

Cross Country League 1

Bryn Emms	3 rd Boys u10	2km	12:48
Michael Lusignea	3 rd Junior Male	8km	39:00
Sandile Lembetha	3 rd Open men	12km	40:12
Andy Watson	2 nd Men 60+	6km	29:19
Andy Daly	2 nd Men 50+	8km	32:40
Duane Dicks	1 st Men 35+	8km	30:12
Stefan Wilmans	3 rd Men 40+	8km	31:52
Kylie Griffin	1 st Lady 40+	4km	18:50

Also a huge well done to the following that ran this extremely hard and hot cross country:

Khea Emms, Sue Smith, Les Smith, Rentia Denissen, Megan Finestone, Di Wearne, **Nicky Collins (1st Cross country ever)**, Jenny Bartlett; Ali Black, Simon Collins, Shelley Frankish, John Mordaunt, Little John, Noel Steyn and Rod Dorrofield.

NEXT RACES

Stella Royal 25km and 10km. The 10km is also the Natal 10km champs. 25km starts at 5:00am and 10km starts at 5:30am

Midmar 15km, 32km and 42.2km at Midmar dam. All runs start at 6:00am

CROSS COUNTRY

Will be at Hilton on 26th March: *see website for details*.

NEW MEMBERS EVENING

Don't forget about the comrade's talk on the 22nd March.

LADIES LEAGUE

2nd Ladies league on Thursday 24th March at Chiltern Athletics Club at 6:00pm.

MEN'S Report

The 2nd Brooks/Durban Runner Time Trial League enjoyed a healthy turnout by men and ladies alike, thank you very much to all who participated, great to see such a good turnout, unfortunately there was some navigation issues in the ladies race and some were given a bonus couple of km's to run. I am going to query this with the league organisers and see what agreement we can come to with regards to the points scoring here.

The 3rd Brooks/Durban Runner Time Trial League will be at Savages at the cycle track on Tuesday 5th April at 18h00.

Remember this is a men's and ladies league (we score separately and there is a combined men's, Vets, ladies and walkers scoring system too).

BAR PRICES

We have not had a price increase in the bar for almost 2 years but the price of stock has been increasing and in the last 3 months has gone up at least twice. Unfortunately we will be increasing our prices from 1 April. However the prices will still be the most reasonable around.

NB!!

Midlands 42.2km has been cancelled for 27 March 2011