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ATHLETICS MPUMALANGA

Cross Country Road Running Track and Field

17 April 2017

Good day all Cross Country friends

NEWS LETTER 3/2017

I hope you have all rested well during the break and that you are ready for the rest of the cross country season. The next round of leagues will start on the 29th of April and the venues will be as follow:

- Nkangala: HTS Middelburg (next to Middelburg Primary school), Middelburg, **Morning Program.**
- Gert Sibande: Secunda Stadium, Secunda, **Morning Program.**
- Ehlanzeni: Great East Athletic Club, Bushbuck Ridge, **Morning Program.**

The leagues for the 6th of May will be as follow:

- Nkangala: Cambridge School, Emalahleni(Witbank), Morning Program.
- Gert Sibande: Possible venue is Standerton. Still wait for confirmation.
- Ehlanzeni: No league.

The following information will be kept on all newsletters and it is also available on the AMPU website.

With all the information readily available, it is clear at every league that athletes are not aware of the rules or just disobeying it.

The criteria for 2017 will be circulated explained all the rules for 2017. Ensure that you read through the document and contact us with any uncertainties you might have.

Inter Provincial team selection and event

Please take note due to the availability of the venues this year, it is not possible to host the team selection leagues (where we will select the team for the Interprovincial championships) on the same date. The Nkangala and Gert Sibande selection will take place on the 27th of May and Ehlanzeni will take place on the 20th of May 2017. Due to the different dates athletes can only run AND QUALIFY in their own area on the selected dates if they want to be selected for the Mpumalanga team. Make sure that your arrangements are done according to the date of your area. No one will be granted

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permission to qualify outside of their area. EG Only Ehlanzeni athletes will be selected for the team on 27 May 2017. **THIS RULE IS ONLY VALID FOR THE LEAGUES OF 20 & 27 May 2017.**

Regarding the venue for the Interprovincial Championships, it was moved to Gauteng North for 2017. The North West province will host it for 2018. The host and venue will be confirmed this week.

Cross country leagues:

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 s which will be on the 20th and 27th of May 2017. This means that on the day of Team Selection, 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 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

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. The only exception to this rule is the leagues of the 20th and 27th of May 2017.

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

Please remember: all athletes 13 years and older who is taken up in the team going to the SA's will have to obtain a permanent license number. It will have to be through joining a club, or licenses will be provided by Athletics Mpumalanga prior to the SA's. All athletes 13 years and older need to ensure that they are on the ASA data base.

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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

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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