



ATHLETICS GAUTENG NORTH



AGN Cross Country Starting Times 2023

RACE	START	DIST	AGE CATEGORIES
1	11:00	1 KM	Girls 8 yrs (Born 2015 or after)
2	11:10	1 KM	Boys 8 yrs (Born 2015 or after)
3	11:20	2 KM	Girls 9 yrs (Born in 2014), Girls 10 yrs (Born in 2013)
4	11:30	2 KM	Boys 9 yrs (Born in 2014), Boys 10 yrs (Born in 2013)
5	11:40	3 KM	Boys 11 yrs (Born in 2012), Boys 12 yrs (Born in 2011)
6	12:00	3 KM	Girls 11 yrs (Born in 2012), Girls 12 yrs (Born in 2011), Girls 13 yrs (Born in 2010)
7	12:15	4 KM	Men 23 (Born 2001 to 2003), Senior Men
8	12:35	4 KM	Boys 13 yrs (Born in 2010), Boys 14 yrs (Born in 2009), Boys 15 yrs (Born in 2008)
9	12:55	4 KM	Girls 14 yrs (Born in 2009), Girls 15 yrs (Born in 2008)
10	13:15	4 KM	Girls 16 yrs (Born in 2007), Girls 17 yrs (Born in 2006)
11	13:35	4 KM	Women 23yrs (Born 2001 to 2003), Senior Women, Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70+ yrs ... , Men 75 yrs, Men 80+ yrs.....
12	13:55	6 KM	Boys 16 yrs (Born in 2007), Boys 17 yrs (Born in 2006), Junior Women (Born 2004 to 2006), Men 60 yrs, Men 65 yrs, Men 70 yrs
13	14:25	8 KM	Junior Men (Born 2004 to 2006), Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs
14	15:05	10 KM	Senior Men, Senior Women