

**GAUTENG NORTH  
CROSS COUNTRY  
CHAMPIONSHIPS 2025**



**ATHLETICS GAUTENG NORTH**



Lavender Kontrei Mark

Saturday, 16 August 2025

| RACE | DIST  | CALL ROOM<br>TIMES | START                                       | AGE CATEGORIES                                                                                                                                                                           |
|------|-------|--------------------|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1    | 8 km  | 07:00              | <b>07:30</b>                                | Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs.                                                                                                                              |
| 2    | 4 km  | 07:40              | <b>08:10</b>                                | Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs,<br>Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70yrs,<br>Women 75 yrs+, Women 80 yrs+<br>Men 75 yrs, Men 80 yrs, Men 85 yrs+ |
| 3    | 6 km  | 08:10              | <b>08:40</b>                                | Men 60 yrs, Men 65 yrs, Men 70yrs                                                                                                                                                        |
|      |       | 08:45              | <b>Victory Ceremony - Items 1 &amp; 2</b>   |                                                                                                                                                                                          |
| 4    | 1 km  | 08:40              | <b>09:10</b>                                | Girls 8 yrs (2017, 2018, 2019)                                                                                                                                                           |
|      |       | 09:15              | <b>Victory Ceremony - Item 3</b>            |                                                                                                                                                                                          |
| 5    | 1 km  | 08:50              | <b>09:20</b>                                | Boys 8 yrs (2017, 2018, 2019)                                                                                                                                                            |
| 6    | 2 km  | 09:00              | <b>09:30</b>                                | Girls 9 yrs (2016)                                                                                                                                                                       |
|      |       | 09:35              | <b>Victory Ceremony - Items 4 &amp; 5</b>   |                                                                                                                                                                                          |
| 7    | 2 km  | 09:10              | <b>09:40</b>                                | Boys 9 yrs (2016)                                                                                                                                                                        |
| 8    | 6 km  | 09:20              | <b>09:50</b>                                | Women U/20 (2006 & 2007)                                                                                                                                                                 |
|      |       | 09:55              | <b>Victory Ceremony - Items 6 &amp; 7</b>   |                                                                                                                                                                                          |
| 9    | 8 km  | 09:50              | <b>10:20</b>                                | Men U/20 (2006 & 2007)                                                                                                                                                                   |
| 10   | 10 km | 10:30              | <b>11:00</b>                                | Senior Women (1991 to 2005)                                                                                                                                                              |
|      |       | 11:05              | <b>Victory Ceremony - Items 8 &amp; 9</b>   |                                                                                                                                                                                          |
| 11   | 10 km | 11:20              | <b>11:50</b>                                | Senior Men (1991 to 2005)                                                                                                                                                                |
| 12   | 4 km  | 12:10              | <b>12:40</b>                                | Girls 16 yrs (2009), Girls 17 yrs (2008)                                                                                                                                                 |
|      |       | 12:45              | <b>Victory Ceremony - Items 10 &amp; 11</b> |                                                                                                                                                                                          |
| 13   | 6 km  | 12:30              | <b>13:00</b>                                | Boys 16 yrs (2009), Boys 17 yrs (2008)                                                                                                                                                   |
| 14   | 2 km  | 12:50              | <b>13:20</b>                                | Girls 10 yrs (2015)                                                                                                                                                                      |
|      |       | 13:25              | <b>Victory Ceremony - Items 12 &amp; 13</b> |                                                                                                                                                                                          |
| 15   | 2 km  | 13:05              | <b>13:35</b>                                | Boys 10 yrs (2015)                                                                                                                                                                       |
| 16   | 3 km  | 13:20              | <b>13:50</b>                                | Girls 11 yrs (2014)                                                                                                                                                                      |
|      |       | 13:55              | <b>Victory Ceremony - Items 14 &amp; 15</b> |                                                                                                                                                                                          |
| 17   | 3 km  | 13:40              | <b>14:10</b>                                | Boys 11 yrs (2014)                                                                                                                                                                       |
| 18   | 3 km  | 14:00              | <b>14:30</b>                                | Girls 12 yrs (2013)                                                                                                                                                                      |
|      |       | 14:35              | <b>Victory Ceremony - Items 16 &amp; 17</b> |                                                                                                                                                                                          |
| 19   | 3 km  | 14:20              | <b>14:50</b>                                | Boys 12 yrs (2013)                                                                                                                                                                       |
| 20   | 3 km  | 14:40              | <b>15:10</b>                                | Girls 13 yrs (2012)                                                                                                                                                                      |
|      |       | 15:15              | <b>Victory Ceremony - Items 18 &amp; 19</b> |                                                                                                                                                                                          |
| 21   | 4 km  | 15:00              | <b>15:30</b>                                | Boys 13 yrs (2012)                                                                                                                                                                       |
| 22   | 4 km  | 15:20              | <b>15:50</b>                                | Girls 14 yrs (2011), Girls 15 yrs (2010)                                                                                                                                                 |
|      |       | 15:55              | <b>Victory Ceremony - Items 20 &amp; 21</b> |                                                                                                                                                                                          |
| 23   | 4 km  | 15:40              | <b>16:10</b>                                | Boys 14 yrs (2011), Boys 15 yrs (2010)                                                                                                                                                   |
| 24   | 4 km  | 16:00              | <b>16:30</b>                                | Women 23 yrs (2003 to 2007), Senior Women (1991 to 2005)                                                                                                                                 |
|      |       | 16:35              | <b>Victory Ceremony - Items 22 &amp; 23</b> |                                                                                                                                                                                          |
| 25   | 4 km  | 16:20              | <b>16:50</b>                                | Men 23 (2003 to 2007), Senior Men (1991 to 2005)                                                                                                                                         |
| 26   | 2 km  | 16:40              | <b>17:10</b>                                | Women Senior (1991-2005), Junior (2006-2007) & Youth (2008-2009)                                                                                                                         |
|      |       | 17:15              | <b>Victory Ceremony - Items 24 &amp; 25</b> |                                                                                                                                                                                          |
| 27   | 2 km  | 16:50              | <b>17:20</b>                                | Men Senior (1991-2005), Junior (2006-2007) & Youth (2008-2009)                                                                                                                           |
|      |       | 17:35              | <b>Victory Ceremony - Items 26 &amp; 27</b> |                                                                                                                                                                                          |

- Medals to all finishers; Provincial Medals to first 3 in each age category

- Athlete Entry Fee R 50.00, Spectators Fee R20.00

For more detail please contact the Athletics Gauteng North Office at 012 327 4932 or office@agn.co.za

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