

President:
Paul Bester
082 966 7767



Secretary:
Hellouise van Dyk
P.O. Box 6004
MIDDELBURG
1050
Tel: 082 306 4615
Fax: 086 274 3512
athleticsmpumalanga@gmail.com

ATHLETICS MPUMALANGA

Cross Country Road Running Track and Field

25 February 2018

Good day all Cross Country friends

NEWS LETTER 1/2018

The start of 2018 season will be in less than a month and I really see forward with great intushuasim to a great cross country year.

The fixture list is nearly in place and will be attach to the newsletter. Please take note there can be a few changes on the current list.

The first league will be on the 21st of March 2018 and the venues will be:

- Nkangala- Rooies Athletic club, HTS Middelburg (**Morning Program**).
- Gert Sibande – No league
- Ehlanzeni – Mbombela Stadium (**Morning Program**)

The criteria for 2018 will be circulated and will be very similar as in 2017. Ensure that you read through the document and contact us with any uncertainties you might have.

Important change to the criteria: It must be highlighted that if an athlete wants to be considered for inclusion into the team to participate in the Interprovincial championships, he/she **must** participate in at least one league prior to the qualifying league which will be on **19 May 2018**. This means that on the day of Team Selection (19 May 2018), this should at least be the second league where the athlete is participating. Teams will again be selected in all 3 districts. Each district will present a league where athletes will be select for the Interprovincial team. We will mainly use time as we used during the Mpumalanga championships as a method of selection.

All athletes need to make sure that they are wearing the correct running attire of club or school. From 2018, **all athletes (not only 13 years and older)** should wear their permanent number or will have to buy a temporary number at every event. You will not be allowed to start a race without a number.

FEES: **The entry fee for 2018 will be R30. Athletes, 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.**

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).

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**

Please 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 1 (one) certified copy of your birth certificate with an ID photo or your Identity document. You can hand it in with 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 2018.

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

The next league will be 14th of April 2018. Please read through the documentation being circulated on the Cross Country. 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



THEUNS LUUS
CHAIRMAN: CROSS COUNTRY COMMISSION
083 630 8729

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).