

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 March 2017

Good day all Cross Country friends

NEWS LETTER 2/2017

The first league took place at Mbombela, congratulations to Boikie and his team for this successful start of the season. The results are attached.

We will break for the holiday and the next leagues will continue in all three areas. The three venues will be confirmed in our next newsletter.

You will see that there is a lot of important information being repeated in the newsletters we however still see that there are athletes who are still not staying with these rules. Please give this through to your athletes.

The criteria for 2017 will be circulated explaining all the rules for 2017. Please ensure that you read through the document, circulate it to your athletes and if you have any uncertainties, please contact us.

Important change to the criteria: *REMEMBER: If an athlete wants to be considered for inclusion into the team which will be participating at the Interprovincial championships, he/she **must** participate in at least one league prior to the qualifying league which will be on 27 May 2017. This means that on the day of Team Selection (27 May 2017), this should at least be the second league where the athlete is participating. Teams will again be selected in all 3 districts.*

All athletes need to make sure that they are wearing the correct running clothes of their clubs or schools. 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.***

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 a 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 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

The next leagues will be 29th of April 2017. 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).