



WESTERN PROVINCE ATHLETICS

# WPA CROSS COUNTRY SUPER LEAGUE

The Super League for 2024 is on **Saturday 27 July 2024** and we return to **Rondebosch Boys High**, the venue of our inaugural Super League event. The Sports fields are close the **Western Province Cricket Club & Keurboom Park**. Go directly to the Sports Fields and not to the School's Main Entrance.

The aim of the Super League is to give the competitive runners a chance to hone their skills against each other in an Elite Event hosted just for them. There are **qualifying standards** for the Super League events, but we have also included a MOB-RACE to the event program, by popular demand. MOB-RACERS who go over the **allocated 30min** for the race are requested to give way to the Super League-ers who start at 13h00. Qualifying Standards for the respective events are added to the schedule. If you have met these standards at the League Events, you are welcome to join. Athletes who have qualified so far in the 1<sup>st</sup> 5 Leagues are listed in the attached sets of results:

## **Race Schedule:**

- 12h30 - MOB-RACE (30min time allocation, please give way to faster runners)
- 13h00 - Women 10km (**50min**) & Girls 6km (**30min**)  
Men 10km (**42min**), Boys/MM 8km (**32min**), Boys/MM 6km (**24min**)
- 14h00 - Boys U13-U16 - 4km (**16min**)
- 14h20 - Women, MW & Girls U14-U18 - 4km (**20min**)
- 14h45 - Men 4km (**15min**) & Boys 2km – (Boys who have **already competed** in the races above and want to do an additional 2km)

**All races will have a R20 entry fee.**