

2023 LIMA CROSS COUNTRY INTERPROVINCIAL PROGRAM

#	Start	Age Categories	Year	Colour sticker	Distance	Laps
1	09:00	U/20 Junior Men	2004/2005	No Sticker	8 km	4 X 2km
		Men 35-39	1984/1988	Red		
		Men 40-44	1979/1983	Black		
		Men 45-49	1974/1978	Blue		
		Men 50-54	1969/1973	Yellow		
		Men 55-59	1964/1968	Dark Blue		
2	09:50	Men 75-79	1944/1948	No Sticker	4km	2 X 2km
		Women 35-39	1984/1988	Red		
		Women 40-44	1979/1983	Black		
		Women 45-49	1974/1978	Blue		
		Women 50-54	1969/1973	Yellow		
		Women 55-59	1964/1968	Dark Blue		
		Women 60-64	1959/1963	Orange		
		Women 65-69	1954/1958	Red & Red		
		Women 70-74	1949/1953	Black & Black		
		Women 75-79	1944/1948	Dark Blue & Dark Blue		
3	10:15	Senior Men	1989/2005	Green	10 km	5 X 2km
		Senior Women	1989/2005	No Sticker		
4	11:10	U/20 Junior Women	2004/2005	No Sticker	6 km	3 X 2km
		Men 60-64	1959/1963	Yellow		
		Men 65-69	1954/1958	Red		
		Men 70-74	1949/1953	Black		
5	11:45	Boys 16	2007	Green	6km	3 X 2km
		Boys 17	2006	No Sticker		
6	12:20	Girls 8 and younger	2015/2016/2017	Blue	1 km	1 X 1km
		Boys 8 and younger		No Sticker		
7	12:35	Girls 9	2014	Green	2 km	1 X 2km
		Girls 10	2013	No Sticker		
8	12:50	Boys 9	2014	Blue	2 km	1 X 2km
		Boys 10	2013	No Sticker		
9	13:05	Girls 11	2012	Green	3 km	1 x 1km & 1 x 2km
		Girls 12	2011	No Sticker		
10	13:25	Boys 11	2012	Blue	3 km	1 x 1km & 1 x 2km
		Boys 12	2011	No Sticker		
11	13:50	Girls 13	2010	No Sticker	3 km	1 x 1km & 1 x 2km
12	14:15	Boys 13	2010	No Sticker	4km	2 X 2km
13	14:40	Girls 14	2009	Green	4 km	2 X 2km
		Girls 15	2008	No Sticker		
14	15:05	Boys 14	2009	Blue	4 km	2 X 2km
		Boys 15	2008	No Sticker		
15	15:30	Girls 16	2007	Green	4 km	2 X 2km
		Girls 17	2006	No Sticker		
16	15:55	Senior Women	1989/2005	Blue	4 km	2 X 2km
		Senior Men		No Sticker		
17	16:20	U/23 Women	2001/2005	Green	4 km	2 X 2km
		U/23 Men		No Sticker		

Chairperson: René Coetzee **Vice chairperson:** Samson Mabiya **Secretary:** Rita Entres
Additional members: Frank Kubjane, Kenneth Kolotsi