



# CROSS COUNTRY

Hi All,

Once again well done to our Westville Members who were chosen to represent KZN at the ASA National Cross Country Championships. The proud Westville tradition continues ☺

The Cross Country season has concluded, but there is still an event to go in the King and Queen of the Mountain events - please don't confuse the club series with the series being organized by Craig Dennill.

**Westville Athletic Club**  
**King & Queen of the Mountain Series**

- To qualify for the King & Queen series you need to run at least 3 out of the 5 identified events.
- Your fastest time of the 3 will be used for scoring
- There are runner up positions – Prince and Princess
- The total time taken for your best 3 events is then entered into the King and Queen of the Mountains category and the person with the fastest combined time will win the series. The events required to enter the King and Queen of the Mountains are:

Ronnie Davel	08 January	Hilton	16km
Capital Climb	02 September	Pietermaritzburg	15km
Mpati Mountain Race	09 September	Dundee	15km
The Mineshaft	17 September	Queensburgh	15km
BMG Stainbank Cup	03 December	Yellowwood Park	15km

For more information contact: Kylie Griffin 082 563 0574

Kylie  
Cross Country Captain  
082 563 0574  
[kylie.griffin@telkomsa.net](mailto:kylie.griffin@telkomsa.net)

**WESTVILLE ATHLETIC CLUB**

XC Newsletter 11/2017 – September 2017

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

– Ralph Waldo Emerson