



KWAZULU NATAL ATHLETICS

SIYATHUTHUKA ATHLETICS CLUB

PRESENTS

KZNA CROSS COUNTRY LEAGUE #14

RUNNING IS HEALTHY

EVENT	TIME	age category	DISTANCE
1	11H50	BOYS 8 YEARS & YOUNGER GIRLS 8 YEARS & YOUNGER	1KM
2	12H00	BOYS 9 YEARS & 10 YEARS GIRLS 9 YEARS & 10 YEARS	2KM
3	12H20	BOYS 11 YEARS & 12 YEARS GIRLS 11, 12 & 13 YEARS	3KM
4	12H45	BOYS 13, 14 & 15 YEARS OPEN MEN (20 – 34 YEARS) OPEN WOMEN (20 – 34 YEARS) 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)	10 KM

Contacts :

: NKOSINGIPHILE SIBIYA

078 331 6632

:SABELO NDLOVU

082 4338 249 / 063 8892 355

AGE	ENTRY FEE	TEMPORARY LICENCE
Boys & Girls 8 Years & Younger	Free	Free
Boys & Girls 9-13 Years	R20	No Temporary License required
Boys & Girls 14-19 Years	R20	No Temporary License required
Senior & Masters	R30	R50

Date : 18 May 2024
Venue : Prince Mangosuthu Stadium
TIME : 09H00

