



ATHLETICS GAUTENG NORTH



AGN Cross Country Starting Times 2024

RACE	START	DIST	AGE CATEGORIES
1	11:00	4 KM	Men 23 (Born 2002 to 2004), Senior Men (1990 to 2004)
2	11:20	4 KM	Women 23yrs (Born 2002 to 2004), Senior Women (1990 to 2004), 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	11:40	8 KM	Junior Men (Born 2005 & 2006), Men 35 yrs, Men 40 yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs
4	12:20	6 KM	Boys 16 yrs (Born in 2008), Boys 17 yrs (Born in 2007), Junior Women (Born 2005 & 2006), Men 60 yrs, Men 65 yrs, Men 70 yrs
5	12:50	1 KM	Girls 8 yrs (Born 2016, 2017, 2018)
6	13:00	1 KM	Boys 8 yrs (Born 2016, 2017, 2018)
7	13:10	2 KM	Girls 9 yrs (Born in 2015), Girls 10 yrs (Born in 2014)
8	13:20	2 KM	Boys 9 yrs (Born in 2015), Boys 10 yrs (Born in 2014)
9	13:30	3 KM	Boys 11 yrs (Born in 2013), Boys 12 yrs (Born in 2012)
10	13:50	3 KM	Girls 11 yrs (Born in 2013), Girls 12 yrs (Born in 2012), Girls 13 yrs (Born in 2011)
11	14:10	4 KM	Boys 13 yrs (Born in 2011), Boys 14 yrs (Born in 2010), Boys 15 yrs (Born in 2009)
12	14:30	4 KM	Girls 14 yrs (Born in 2010), Girls 15 yrs (Born in 2009)
13	14:50	4 KM	Girls 16 yrs (Born in 2008), Girls 17 yrs (Born in 2007)
14	15:10	10 KM	Senior Men (1990 to 2004), Senior Women (1990 to 2004)