



CROSS COUNTRY

Hi All,

Well done to all who came through to Phoenix this past weekend. It was a South African experience with other activities happening in the park whilst we were running. We had a wedding and 2 other parties as additional entertainment - a multicultural experience ☺

This Saturday will be another adventure with the league at Kwa Ximba - in the Valley of 1000 Hills. They are going all out to create a significant event - see the flyer below for details and directions.

Also remember that the season finale is next Saturday in Richmond. Whilst it is a Championship event, it is open to all to participate.

I have spoken to Bill (organiser), he does not have a finalised programme yet. But **Please note** that this event will be totally different to standard leagues. It will be an **all-day programme** starting as early as 08:00. I will forward the programme as soon as I am able to get it. **Typically the Masters events are first, so plan an 08:00am start if you want to participate in the 35+ categories.**

In the meantime see below for directions so you can plan your trip.

PS: If you get lost call or what'sapp me on 082 563 0574 and I will send you a location pin

Kylie

Cross Country Captain

082 563 0574

kylie.griffin@telkomsa.net

Xc Newsletter 10/2017 – August 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 Champs in Richmond

From Durban take N3 to Pietermaritzburg. Take the Richmond glide off at Umlaas Road and head towards Richmond. Coming into town, take the 2nd Richmond turn off (if you go under a bridge you have gone too far – turn around). This will be Shepstone Street. From Shepstone Street turn into Princess (3rd on the right) and follow to Richmond Primary School.

Bill will send out more detailed directions, will circulate as soon as we get them.

I will also be able to what'sapp a location pin once I am there. Let me know if you need this.

Schedule of Leagues and Events 2017

Date	Event	Host Club & Venue	Contact
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



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Hollywoodbets
ATHLETICS CLUB

5 AUGUST 2017
KWAXIMBA ISITHUMBA

EVENT	TIME	CATEGORY	LENGTH
1	11:50	Boys & Girls (7 - 8 years or younger)	1km – 1 lap of 1km
2	12:00	Boys & Girls (9 - 10 years)	2km – 1 lap of 2km
3	12:20	Boys & Girls (Boys 11 -12 years, Girls 13 years)	3km – 1 lap of 1km plus 1 lap of 2km
4	12:45	Boys (13 - 15 years) Open Men & Women (4 km)	4km – 2 laps of 2km
5	13:15	Girls (14 - 15 years) Youth Women (16 - 17) Masters Women (30+)	4km – 2 laps of 2km
6	13:50	Youth Men (16 - 17) Grand Masters Men (60+) Junior Women (18 - 19 years)	6km – 3 laps of 2km
7	14:30	Junior Men (18 - 19 years) Masters Men 30-59	8km – 4 laps of 2km
8	15:15	Open Men / Open Women	10km – 5 laps of 2km

PRIZE MONEY

(only Open Men & Open Women)

1 ST PRIZE	R500
2 ND PRIZE	R300
3 RD PRIZE	R100

Hollywoodbets hampers for all age categories (1st place only). Medals for all finishers.

ENTRY FEES:

10 years & younger	FREE
11 - 19 years	R15
Seniors & Masters	R20
Temporary licences	R15

RACE DIRECTIONS: Follow the Comrades route from Durban, pass Drummond (Halfway) and keep going to the intersection with AmaZondi Store (formally known as Bayat's Store). On the left at the intersection, turn right into D1004 and follow for about 9km to iSithumba Community Development. **Contact details: Puseletso Dladla 073 658 7997 PuseletsoD@hollywoodbets.net**



sport and recreation

Department:
Sport and Recreation
PROVINCE OF KWAZULU-NATAL