



NEWS LETTER – 24 JULY 2017 BOLAND ATHLETICS CROSS COUNTRY TRIAL 6 – SATURDAY 29 JULY 2017

After a very successful build up to the Boland Athletics Cross Country Inter-District Challenge Championships on Saturday 27 May 2017, our cross country season took a compulsory break to allow students and teachers to focus on the June Examinations, and for a well-deserved June holidays.

Boland Athletics Cross Country now moves up a higher gear with Trial 6 taking place at the Auldearn Farm in Elgin, Grabouw, on Saturday 29 July 2017. Trial 6 is the last Trial event before the Boland Cross Country Championships scheduled for Saturday 12 August 2017 at Dal Josaphat Stadium, Paarl.

Elgin/Grabouw Athletics Club and Boland South Schools are the joint hosts of Trial 6.

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.

The 2017 Boland Athletics Cross Country Events Calendar is attached, together with the Event Programme for the day, and directions to Auldearn Farm.

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 Stadium, 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	Auldearn Farm, Grabouw	10:00	Time Table	Elgin Grabouw Athletics Club Boland South Schools	Deririck Uren 082 707 7497 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
Sat 26 Aug 2017	Western Cape XC Championships	Pacaltsdorp, George	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				



CROSS COUNTRY REGISTRATION FORM

Club/School: _____

BOLANDATHLETICS REGION: _____

Athlete Entry Fee: _____

No.	Athlete	Date of Birth	ID Number or School Registration Card Number
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			

Total amount of athletes: _____

Amount due: _____

Team Manager: _____

Tel no: _____

Registrant: _____



DIRECTIONS TO AULDEARN FARM

(coming from Cape Town side)

- ❖ take the N2 towards Grabouw.
- ❖ just AFTER Peregrines Farm Stall (on RIGHT) turn RIGHT into the VILJOENSHOOP ROAD.
- ❖ drive for about 5km.
- ❖ at first tar road turn LEFT into the HIGHLANDS RD.
- ❖ drive for 3.4km.
- ❖ on the right side of the road is a blue sign board with red border "AULDEARN" turn right at that board.
- ❖ keep straight (do not turn into Braeview farm)
- ❖ go through FARM GATES WITH WHITE PILLAR.

**THERE WILL BE SIGNS POSTED FRM N2 TO EVENT
BUT IF YOU GET LOST CALL JAN ON 074 897 0736**

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