April you will enter the open category (20 – 34).



2023 CROSS-COUNTRY LEAGUE PROGRAM

EVENT	TIME	AGE CATEGORY	DISTANCE
1	11H50	Boys 8 years & younger Girls 8 years & younger	1KM
2	12H00	Boys 9 & 10 years Girls 9 & 10 years	2KM
3	12H20	Boys 11 & 12 years Girls 11, 12 & 13 years	3KM
4	12H45	Boys 13, 14 & 15 years Open men (20 – 34 years) + U23 Open women (20 – 34 years) + U23 Grand master men (75+ years)	4KM
5	13H15	Girls 14 & 15 years Youth women (16 & 17 years) Masters women (35+ years)	4KM
6	13H50	Youth men (16 & 17 years) Grand master men (60 – 74 years) Junior women (18 & 19 years)	6KM
7	14H30	Junior men (18 & 19 years) Masters men (35 – 59 years)	8KM
8	15H15	Open men (20 – 34 years) Open women (20 – 34 years)	10KM

NOTE: A different program will be used at KZNA & SA champs.



Indemnity

The Host Club, including it's members and/or agents, custodians of any venue and/or facilities and KZNA, indemnifies themselves and holds all blameless against any claims of whatever nature arising from injuries suffered, death, illness and/or damage or loss caused to person or property occurring during or as a result of competing and/or attending any Cross Country event.



2023 KZNA CROSS-COUNTRY RULES

1. The league events are run Under the Rules of WA (World Athletics), ASA & KZNA
2. All foreign athletes must comply with IAAF Rule 4.2 & 142
3. Kindly obey technical officials & marshals
4. 2023 Permanent licence numbers to be worn front & back of vest – not on shorts
5. Temporary licence number to be worn on front of vest
6. Age category tags to be worn front & back of vest. Note that cross-country masters age groups are split in 5 year age groups i.e. 40 – 45 years, 45 – 50 years etc.
7. All participating athletes must compete in their registered club kit.
8. Athletes running with temporary licences, must compete in a white top and black shorts.
9. NO BRANDED kit are allowed, except for official club registered kit
10. Any queries regarding results or race incidents must be reported to the race referee within 30 minutes of the completion of your race
11. All races will be hand-timed.
12. Results will be posted on the KZN Athletics website as soon as its captured electronically
13. Selection Criteria - TBA
14. Selection criteria for the KZNA team to participate at the SA champs will be published together with the KZNA champs event documentation. KZNA champs results will be the main criteria for selection, so athletes are required to enter KZNA champs to be eligible for selection

2023 KZNA CROSS-COUNTRY ENTRY PROCESS

1. Due to the nature of cross-country events, entries will be taken on race day
2. Hosting clubs will be ready to take entries from 10H30 on race day
- 3. Please ensure that you are registered at least 30 minutes before the start of your race**
4. KZN champs will be a PRE-ENTRY event
5. Athletes must ensure that they have the correct colour coded tag that corresponds with their age group and race event. For example, if you are entering the junior men race you must be 18 or 19 years by 31 December 2023, must have a LIGHT BLUE tag and must enter race SEVEN (7)
6. Entry tags must be completed with ALL REQUIRED DETAIL. Any missing or unreadable information will jeopardize your results
7. Entry tags must be attached to your vest or short. This will be removed at the end of your race to record finishing positions
8. Please familiarize yourself with the event indemnity
9. Please wear any medical ID tags in case of allergies and/or chronic conditions i.e. asthma. We strongly suggest that any medical condition and/or allergies must be written on the back of the entry tag to assist in any medical emergency



KWAZULU-NATAL ATHLETICS

2023 CROSS-COUNTRY ENTRY FEES

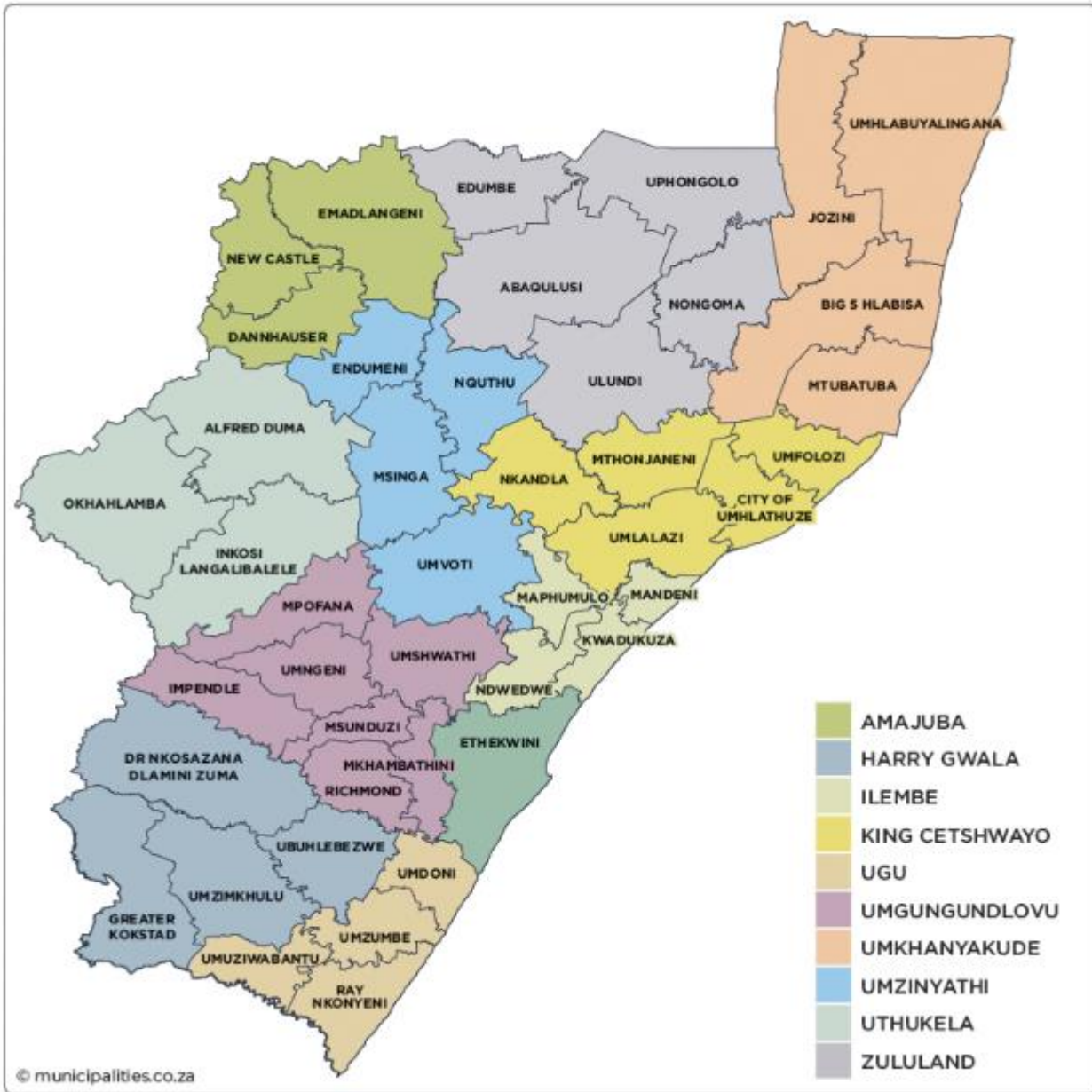
1. Any athlete 14 years and above **WITHOUT** a valid 2023 permanent licence number must purchase a temporary licence
2. Temporary licences are only valid for the day of the event
3. Temporary licences **CANNOT** be shared
4. We do encourage athletes to join a local KZNA affiliated club of their choice to minimize the additional cost of temporary licences

AGE	ENTRY FEE	TEMP LICENCE (if applicable)
8 years and younger	Free entry	No temporary licence required
Juniors (9 – 13 years)	R20	No temporary licence required
Juniors (14 – 19 years)	R20	R30
Seniors & Masters	R30	R50



KWAZULU-NATAL ATHLETICS

DISTRICT MUNICIPALITIES



eThekwini Metropolitan	Umlazi Pinetown & districts Durban North
Amajuba District	Dannhauser Local eMadlangeni Local Newcastle Local
Harry Gwala District	Dr Nkosazana Dlamini Zuma Local Greater Kokstad Local Ubuhlebezwe Local uMzimkhulu Local
iLembe District	KwaDukuza Local Mandeni Local Maphumulo Local



KWAZULU-NATAL ATHLETICS

	Ndwedwe Local
King Cetshwayo District	City of uMhlathuze Local Mthonjaneni Local Nkandla Local uMfolozi Local uMlalazi Local
Ugu District	Ray Nkonyeni Local Umdoni Local Umuziwabantu Local Umzumbe Local
uMgungundlovu District	Impendle Local Mkhambathini Local Mpofana Local Msunduzi Local Richmond Local uMngeni Local uMshwathi Local
uMkhanyakude District	Big 5 Hlabisa Local Jozini Local Mtubatuba Local uMhlabuyalingana Local
uMzinyathi District	Endumeni Local Nquthu Local uMsinga Local Umvoti Local
uThukela District	Alfred Duma Local Inkosi Langalibalele Local Okhahlamba Local
Zululand District	AbaQulusi Local eDumbe Local Nongoma Local Ulundi Local uPhongolo Local