

CENTRAL GAUTENG ATHLETICS CROSS COUNTRY

CHAMPIONSHIPS

16 AUGUST 2025

EVENT PROGRAMME

Event	Start	Age Categories	Distance
1	8:00	Men 35-39; Men 40-44; Men 45-49; Men 50-54; Men 55-59 <i>Age between 07/09/1965 and 06/09/1990</i>	8km
2	8:40	Women 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+ <i>Age on or before 06/09/1990</i>	4km
3	9:05	Men 60-64; Men 65-69; Men 70-74; Men 75+ <i>Age on or before 06/09/1965</i>	6km
4	9:40	Girls 8 years (Beginners) – 2017 & 2018	1km
5	9:50	Boys 8 years (Beginners) – 2017 & 2018	1km
6	10:00	Girls 9 years (2016)	2km
7	10:10	Boys 9 years (2016)	2km
8	10:20	Girls 10 years (2015)	2km
9	10:30	Boys 10 years (2015)	2km
10	10:40	Youth (2008, 2009), Junior (2006,2007), Senior Women (07/09/1990 – 31/12/2005)	2km
11	10:50	Youth (2008, 2000), Junior (2006,2007), Senior Men (07/09/1990 – 31/12/2005)	2km
12	11:00	Senior Men	10km
13	11:40	Junior Women (2006,2007)	6km
14	12:10	Girls 16 (2009); Girls 17 (2008)	4km
15	12:30	Junior Men (2006,2007)	8km
16	13:05	Boys 16 (2009); Boys 17 (2008)	6km
17	13:30	Senior Women	10km
18	14:20	Girls 11 (2014)	3km
19	14:40	Boys 11 (2014)	3km
20	14:55	Girls 12 (2013)	3km
21	15:15	Boys 12 (2013)	3km
22	15:35	Girls 13 (2012)	3km
23	15:55	Boys 13 (2012)	4km
24	16:15	Girls 14 (2011); Girls 15 (2010)	4km
25	16:35	Boys 14 (2011); Boys 15 (2010)	4km
26	16:55	Senior Women (07/09/1990 – 31/12/2002); Women U/23 (2003-2007)	4km
27	17:15	Senior Men (07/09/1990 – 31/12/2002); Men U/23 (2003-2007)	4km



1. **Date** : 16 August 2025
2. **Venue** : Germiston Soccer Club
3. **Starting Time** : First event starts at 08:00 AM.
4. **Entries** : **Only pre entries allowed** - <https://cgacrosscountry.wixsite.com/home>
Entries open on Sunday 3 August 2025 & close on Sunday 10 August 2025 at midnight
5. **Entry Fee** : **Athletes – R30.00 Spectators – R 50.00**
6. **Temporary Licenses** : **No Temporary Licenses will be allowed on the day**
7. **Medals/Prize Giving: Only CGA athletes who have taken part in 3 or more Leagues and have submitted a South African birth certificate/ID will be eligible to receive medals and prize money/vouchers.**
8. Athletes can only participate in their specific age groups.
9. When racing, runners must stay within the taped off area at all times. If runners duck under tapes or go out of the running lane, they will be disqualified.
10. **Water and drinks can only be given to runners at official drinks table.** Refreshments or assistance outside the official drinks table may not be accepted by the runner and if taken, will lead to disqualification.
11. No coach/supporter may run next to a runner on the outside or inside of the running area. This will lead to the disqualification of the athlete.
12. Objections and appeals to be lodged within 30 minutes of completion of an event. This must be in writing and be accompanied by R500.00.
13. **At the CGA Championships, athletes may only run in one event.**
14. All athletes must have submitted a South African ID document or birth certificate by 11th August 2025. **No ID documents or Birth Certificates** will be accepted on 16th August 2025 at the Championships.
15. If a “N” appears next to your name in the results, it means that we do not have a satisfactory proof of identity document in our possession.
16. **Athletes with “N” next to their names in the results cannot win medals, prize money or be selected for the Team to SA Championships**
17. **No Temporary Licences will be allowed at CGA Cross Country Championships. All athletes must be licensed with a Club.**
18. The first 6 athletes, per age group, at the CGA Championships will be selected for the CGA Team to the SA Championships provided they have run in 3 Leagues and provided a birth certificate/ID. Additional athletes may be selected dependent on budgetary constraints. This will be at the discretion of the Selectors.
19. **Selection Criteria:** For selection purposes, to represent CGA at the ASA Cross Country Championships 6 September 2025, athletes must have run the following during the season – The CGA Championships and 3 CGA leagues. CGA Championships results are more important for selection as they reflect the current fitness level.
20. Selection announcement will be made on the **24th August 2025** during the Honours Meeting at Germiston Stadium
21. Selected athletes must wear their CGA license numbers at the SA Championships in Middelburg.
22. The date for the ASA Cross country Champs is the 6th **September 2025**