

Inter Provincial Cross Country Championship



Athletics
Gauteng North

Saturday, 10 June 2017
Erasmus High School
Bronkhorstspuit

Invitation

Dear Cross Country Chairperson,

Athletics Gauteng North has the pleasure of inviting you to an Inter Provincial Cross Country event on Saturday, 10 June 2017.

Provinces are welcome to select teams, but individual entries will also be accepted on the day.

It would be an honor for us to welcome you to our province.

Andre Gobey
Chairperson Cross Country
Athletics Gauteng North

Information

Gate Fee: R 10.00 (for spectators from 08:30)
Parking: Secure Parking is available inside the school grounds.
Parking is also available outside the school premises which will be controlled by car guards.

Registration: Athletes purchase a race entry tag for R 30.00 at the registration area inside the venue. They need to complete the information required on the tag before the start of his or her event. The name tag will be collected from the athlete as soon as he or she complete the race, in order to process the results. The official red age category tags are compulsory for age groups 30 and older.
Please ensure that you have a copy of your ID (Birth Certificate) available in case of a dispute. Athletes who represent their province will participate in provincial attire. Individual athletes will participate in club, school or neural colors.

Start: The first event starts at 10:00 (schedule attached)

Route: The route consists of a 1 Km, a 2 Km and a 3 Km loop and is barefoot friendly.

Results: Results will be distributed via provincial newsletters, but will also be available on www.agn.co.za

Refreshments: Refreshments will be on sale at the venue.
Medical: An Ambulance and Medical Services will be provided.

Medal Presentation: The first three athletes in each age category will be awarded with a Gold, Silver or Bronze medal at the prize giving ceremony. All athletes will receive a participation medal at the end of their race.

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Athletics
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CROSS COUNTRY INTER- PROVINCIAL ERASMUS HIGH SCHOOL 10 JUNE 2017

Event	Start	Age Categories	Distance	Laps
1	10:00	Men 30-34; Men 35-39; Men 40-44; Men 45-49; Men 50-54; Men 55-59	8 Km	1 x 2 Km 2 x 3 Km
2	10:30	Women 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94	4 Km	2 x 2 Km
3	10:55	Junior Women (born 1999 and 1998) Men 60-64; 65-69; 70-74; 75-79; 80-84; 85-89 Boys 16 years (born 2001); Boys 17 years (2000)	6 Km	2 x 3 Km
4	11:30	Senior Men, Senior Women	10 Km	2 x 2 Km 2 x 3 Km
5	12:10	Girls 8 years, Boys 8 years (born 2009 or after)	1 Km	1 x 1 Km
6	12:20	Girls 9 years (born 2008); Girls 10 years (born 2007)	2 Km	1 x 2 Km
7	12:30	Boys 9 years (born 2008); Boys 10 years (born 2007)	2 Km	1 x 2 Km
8	12:40	Girls 13 (born 2004)	3 Km	1 x 3 Km
9	12:55	Boys 13 (born 2004)	4 Km	2 x 2 Km
10	13:10	Senior Women; Women U/23 (born 1995 or after); Girls 16 years (born 2001); Girls 17 years (born 2000)	4 Km	2 x 2 Km
11	13:30	Senior Men; Men U/23 (born 1995 or after)	4 Km	2 x 2 Km
12	13:50	Junior Men (born 1999 or 1998)	8 Km	1 x 2 Km 2 x 3 Km
13	14:30	Girls 11 years (born 2006); Girls 12 years (born 2005)	3 Km	1 x 3 Km
14	14:45	Boys 11 years (born 2006); Boys 12 years (born 2005)	3 Km	1 x 3 Km
15	15:00	Girls 14 years (born 2003); Girls 15 years (born 2002)	4km	2 x 2 Km
16	15:20	Boys 14 years born (2003); Boys 15 years born (2002)	4km	2 x 2 Km

Venue:

Erasmus High School
6 Cathie Street
Bronkhorstspuit

GPS Coordinates	Decimal	Decimal	Deg Min & Sec	Deg & Decimal Min
Latitude	-25.8123°	S 25.8123°	S 25° 48' 44.28"	-25° 48.738'
Longitude	28.7347°	E 28.7347°	E 28° 44' 4.92"	28° 44.082'

Directions from Witbank

Follow N4. Take exit 50 (R25 Bronkhorstspuit East, Ottosdal, Kempton Park).Turn right at the stop sign and continue on R25 towards Bronkhorstspuit. Turn right at the T junction and immediately left into De La Rey Street. Drive for 2.2 Km and turn right into Cathie Street.

Directions from Rustenburg and Pretoria

Get on N4 in Rustenburg and follow N4 to Bronkhorstspuit. Take Exit 45 (Bronkhorstspuit West, Ekandustria). Turn Left at the stop sign and immediately right at the next stop (R104 to Bronkhorstspuit). Turn right into Cathie Street after about 5 Km.

Directions from Johannesburg.

Follow R21 and R25 to Bronkhorstspuit. Turn left on R513 and right at Cathie Street. After 5 Km Erasmus High School will be on the left.

Payment:

Supporters pay at the gate

Athletes pay at the registration area inside the venue

If you would like to do a pre-payment, please use the following bank details:

Bank: Standard Bank

Branch: Bronkhorstspuit

Account: 031768660

Please forward proof of payment to: sanette67@gmail.com

Route Map

