



Program 2026

12:30	<ul style="list-style-type: none"> • Youth Girls u/16 – u/17 (2009 – 2010) • Junior Women u/18 – u/19 (2007 – 2008) • Senior Women u/ 20 – u/34 (1992 – 2006) • Youth Boys u/16 – u/17 (2009 – 2010) • Junior Men u/18 – u/19 (2007 – 2008) • Senior Men u/ 20 – u/34 (1992 – 2006) 			2km
13:00	Seuns / Boys Dogters / Girls	u/08	(2020 ; 2019 ; 2018)	1km
13:10	Seuns / Boys Dogters / Girls	u/09	(2017)	2km
13:25	Seuns / Boys Dogters / Girls	u/10	(2016)	2km
13:40	Seuns / Boys Dogters / Girls	u/11	(2015)	3km
14:00	Seuns / Boys Dogters / Girls	u/12	(2014)	3km
14:20	Seuns / Boys Dogters / Girls	u/13 u/13	(2013)	4km 3km
14:50	<ul style="list-style-type: none"> • Youth Girls u/16 – u/17 (2009 – 2010) • Junior Women u/18 – u/19 (2007 – 2008) • Senior Women u/ 20 – u/34 (1992 – 2006) • Youth Boys u/16 – u/17 (2009 – 2010) • Junior Men u/18 – u/19 (2007 – 2008) • Senior Men u/ 20 – u/34 (1992 – 2006) 			2km

Chairperson: D. Meuter | **Vice Chairperson:** C. Gagiano | **Secretary:** C. van Zyl | **Treasurer:** C. Weydeman |
Additional members: Technical – B. Mkwani (**TIME**) | A. Badenhorst (**PLACE**) | D. Vos (**PLACE**) |
 Technical – F. Vivier (**TECHNICAL MANAGER**) | W. Fourie (**TECHNICAL**) | E. Molelekoa (**TO**) | L. Khoaelane (**TO**)

15:00	Seuns / Boys Dogters / Girls	u/14 and u/15	(2012 ; 2011)	4km
15:30	Seuns / Boys Dogters / Girls	u/16 and u/17	(2010 ; 2009)	6 km 4 km
16:10	Junior Women	0/18 & 0/19	(2008 ; 2007)	6 km
	Women 22	0/20 ; 0/21 ; 0/22	2004 – 2006	4 km
	Senior Women	23 – 34 years	1992 – 2003	4 km
	Senior Women	23 – 34 years	1992 – 2003	10 km
	Women (35 – 39) (VET)	35 – 39 years	1987 – 1991	4 km
	Women (40 – 44) (VET)	40 – 44 years	1982 – 1986	4 km
	Women (45 – 49) (VET)	45 – 49 years	1977 – 1981	4 km
	Women (50 – 54) (VET)	50 – 54 years	1972 – 1976	4 km
	Women (55 – 59) (VET)	55 – 59 years	1967 – 1971	4 km
16:10	Women (60+) (MASTERS)	60 years +	1966 and older	4 km
	Junior Men	0/18 & 0/19	(2008 ; 2007)	8 km
	Men 22	0/20 ; 0/21 ; 0/22	2004 – 2006	4 km
	Senior Men	23 – 34 years	1992 – 2003	4 km
	Senior Men	23 – 34 years	1992 – 2003	10 km
Men (35 – 39) (VET)	35 – 39 years	1987 – 1991	8 km	

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Men (40 – 44) (VET)	40 – 44 years	1982 – 1986	8 km
Men (45 – 49) (VET)	45 – 49 years	1977 – 1981	8 km
Men (50 – 54) (VET)	50 – 54 years	1972 – 1976	8 km
Men (55 – 59) (VET)	55 – 59 years	1967 – 1971	8 km
Men (60+) (MASTERS)	60 years +	1966 and older	6 km

VETERAN/MASTER ages are taken as **on day of race**.

BEGINNERS – U/22 are taken as the age you will be turning in 2026
(the age the athlete will be on 31 December 2026).

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