

KZNA 2023 CROSS COUNTRY LEAGUE #16

Hosted by Umfolozi Athletics Club



KWAZULU NATAL ATHLETICS

ENTRY FEES:

Age 7 & 8 - FREE

Age 9 - 19 - R20

Age 20+ - R30

TEMPORARY

LICENSE R60

CONTACT

Sipho Tembe

0726206313

DATE: Saturday, 24 June 2023

VENUE: Riverview Cricket Grounds,
Mtubatuba

TIME: 11:50 – 15:15

PROGRAMME

EVENT	TIME	AGE CATEGORY	DISTANCE
1	11H50	Boys & Girls 8 years & younger	1KM
2	12H00	Boys & 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 & 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

REGISTRATION starts at 08:00 on the day

