



Kwa-Zulu Natal Athletics

**KZNA Cross Country League 29 - Saturday 29<sup>th</sup> June - 2024**

**Pinetown & Districts Athletic Club**

**Fulton School for the Deaf**

**8 Roosevelt Road, Clifton Park**

<b>EVENT</b>	<b>TIME</b>	<b>AGE CATEGORY</b>	<b>DISTANCE</b>	<b>2024 ASA LICENSE</b>
<b>1</b>	<b>11H50</b>	<b>Boys 8 years &amp; younger Girls 8 years &amp; younger</b>	<b>1KM</b>	<b>NO</b>
<b>2</b>	<b>12H00</b>	<b>Boys 9 &amp; 10 years Girls 9 &amp; 10 years</b>	<b>2KM</b>	<b>NO</b>
<b>3</b>	<b>12H20</b>	<b>Boys 11 &amp; 12 years Girls 11, 12 &amp; 13 years</b>	<b>3KM</b>	<b>NO</b>
<b>4</b>	<b>12H45</b>	<b>Boys 13, 14 &amp; 15 years Open men (20 – 34 years) + U23 Open women (20 – 34 years) + U23 Grand master men (75+ years)</b>	<b>4KM</b>	<b>YES</b>
<b>5</b>	<b>13H15</b>	<b>Girls 14 &amp; 15 years Youth women (16 &amp; 17 years) Masters women (35+ years)</b>	<b>4KM</b>	<b>YES</b>
<b>6</b>	<b>13H50</b>	<b>Youth men (16 &amp; 17 years) Grand master men (60 – 74 years) Junior women (18 &amp; 19 years)</b>	<b>6KM</b>	<b>YES</b>
<b>7</b>	<b>14H30</b>	<b>Junior men (18 &amp; 19 years) Masters men (35 – 59 years)</b>	<b>8KM</b>	<b>YES</b>
<b>8</b>	<b>15H15</b>	<b>Open men (20 – 34 years) Open women (20 – 34 years)</b>	<b>10KM</b>	<b>YES</b>

**Entry Fees** - We will be taking entries outside the clubhouse from 11.00 AM

Free for age groups 8 years and younger – No temporary license required

R20 for age groups 9-13years – No temporary license required

R20 for age group 14 -19 – Temporary license required R30

R30 for age groups 20 years of age and older – Temporary license required R50

#### DIRECTIONS TO PDAC ATHLETIC CLUB

Coming along the M13 from Durban side take the Hillcrest off ramp at Exit 28.

Take the glide off to your left with Winston Park Service Station on your left. At the traffic light go straight into York Road. At the stop street turn right into Clifton Road (you will see the field on your right). Entrance at the gate on Clifton Road.

Coming along the M13 from PMB side take the Hillcrest off ramp at the big Toyota dealership.

At the traffic light turn right over the bridge. Continue straight at the next traffic light with Winston Park Service Station on your left. At the next traffic light go straight into York Road. At the stop street turn right into Clifton Road (you will see the field on your right). Entrance at the gate on Clifton Road.

Contact – June Watson 082 421 3037 or Lise Muchna 082 656 7707

Please support Fulton School who will be running a tuck shop selling boerewors rolls, burger rolls, energade, coke & water.

