



ATHLETICS GAUTENG NORTH



GAUTENG NORTH CROSS COUNTRY CHAMPIONSHIPS

TUT, Pretoria West

Saturday, 19 August 2023

RACE	DIST	START	AGE CATEGORIES
1	8 Km	07:00	Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs.
2	4 Km	07:40	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, Women 85 yrs+
3	6 Km	08:10	Men 60 yrs, Men 65 yrs, Men 70yrs
	4 Km		Men 75 yrs, Men 80 yrs, Men 85 yrs+
		08:15	Victory Ceremony - Items 1 & 2
4	1 Km	08:40	Girls 8 yrs (2015, 2016, 2017)
		08:45	Victory Ceremony - Item 3
5	1 Km	08:50	Boys 8 yrs (2015, 2016, 2017)
6	2 Km	09:00	Girls 9 yrs (2014)
		09:05	Victory Ceremony - Items 4 & 5
7	2 Km	09:15	Boys 9 yrs (2014)
8	6 Km	09:25	Junior Women (2004 & 2005)
		09:30	Victory Ceremony - Items 6 & 7
9	8 Km	10:00	Junior Men (2004 & 2005),
10	10 Km	10:40	Senior Women (1989 to 2003)
		10:45	Victory Ceremony - Items 8 & 9
11	10 Km	11:40	Senior Men (1989 to 2003)
12	4 Km	12:30	Girls 16 yrs (2007), Girls 17 yrs (2006)
		12:35	Victory Ceremony - Items 10 & 11
13	4 Km	12:50	Boys 16 yrs (2007), Boys 17 yrs (2006)
14	2 Km	13:10	Girls 10 yrs (2013)
		13:15	Victory Ceremony - Items 12 & 13
15	2 Km	13:25	Boys 10 yrs (2013)
16	3 Km	13:40	Girls 11 yrs (2012)
		13:45	Victory Ceremony - Items 14 & 15
17	3 Km	14:00	Boys 11 yrs (2012)
18	3 Km	14:20	Girls 12 yrs (2011)
		14:25	Victory Ceremony - Items 16 & 17
19	3 Km	14:40	Boys 12 yrs (2011)
20	3 Km	15:00	Girls 13 yrs (2010)
		15:05	Victory Ceremony - Items 18 & 19
21	4 Km	15:20	Boys 13 yrs (2010)
22	4 Km	15:40	Girls 14 yrs (2009), Girls 15 yrs (2008)
		15:45	Victory Ceremony - Items 20 & 21
23	4 Km	16:00	Boys 14 yrs (2009), Boys 15 yrs (2008)
24	4 Km	16:20	Women 23 yrs (2001 to 2005), Senior Women (1989 to 2003)
		16:25	Victory Ceremony - Items 22 & 23
25	4 Km	16:40	Men 23 (2001 to 2005), Senior Men (1989 to 2003)
26	2 Km	17:00	Senior(1989-2003), Junior(2004-2005) & Youth(2006-2007) Women Dash
		17:05	Victory Ceremony - Items 24 & 25
27	2 Km	17:10	Senior(1989-2003), Junior(2004-2005) & Youth(2006-2007) Men Dash
		17:25	Victory Ceremony - Items 26 & 27

- Provincial medals to first 3 in each age category

- Medals to all finishers

- Athlete Entry Fee R 50.00

- Spectators Fee R50.00

- Spectators Fee Children 6 to 13 years R20.00

- Spectators Fee for children under 6 years is Free R0-00

For more detail please contact the Athletics Gauteng North Office at 012 327 4932, office@agn.co.za **OR** Buks Meyer at 082 823 8883, buksmeyer@vodamail.co.za