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ATHLETICS MPUMALANGA

Cross Country Road Running Track and Field

17 July 2017

Good day all Cross Country friends

NEWS LETTER 13/2017

*We had our league the past weekend at TUT in Emalahleni and there was a few athletes who tried the cold weather. Everything went well on the day. I want to mention again make sure that you comply with the criteria of a **minimum of 4 leagues** before 12th of August 2017 when the Mpumalanga Championships take part in Nelspruit.*

I forwarded last week the list with all the leagues that was run in 2017. There was a few corrections we needed to make so far. Please make sure you inform me of any corrections we need to make. I check it first before Mariaan will make the changes.

Regarding the double cross at the Interprovincial column, the first grey column shows that you are selected for the team and the second grey column indicates that you run the Interprovincial championships. The white block next to the 2 grey columns is athletes who run the Interprovincial championships individual and for these athletes the Interprovincial count as a league. It is clearly indicated on the headings of the spreadsheet.

Athletes who were selected for the team for the Interprovincial Championships and took part on the day of the championships, for these athletes it does not count as a league. For these athletes their provincial colours (tracksuit) will count if they are selected on the 12th of August for the Mpumalanga team to take part in the South African Championships. Again, you must run on the day of the SA Championships.

The next round of leagues will take place as follow:

22 July 2017

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

29 July 2017

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

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.

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.

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

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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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