



CROSS COUNTRY

Hey All,

We had a busy Saturday this weekend. The Westville Eco Trails were a great start to the day and the XC league at Hilton was a tough, brand new route. Many thanks to those who made the trip, it was a very well organised event and set a great tone for the season ahead.

Full set of results available on Facebook: *KZNA Cross Country*

The next league (2) will be on **Saturday 22 April**, hosted by **Queensburgh AC** and will be held at **Summerveld**. (note change of venue - NOT the BMX track). Map attached and written directions below.

For those looking for a trail fix remember that we have a regular group who do the off-road thing every Thursday morning from the car park at the bowling green at the Civic Centre from 05.00am. You do need to have your headlamp.

Remember Cross country is a family affair. There are events for all age categories and there are always people to keep an eye on the kids while mom and dad are running.

See you in the bush

Kylie

Cross Country Captain

082 563 0574

kylie.griffin@telkomsa.net

XC Newsletter 04/2017 – 12 April 2017

WESTVILLE ATHLETIC CLUB

Do not go where
the path may
lead. Go instead
where there is no
path and leave a
trail.

– Ralph Waldo
Emerson

Directions for Summerveld venue

There is a very comprehensive map attached to the newsletter. Or use these written directions:

From Westville follow M13 and take Exit 33 - Shongweni.

Turn left into Kassier Rd (past Polo Pony)

Follow across N3 and continue (Kassier Rd becomes JB McIntosh Drive)

When you see the Summerveld Training sign turn right - this is still JB McIntosh Drive

Continue up the hill, through the stables to the horse bridge.

Turn left and continue on the D391 turn off – that's it :-)

NB: Allow 45mins for travel

I will put a location pin on the Westville XC what's app group – please what's app me if you would like to be added.

Programme for all League Events in 2017

Event	Time	Category	
1	11:50	Boys & Girls 7 & 8yrs or younger	1km – 1 lap of 1km
2	12:00	Boys & Girls 9 & 10yrs	2km – 1 lap of 2km
3	12:20	Boys & Girls 11yrs and 12yrs Girls 13yrs	3km – 1 lap of 2km 1 lap of 2km
4	12:45	Boys 13, 14 & 15yrs Open Men & Women	4km – 2 laps of 2km
5	13:15	Girls 14 & 15yrs ; Youth Women (16 & 17) Master Women 30+	4km – 2 laps of 2km
6	13:50	Youth Men (16 & 17) ; Grand Master Men 60+ Women 18 & 19yrs	6km – 3 laps of 2km
7	14:30	Junior Men 18 & 19yrs Master Men 30-59	8km – 4 laps of 2km
8	15:15	Open Men (double check to ASA) Open Women	10km – 5 laps of 2km

Schedule of Leagues and Events 2017

Updated 12 April 2017

Date	Event	Host Club & Venue	Contact
Apr 13	Training session	05:00am Eco Trail run Bowling Club at Civic Centre NB: headlamps	Kylie 082 563 0574
Apr 20	Training session	05:00am Eco Trail run Bowling Club at Civic Centre NB: headlamps	Kylie 082 563 0574
Apr 22	League 2	Queensburgh Harriers Summerveld (see map attached)	Bernie van Blerk 081 354 8879
May 06	League 3	Savages AC Burman Bush	Robin Honeysett 083 553 5647
May 13	League 4	Matatiele AC King Edward Park	Walter Oelofse 072 467 1702
May 20	Dev Event 1	Rocky Bay	Janet Simkins janet@simpkins.co.za
May 27	League 5	Nongoma AC Nongoma	Vusi Nxumalo 078 929 5396
Jun 10	League 6	Underberg Willie Mtolo AC	Willie Mtolo 083 654 0393
Jun 17	Dev Event 2	Estcourt AC Estcourt	Simphiwe 079 682 2528
Jun 24	League 7	Yellowwood Park Stainbank Nature Reserve	Mike Sutton 082 961 1615
Jul 01	League 8	Collegian Harriers Collegian Club	Les Burnard 082 336 7244
Jul 08	League 9	Mudeni AC Kind Edward Park	Shadrack Dladla 076 765 5625
Jul 15	League 10	Sapphire Coast AC (Toti) Hutchinson Park	Cecil Clarke 079 895 4323
Jul 01	Dev Event 3	Kokstad AC St Patrick's	Tessa v Vuuren 039 727 2888
Jul 29	League 12	Phoenix Villagers Gandhi Luthuli Park	Danny Chetty 082 454 4073
Jul 29	League 11	Utrecht AC Utrecht Country Club	Moses Xulu 083 756 3990
Aug 05	League 13	Hollywood Betts AC Kwa Ximba	Puseletso Dladla 073 658 7997
Aug 12	KZN Champs	Richmond Athletics Beaulieu Dam	Bill Pellew 082 040 6880

Sep 09

ASA Champs

TBA

TBA