



ATHLETICS GAUTENG NORTH



AGN Cross Country Starting Times 2025 Revised

RACE	START	DIST	AGE CATEGORIES
1	11:00	4 KM	Men U/23 (Born 2003 to 2007), Senior Men (1991 to 2005)
2	11:20	4 KM	Women U/23 (Born 2003 to 2007), Senior Women (1991 to 2005), Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70 yrs, Women 75+ ... , Men 75 yrs, Men 80 yrs, Men 85+ yrs.....
3	11:50	6 KM	Boys 16 yrs (Born in 2009), Boys 17 yrs (Born in 2008), Women U/20 (Born 2006 & 2007), Men 60 yrs, Men 65 yrs, Men 70 yrs
4	12:20	8 KM	Men U/20 (Born 2006 & 2007), Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs
5	13:10	1 KM	Girls 8 yrs (Born 2017 to 2019)
6	13:20	1 KM	Boys 8 yrs (Born 2017 to 2019)
7	13:30	2 KM	Girls 9 yrs (Born in 2016), Girls 10 yrs (Born in 2015)
8	13:45	2 KM	Boys 9 yrs (Born in 2016), Boys 10 yrs (Born in 2015)
9	14:00	3 KM	Girls 11 yrs (Born in 2014), Girls 12 yrs (Born in 2013), Girls 13 yrs (Born in 2012)
10	14:20	3 KM	Boys 11 yrs (Born in 2014), Boys 12 yrs (Born in 2013)
11	14:40	4 KM	Girls 14 yrs (Born in 2011), Girls 15 yrs (Born in 2010)
12	15:00	4 KM	Boys 13 yrs (Born in 2012), Boys 14 yrs (Born in 2011), Boys 15 yrs (Born in 2010)
13	15:20	4 KM	Girls 16 yrs (Born in 2009), Girls 17 yrs (Born in 2008)
14	15:40	10 KM	Senior Men (1991 to 2005), Senior Women (1991 to 2005)
			Eersterust League 26 July 2025
			Dated: 18 July 2025