



CROSS COUNTRY

Hey All,

The season is starting to build momentum and numbers at Cross Country are increasing. The new venue at Summervled was a treat. Many thanks to Queensburgh Harriers for hosting the event.

We had a lot more families participating and it was great to see the youngsters getting so enthusiastic about their own events and then the enjoyment of watching Mom and/or Dad out there as well.

Many thanks to Kenny for bringing up the tent and the Cox family for continuing the choc-chip crunchies tradition.

The next league (3) will be on **Saturday 06 May**, hosted by **Savages AC** and will be held at **Burman Bush**.

Don't forget the trail run every Thursday morning from the car park at the bowling green at the Civic Centre from 05.00am. You will need to have your headlamps.

The trails we use in the Westville area are the Westville Eco Trails. I have heard said that some people are still unaware of this brilliant playground on our door step. Watch this space, some more excitement coming soon.....

Please note changes to the League Schedule below.

Kylie

Cross Country Captain

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WESTVILLE ATHLETIC CLUB

XCC Newsletter 05/2017 – April 2017

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

– Ralph Waldo
Emerson

Directions for Burman Bush venue

From Umgeni Road travelling from town towards Connaught interchange, cross over Smiso Nkwanyana Road (previously Goble Road). Just before the Connaught Interchange turn left into Burman Drive. Venue at the top of the Road.

If you are travelling towards town you will have to do a U-turn and drive back towards Connaught then follow directions above.

Alternatively, from Trematon turn left into the top part of Lilian Ngoyi (previously Windermere) and left again into Goodwin. The venue will be on your right as you hit the top of Burman Drive.

Directions for King Edward School in Matatiele

For those who would like to travel for a new adventure, the Matatiele League has been confirmed

You will need to go to Kokstad. From Kokstad, take the R56 towards Matatiele (68km from Kokstad). Drive through Cederville to get to Matatiele. As you approach Matatiele you will see a hospital on the left. Turn Left at Second Street after entering Matatiele. King Edward School is on the Right – apparently, you can't miss it.

Walter Oelofse is the coordinator. His cell no: 072 467 1702

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 26 April 2017

Date	Event	Host Club & Venue	Contact
May 06	League 3	Savages AC Burman Bush	Robin Honeysett 083 553 5647
May 13	League 4	Matatiele AC King Edward Park, Matatliele	Walter Oelofse 072 467 1702
May 20	Dev Event 1	Rocky Bay Event cancelled	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 Obo KZN Athletics
Sep 09	ASA Champs	Potchefstroom NWU Pukke Rag Farm (Joolplaas), Loop Street	ASA