

## BUFFALO CITY METRO CROSS COUNTRY FIXTURES 2020

<b>DATE</b>	<b>ORGANISING SCHOOL/CLUB</b>	<b>TIME AND VENUE</b>	<b>CONTACT</b>	<b>CELL/LANDLINE</b>	<b>AGE GROUPS</b>
<b>Friday 17 April</b>	Lilyfontein	14:30 @ Lilyfontein	Luke Sofute	0642465084	Schools
<b>Saturday 18 April</b>	Queens College	Berry Dam Relay Q/town	Geneva Ndlovu	0715223751/0458394188	High School Boys & Girls
<b>Friday 8 May</b>	Selborne Primary	14:30 @ Selborne Prim	Collette Dyers	0832764524	Schools
<b>Saturday 16 May</b>	Port Rex High	09:00 @ Bonza Bay Beach	Alton Beckman	0832917500	High Schools & Seniors
<b>Friday 22 May</b>	Laerskool Nahoon	14:30 @ Oxford Striders	Linda Bessinger	0721255363	Schools
<b>Friday 29 May</b>	Kuswag Primary	14:30 Kuswag Primary	Angi Nel	0814073267	Schools
<b>Saturday 30 May</b>	Queens College	Mountain Run Q/town	Geneva Ndlovu	0715223751/0458394188	H/Schools & Seniors
<b>Saturday 6 June</b>	Hudson Park High & Prim	09:00 @ Hudson High	Darren Miles	0849537693	Schools & Seniors
<b>Friday 17 July</b>	Gonubie High School	14:30 Gonubie H/School	Roseanne Swart	0825602115	Schools
<b>Saturday 25 July</b>	Berlin Primary	09:00 Berlin Primary	Jonathan Nombewu	0827399405	All age group
<b>Friday 31 July</b>	Beaconhurst School	14:30 Beaconhurst Park	Ange Norton	0824398626	Schools
<b>Saturday 15 August Border Champs</b>	TBA	09:00			All age groups
Saturday 22 August	TBA	09:00			All age groups
<b>Saturday 5 September</b>	ASA National Champs	08:00 Amanzimtoti KZN	B.A. Office	0437210976	All Age groups

**GENERAL INFORMATION**

1. Every athlete must have a sticker with the following information. Organising schools WILL NOT supply stickers!!!

First Name	
Surname	
Boy/Girl	Age group
Date of Birth	

2. Participation Fee: R2 Primary, R5 High School, R10 Seniors

3. Recommended distances:

<b>AGE GROUP</b>	<b>DISTANCE – BOYS/MEN</b>	<b>DISTANCE – GIRLS/WOMEN</b>
8	1 km	1 km
9	2 km	2 km
10	2 km	2 km
11	3 km	3 km
12	3 km	3 km
13	4 km	3 km
14	4 km	4 km
15	4 km	4 km
16	6 km	4 km
17	6 km	4 km
19 Junior Men	8 km	6 km Junior Women
21 years Senior Men	4 km	4 km Senior Women
Senior Men	4 km or 10 km	4 km or 10 km Senior Women

Masters	35 – 39	8 km	4 km Masters Women 30 – 34
	40 – 44	8 km	35 - 39
	45 – 49	8 km	40 - 44
	50 – 54	8 km	45 – 49
	55 – 59	8 km	50 – 54
	60 – 64	6 km	55 – 59
	65 – 69	6 km	60 – 64
	70+	6 km	65 – 69
			70 +

Race Organisers may change, within reason, recommended distances

PLEASE NOTE: For any athlete to qualify to represent Border at the ASA National Cross Country Championships on 5 September 2020, they must have participated in at least 2 events on this programme prior to the Border XC Championships on 15 August 2020.

**AN URGENT APPEAL TO SCHOOLS AND CLUBS (DUE TO A DIRECTIVE FROM ASA)**

1. For athletes to improve, they need **regular competition**. Unfortunately some athletes are deprived of competition. **Enthusiastic** coaches are therefore of utmost importance.
2. A special appeal to clubs to seriously consider hosting an event. If the question of a venue is problematic, the X.C. Commission can offer some suggestions.
3. Schools fixtures on Fridays usually begin at 14:30 and Saturday fixtures at 09:00.

Yours sincerely

SIMO SIMATU  
 ACTING CROSS COUNTRY COMMISSION CHAIRPERSON  
 CELL: 063 218 2297

TINY SILWANA  
 MEMBER – CROSS COUNTRY COMMISSION  
 CELL: 072 142 6429

**DIARISE THE DATE: 17 April 2020 – 15h00 : Lilyfontein School**

There will be a short course on how to plan and present a Cross Country Meeting. Presenters: Rodwell Sims & Isobel Louw.

Further information: Contact BA Offices: 043 721 0976