



## **NEWS LETTER – 17 MAY 2017**

### **BOLAND ATHLETICS CROSS COUNTRY TRIAL 3 – SATURDAY 20 MAY 2017**

After the good start to the Boland Athletics Cross Country season with Trial 1 in Robertson, and Trial 2 in Stellenbosch on Saturday 13 May 2017, the focus shifts to Trial 3 this coming Saturday 20 May 2017, at Victoria Stadium, Ceres.

Trial 3 is hosted by Ceres Athletics Club and Witzenberg Schools.

The strategy of the joint hosting of the event is to get the resident club of every Town to engage with local schools for junior athlete development, and for the schools athletes to get to know the local club.

This promotes a smooth transition for school athletes to join the local club when they finish their school careers.

It also helps clubs with a constant flow of new members for sustainable growth of the local club.

Trial 3 also provides final preparation for athletes and coaches for the Boland Cross Country Inter-Districts Challenge that takes place on Saturday 27 May 2017 at Voorberg Correctional Centre, Porterville.

The 6 Boland Schools Regions that will compete for honours at the 2017 Boland Cross Country Inter-District Challenge on 27 May 2017 will be Boland Central, Boland North, Boland West, Boland North West, Boland South and Witzenberg.

The 2017 Boland Cross Country Inter-District Challenge will mark the halfway mark for athletes in preparation for the 2017 ASA Cross Country Championships and the 2017 SASA National Schools Championships in September 2017.

The 2017 Boland Athletics Cross Country Events Calendar is attached, together with the Route Map of the Course for Trial 3 in Ceres.

The 2017 Boland Athletics Cross Country Events Calendar is also available on the Boland Athletics website under Cross Country/Fixtures.

**Please note that all entries for each Trial will be done on the day of the Trial at the venue.**

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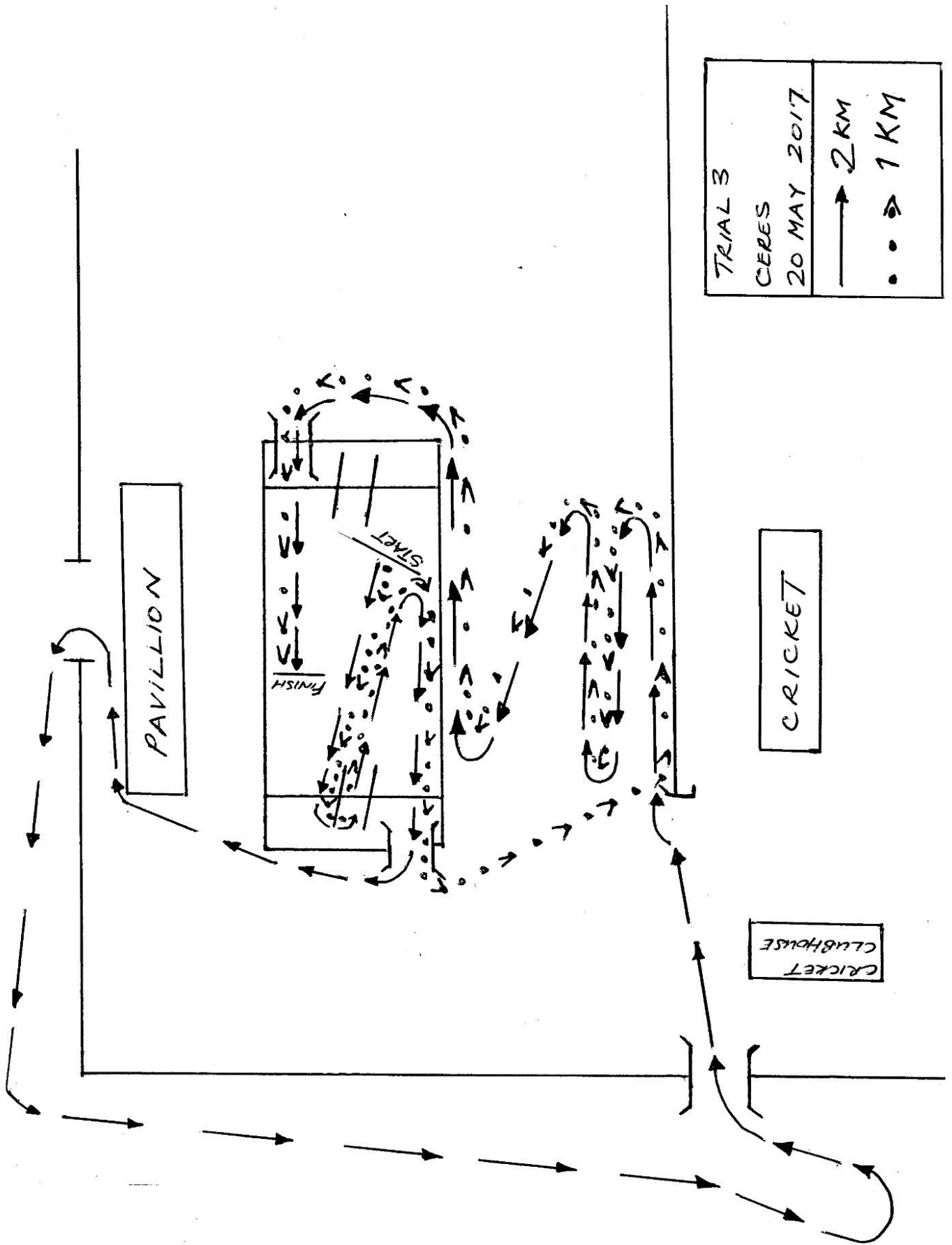
## CROSS COUNTRY EVENTS CALENDAR 2017

Date	Event	Venue	Start	Distance	Organiser/Host	Contact Person	EEmail
TBC	CAA Cross Country Championships	TBC	NA	NA	Athletics South Africa/CAA	Durell Jejane 011 880 5800	DurellJ@athleticssa.co.za
26 March 2017	IAAF World Cross Country Champs	Kampala, Uganda	10:00	Time Table	Athletics South Africa	Durell Jejane 011 880 5800	DurellJ@athleticssa.co.za
Sat 6 May 2017	Trial 1	Callie De Wet Stadium Robertson	10:00	Time Table	Robertson Athletics Club Boland North Schools	Edward Salies 084 815 9651 Houman Josephs 083 497 1141	edwardsalies@gmail.com,
Sat 13 May 2017	Trial 2	Van Der Stel Sports Club, Stellenbosch	10:00	Time Table	Stellenbosch Athletics Club Boland Central Schools	Hilton Carstens 084 812 5483 Franklin September 082 350 2406	carstens.hilton@gmail.com
Sat 20 May 2017	Trial 3	Victoria Stadium, Ceres	10:00	Time Table	Ceres Athletics Club Witzenberg Schools	Roy Abrahams 084 581 1120 David Koopman 083 736 9790	roy@wolseley.wcape.school.za
Sat 27 May 2017	Trial 4 BA XC Inter-District	Voorberg Correctional Centre, Porterville	10:00	Time Table	Swartland Athletics Club West Coast Schools	Soreen Gous 083 318 1108 Heini Redelinghuys 082 892 2078	lab@piketberg.co.za
Sat 3 June 2017	Trial 5	Boland Park, Worcester.	10:00	Time Table	Worcester Athletics Club Boland North Schools	Russel Cupido 082 532 0826 Owen Fortuin 082 680 4763	worcester.athletics@gmail.com
Sat 29 July 2017	Trial 6	Auldren Estate, Grabouw	10:00	Time Table	Elgin Grabouw Athletics Club Boland North Schools	Deririck Uren 082 532 0826 Tommy Davids 082 680 4763	elgingrabouwatletiekklub@gmail.com
Sat 12 Aug 2017	Boland Athletics XC Championships	Dal Josaphat Stadium, Paarl	10:00	Time Table	BA Cross Country Commission Boland Central Schools	Etheresia Thomas 082 475 6070 Franklin September 082 350 2406	thomasetheresia@gmail.com
TBC	Western Cape XC Championships	TBC	9:00	NA	Western Cape Schools XC	Franklin September 082 350 2406	admin@bdv.wcape.school.za
Sat 9 Sept 2017	SA XC Championships	Potchefstroom	8:30	NA	Athletics South Africa	Durell Jejane 011 880 5800	DurellJ@athleticssa.co.za
29-30 Sept 2017	USSA Cross Country Champs	Kimberley	NA	NA	Athletics South Africa	Durell Jejane 011 880 5800	DurellJ@athleticssa.co.za
29-30 Sept 2017	SASA X-Country Championships	Kimberley	NA	NA	SA Schools Association	Peppi Olevana 057 573 1162	peppi@gcs.co.za

### EVENT TIME TABLE

TIME	CATEGORY	DIST.		TIME	CATEGORY	DIST.		TIME	CATEGORY	DIST.		TIME	CATEGORY	DIST.
10:00	Senior Men	10 km		11:10	Boys 11	3 km.		13:10	Boys 14	4 km		14:15	Master Woman	4 km
10:05	Senior Women	10km		11:30	Girls 12	3 km		13:30	Girls 14	4 km		14:35	Boys 16	6 km
10:10	Girls 9	2 km.		11:45	Boys 12	3 km.		13:30	Girls 15	4 km		14:35	Boys 17	6 km
10:20	Boys 9	2 km.		12:00	Girls 13	3 km		13:45	Boys 15	4 km		14:35	Junior Women 19	6 km
10:35	Girls 10	2 km.		12:15	Boys 13	4 km		14:15	Girls 16	4 km		14:35	Grand Master Men	6 km
10:45	Boys 10	2 km.		12:35	Junior Men 19	8 km		14:15	Girls 17	4 km		14:55	Senior Men	4 km
11:00	Girls 11	3 km.		12:35	Master Men	8 km		14:15	Senior Women	4 km				

MOUNTAINS



TRIAL 3	
CERES	
20 MAY 2017	
→	2 KM
... →	1 KM