

2015 WPA CROSS COUNTRY FIXTURE LIST

DATE 2015

EVENT	ORGANISER	VENUE	TECHNICAL	ADVISOR
02 May	1 st League	Correctional Services	Pollsmoor	A James, V Dreyer
9 May	2nd League	Velocity	Atlantis	G Burgess, I Burgess
16 May	3rd League	Nantes	Vanguard Mall	C Mitchell, C Piedt
23 May	4th League	Defence (WP)	Youngsfield	R Mehl, N Abels
06 June	5th League	Eskom	Koeberg Nature Res.	A James, B Oliver
**14 June	6th League	Top Form	Elfindale	G Burgess, I Burgess
**26 July	7th League	UWC	UWC	V Dreyer, A James
01 August	8th League	Bonteheuwel	CPUT Bellville South	A James, B Oliver
15 August	WPACC/Schools Champs	Bonteheuwel	CPUT, Bellville South	WPACC Commission
12 Sept	ASACC Champs	ASA	Middelburg	ASA

** This is Sunday events starting at the usual times.

TYPICAL LEAGUE PROGRAMME

An alternative program will be followed in case of very bad weather.

TIME	EVENT	DISTANCE
12:00	U8 Boys and Girls	1 km
12:10	U9/U10 Boys and Girls	2 km
12:30	U11 Boys and Girls	3 km
12:50	U12 Boys and Girls and U13 Girls	3 km
13:10	U13 Boys and U17 Girls	4 km
13:30	U15 Boys and Girls	4 km
13:50	U17 Boys and U19 Girls	6 km
14:20	Master Women – All categories	4 km
14:40	Mob Race / Senior Men and Women	4 km
15:00	Senior Women / U19 Boys	8 km
15:15	Master Men – All categories	8 km
15:40	Senior Men	12 km

Please Note the starting times of the events

TYPICAL WPACC CHAMPIONSHIPS PROGRAMME

TIME	EVENT	DISTANCE
08:00	U/13 Girls	3 km
08:15	U/10 Boys and U/10 Girls	2 km
08:30	U/8 Boys and U/8 Girls	1 km
08:40	U/13 Boys and U/16 Girls and U/17 Girls	4 km
09:00	U/12 Boys and U/12 Girls	3 km
09:20	U/14 Boys and U/14 Girls	4 km
09:50	U/9 Boys and U/9 Girls	2 km
10:10	U11 Boys and U/11 Girls	3 km
10:30	U/19 Boys	8 km
11:20	U/16 Boys and U/17 Boys and U/19 Girls	6 km
12:00	U/15 Boys and U/15 Girls	4 km
13:00	PRIZE GIVING	
12:30	SENIOR MEN & WOMEN	4 km
13:00	MASTER MEN 40 and older	8 km
13:40	MASTER WOMEN 30 and older	4 km
14:20	SENIOR WOMEN / MASTER MEN 30-39	8 km
15:00	SENIOR MEN	12 km
16:30	PRIZE GIVING	