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ATHLETICS MPUMALANGA

Cross Country Road Running Track and Field

1 July 2017

Good day all Cross Country friends

NEWS LETTER 11/2017

*The Winter school holiday started and for some of us, also a well deserved holiday. I hope you all make use of the time to prepare yourself for the Mpumalanga Championships. For those athletes who still need leagues to comply to the minimum criteria, please make use of the leagues that will take place during the holiday time. Make sure that you comply with the criteria of a **minimum of 4 leagues** before 12 August 2017 in Nelspruit in order to be considered for the Mpumalanga team.*

The next round of leagues will take place as follow:

15 July 2017

- *Nkangala: Tswane University of Technology, Emalahleni (Witbank), **Morning Program.***
- *Gert Sibande: No league.*
- *Ehlanzeni: No league.*

22 July 2017

- *Nkangala: Mhluzi, Middelburg, **Morning Program.***
- *Gert Sibande: No league.*
- *Ehlanzeni: Curro school, Nelspruit (**Morning Program**)*

29 July 2017

- *Nkangala: Machadodorp Primary, Machadodorp, **Morning Program.***
- *Gert Sibande: Breyten Primary, Breyten, **Morning Program.***
- *Ehlanzeni: University of Mpumalanga, Nelspruit (**Morning Program**)*

Executive Board: Paul Bester (President), Jerry Maseko, July Mavuso, Yolanda Steenkamp (Vice Presidents), Theuns Luus (Cross Country), Pieter Botes (Road Running), Andries Burger (Acting Chairman-Track and Field), DP Badenhorst, Janine Botes (Additional members).

Due to athletes still not adhering to the rules, all the provided information will be repeated on all newsletters and it is also available on the AMPU website.

There is a suspicion that athletes are using each other's race numbers during leagues. We are busy with an investigation to see if it was true. I want to warn all our athletes, a minimum of 1 year suspension to all levels of running to both the athletes if you make yourself guilty to this illegal practice.

I want to urge all athletes to make sure they read all the criteria and attached information as it is clear at every league that athletes are not aware of the rules or they are choosing to disobey it.

All athletes need to make sure that they are wearing the correct running clothes of their clubs or school. Athletes, starting from U/13 years and older should wear their permanent number (2017) or will have to buy a temporary number at the event. You will not be allowed to start a race without a number.

FEES: ***The entry fee for 2017 will be R25. Athletes, U/13 and older who do not have permanent numbers will pay a further R30 for a temporary number which is available on the day of the race and is only valid for the one day.***

The contact details for the District Co-ordinators are:

- Nkangala: Mari - 083 233 2677
- Gert Sibande: Michael - 082 336 0662
- Ehlanzeni: Boikie - 082 977 1665

Remember that our athletes are welcome to run in any one of the three areas. For example if you stay in Secunda but you are in Middelburg for the weekend for a visit or with your school with sport, you can join that league if it is within the time schedule. Please make sure that your name appears on the results and inform us if it has not been included in order for it to be rectified.

We need a certified copy of your birth certificate with an ID photo or your Identity document. You can submit it to the Co-ordinators of the events at the leagues or you are welcome to e-mail it to myself or to the office. Make sure that your documents reach us no later than 31 May 2017.

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The program being followed will be included with the weekly newsletter. All information will also be updated to our website. Please visit our website for results and newsletters at www.athleticsmpumalanga.co.za

Should you have any further enquiries which your District Co-ordinator cannot assist you with, please contact me at 083 630 8729.

Have a wonderful Cross Country season.

Yours in athletics

A handwritten signature in black ink, appearing to read 'Theuns Luus', written in a cursive style.

**THEUNS LUUS
CHAIRMAN: CROSS COUNTRY COMMISSION
083 630 8729**

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