



Athletics
Gauteng North



Athletics Gauteng North Presents:

**ATHLETICS GAUTENG NORTH
CROSS COUNTRY
CHAMPIONSHIPS**

SATURDAY, 16 August 2025

LAVENDER KONTREI MARK

106 APACHE ROAD, ONDERSTEPOORT, PRETORIA

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1 Introduction

The Athletic Gauteng North Cross-Country Championships will be hosted by Athletics Gauteng North (AGN) and will take place on Saturday, 16 August 2025 at Lavender Kontrei (Country) Market, 106 Apache Road, Onderstepoort in Pretoria. It is a competition for both Men and Women, and is only open for Athletics Gauteng North athletes.

2 Date & Venue

Date: Saturday, 17 August 2024

Venue: Lavender Kontrei (Country) Market

3 Activity Program

LATE ENTRIES: Thursday, 14 August 2025

Time	Activity	Venue
09:00 – 16:00	Late-entry and Collection of late entry race tag	Pilditch Stadium, Pretoria West

RACE TAG COLLECTION (if you did not receive your race tag via e-mail or WhatsApp): Friday, 15 August 2025

Time	Activity	Venue
14:00-17:00	RACE TAG COLLECTION (if you did not receive your race tag via e-mail or WhatsApp)	LKM
14:00 – 17:00	Course will be open for inspection for all age categories. NOBODY will be allowed on the course on Saturday.	LKM

CHAMPIONSHIPS: Saturday, 16 August 2025

Time	Activity	Venue
06:00	Gates Open and Registration Start	Lavender Kontrei (Country) Market
06:30	Officials Meeting	
07:30	Start of First Event	
17:15	Start of Last Event	
17:45	Departure of Last Busses	

4 Program

GAUTENG NORTH CROSS COUNTRY CHAMPIONSHIPS 2025



ATHLETICS GAUTENG NORTH



Lavender Kontrei Mark

Saturday, 16 August 2025

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

- 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

OR Hanlie Truter at 082 308 8712 or truterh@hseldo.co.za

5 Age Categories

The following age categories will participate in the 2025 Gauteng North Championships:

- a) No athlete will be allowed to run outside of his or her age category.
- b) Only athletes aged 6 years or older on 31 December 2025 (born in 2019 or earlier) will be allowed to enter for the Championships.
- c) **Under 20:** Athletes must be aged 19 years or younger, but at least 18 years of age on 31 December 2025 (born in 2006 or 2007).
- d) **Under 23:** Athletes must be aged 22 years or younger, but at least 18 years of age on 31 December 2025 (born in 2003, 2004, 2005, 2006 or 2007).
- e) **Senior (Open):** Born between 1991 and 2005
- f) **Masters:** Any athlete who has reached his/her 35th birthday (Rule TR 3.1)

6 Entries

- a) All **Team entries** eg. High Schools, Primary schools, Clubs, Development Clubs must be done on the prescribed Excel-spreadsheet entry form and must be e-mailed to anticsza@gmail.com and to truterh@hseldo.co.za by no later than **13 August 2025 at 20:00**. These bulk entries must be accompanied by **proof of payment**.
- b) All **individual entries** to be done via the Google form. <https://forms.gle/kf8rkZZN7ivGdNoW6>
- c) Please note that all athletes (all age groups) entered for the Championships will be required to participate with an ASA license and should be in possession of a valid SA ID-number. Athletes may not run with another athlete's permanent license.
- d) Age category tags for Masters athletes (from age 35 years and older) as well as the Under 20 men and women (Junior, born 2006 & 2007) must be worn.
- e) Temporarily licenses (R70.00 each) and age tags (R20.00 a pair) will be available for purchase at the venue.

7 Entrance Fees

Participation fee per athlete is R50.00 and **Spectators** is R20.00 and can be bought through Web tickets using the following link:

<https://www.webtickets.co.za/v2/event.aspx?itemid=1574097885>

Or

You can purchase an entry in-store at any Pick 'n Pay nationwide including PnP Liquor, PnP Clothing, PnP Hyper and BP Express stores. Some BP Express Stores are open 24hrs.

Simply inform the teller that you would like to purchase an athlete's entry for the AGN Cross Country Championships.

- Your personal information will be captured by the in-store cashier on behalf of Webtickets.
- Once payment has been made, tickets will be issued by the PnP cashier on your till slip
- You will also receive an automatic confirmation via email and SMS with a link to access your tickets.

Please note that you will have to present your Ticket at the gate to gain entry to the Venue.

Team entry fees should be paid into the AGN Bank account:

Bank: ABSA
Account no: 4080586137
Branch name: Quagga
Branch Code: 630664
Reference: "Club Name" & 2025 AGN CHAMPS

Please send proof of payment with your entries to anticsza@gmail.com and to truterh@hseldo.co.za by no later than 13 August 2025 at 20:00.

Payment for Participation and Entry at the Venue will be allowed. Please allow sufficient time, as queuing can be expected.

The following fees apply at the Venue:

- Late Entry (on the day): R 50.00
- Temporarily Numbers: R 70.00
- Age Tags: R 20.00
- Spectators: R 20.00
- Spectators under 6 years: FREE

8 The Course

The Cross-Country course consists of a 2 km and a 1 km loop and the following will apply for the different distance races:

- The 1 km race will do 1 x 1 km loop
- The 2 km race will do 1 x 2 km loop
- The 3 km race will do 1 x 1 km loop, followed by 1 x 2 km loop
- The 4 km race will do 2 x 2 km loops
- The 6 km race will do 3 x 2 km loops
- The 8 km race will do 4 x 2 km loops
- The 10 km race will do 5 x 2 km loops

Course inspection will only be allowed on Friday, 15 August 2025 between 14:00 – 17:00.

For All Age Categories and Only during this time slot.

NOBODY will be allowed on the course on Raceday.

9 Officials Meeting

The Officials Meeting will take place as follows:

Time & Date: 06:30 on Saturday, 16 August 2026

Venue: Lavender Kontrei (Country) Market at Registration.

10 General

- a) The competition will be conducted under WA, ASA and AGN Rules
- b) Technical Data: Electronic timing will be used, and Videos.
- c) Athletes are not permitted to take any cell phones, ear pods, speakers, etc. into the competition area.
- d) Spectators **will not** be allowed to run with participants.
- e) During the competition, athletes must wear their ASA licenses (permanent or temporally) numbers on front and back, properly secured on all four corners.

Please note WA Rule 143.7-9. Any athlete who does not respect these rules will not be allowed to compete.

11 Athletes Control Centre (Call Room)

- a) Athletes are required to assemble at the call room 30 minutes prior to the start of their race. Refer official program for detailed times.
- a) The Call Room will be situated next to the starting area. All athletes must report to the Call Room at least 30 minutes before the start of their event. Refer to the official program.
- b) **Only reporting athletes and authorized technical officials** will be allowed inside the Call Room area. **Parents, Coaches and Team Managers entering this area submit their athlete to the risk of disqualification.**
- c) Parents, Coaches and Team Managers are responsible for the clothes and personal belongings of the athletes.
- d) Please make sure that athletes comply with all the requirements needed in the competition. This includes ASA license numbers (Front and Back), or Temporary license number, age category tags (Front and Back) and club or school attire.

12 Assistance to Athletes

- a) Water will be provided on the course at a water point near the 2 km split, for all races in excess of 4 km.
- b) Water will be provided at the finish line.
- c) No Seconding will be allowed by any person except for authorized officials.
- d) Medical Service: Full medical services will be available with two ambulances at the venue.

13 Victory Ceremony

- a) All finishing athletes will receive Participation Medals at the finish line (no ceremony)
- b) The first 3 athletes in each age category will receive Provincial Medals at relevant Victory Ceremony.
- c) The Victory ceremonies will be according to the program. The first 3 athletes in each individual age category must report to the Victory ceremony area 15 minutes before the allotted time (refer: Event Program).
- d) **Prize Money:**
 - No athlete will qualify for prize money if he or she did not participate in at least four (4) of the Cross-Country season leagues
 - Athletes who represented SA Internationally during the season must have participated in at least two (2) of the Cross-Country season leagues to qualify for prize money. These athletes need to notify Hanlie Truter via e-mail, truterh@hseldo.co.za before the AGN Championship of the above-mentioned competitions.

14 Results

- a) Time for processing results may vary depending on the number of athletes and categories within a race. Generally, results will be made available **approximately** 45 minutes after completion of the race.
- b) Appeals must be done in writing (Forms will be available at Registration) within 30 minutes after the results were displayed on the “Results Board” or published on the Official WhatsApp Results group. Cost of the appeal will be R500-00.
- c) The results of each event shall be displayed on the “Results board” at the venue and posted on the Official Results WhatsApp group, after approval by the Chief Referee.
- d) Joining the WhatsApp groups will be via QR registration posted around the venue or by the following link <https://chat.whatsapp.com/EVEQ7GNbtzwCBi16byav5z> .
- e) A full set of results will be made available after the competition.

15 Enquiries

Please contact the AGN Office on 012 327 4930 or assistant@agn.co.za for any additional information.