



CROSS COUNTRY

Hey All,

There are a few leagues left. If you haven't yet tried Cross Country, now's the time to make the effort. There are a few people making the trip to Kokstad this weekend. Promises to be cold, but a great adventure.

The numbers at Cross Country have been increasing and the Westville Team vibe is really great. We challenge all to try a Cross Country event and join our team.

The Cross Country shirt is proving to be popular with its reflective strips. Brilliant visibility on early morning and evening training runs and the strips are visible in the headlamps of the trail runners 😊. Some of our guys disappeared before receiving their shirts this weekend - if you come and run, you get the t-shirt.

Many thanks to **SA Trimmers** and **Fields Hill Water** for these shirts. See our picture below

Check below for the last few events of the season. Unfortunately we will not be taking the tent to Kokstad and Utrecht, but we will have a full house at all the other events.

Kylie

Cross Country Captain

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WESTVILLE ATHLETIC CLUB

XC Newsletter 08/2017 – July 2017

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

- Ralph Waldo
Emerson

Programme for Leagues 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 & 8	14:30	Junior Men 18 & 19yrs Master Men 30-59 Plus Open Men Open Women	8km – 4 laps of 2km 10km – 5 laps of 2km

Schedule of Leagues and Events 2017

Date	Event	Host Club & Venue	Contact
May 27	League 5	Nongoma AC Nongoma <i>Postponed - awaiting new date</i>	Vusi Nxumalo 078 929 5396
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

THANKS TO SA TRIMMERS AND FIELDS HILL WATER

