



Landloopdatums / Cross Country dates 2024

Klub kampioenskappe / Club Championships:

Liga 1	Saturday	4 Mei / May	Uitsig Secondary
Liga 2	Friday	10 Mei / May	Night Race – Eldoraigine secondary
Liga 3	Saturday	18 Mei / May	Pta North secondary
Liga 4	Saturday	25 Mei / May	Fleur Primary
	Saturday	20 Julie / July	Interprovinsiaal / Interprovincial - (Middelburg)

Asics aflosbyeenkoms / Asics relay race:

Friday	17 Mei / May	Hoërskool Menlopark
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Pretdag / Fun run:

Friday	14 Junie / June	Midstream Myl / Midstream Mile
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Landloop oefenkamp / Cross Country training camp

20 tot 23 Julie 20 till 23 July	TBA
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Skole Ligas/ School Leagues

Liga 1	Friday	12 Julie / July	Rooihuiskraal Primary
Liga 2	Friday	19 Julie / July	Laerskool Queenswood
Liga 3	Friday	26 Julie / July	Vissershoeck
Liga 4	Friday	2 Augustus / August	Witpoort primary
Agn	Saturday	17 Augustus / August	Lavender Country Market
SA's	Saturday	7 September	Vaaltriangle

