



WESTERN PROVINCE ATHLETICS

CROSS COUNTRY 2018 FIXTURES

CC LEAGUE	DATE	DAY	VENUE (HOST CLUB)
LEAGUE 5	29 JULY 2018	SUNDAY	ELFINDALE (TOP FORM)
LEAGUE 6	4 AUGUST 2018	SATURDAY	WESTERN CAPE SPORTS SCHOOL (OMMIEDRAAI)
WP SCHOOLS CHAMPS	11 AUGUST 2018	SATURDAY	FAIRMONT H.S. (DURBANVILLE)
CC RELAY 2	12 AUGUST 2018	SUNDAY	GOODWOOD RUGBY CLUB (GOODWOOD HARRIERS)
WPACC CHAMPS	18 AUGUST 2018	SATURDAY	CPUT (WPA Cross Country Commission)

Western Province Cross Country Championships – Pre-entries Only.

Pre-entries closes **12 August 2018**. Entry Forms are available from the WPA office (events@wpathletics.co.za) and also at the Cross Country events. It can also be downloaded from the website (www.wpa.org.za).

11:00	Boys and Girls 8 years	2010 and later	1 km	R5
11:10	Boys and Girls 9/10 years	2009/2008	2 km	R5
11:30	Boys and Girls 11 years	2007	3 km	R10
11:50	Boys and Girls Girls 13 years / LSEN	2006 G 2005	3 km	R10
12:10	Boys 13 years Girls U18 / LSEN	B 2005 G 2002/2001	4 km	R10
12:35	Boys and Girls 15 years / LSEN	2004/2003	4 km	R10
13:00	Boys U18 Girls U20 / LSEN Master men 60+	B 2002/2001 G 2000/1999 60 years and older	6km	R20
13:30	Boys U20 Master men	B 2000/1999 35-59 years	8km	R20
14:15	Senior men and women		10km	R20
15:15	Master women	35 years and older	4km	R20
15:45	Senior men and women Mob race		4km	R20 R10

CROSS COUNTRY LEAGUE SCHEDULE





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