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ATHLETICS MPUMALANGA

Cross Country Road Running Track and Field

30 April 2018

Good day all Cross-country friends

Newsletter 5/2018

The long weekend is nearly finish and I hope you all have a good rest. The cross country will get good momentum as we get closer to the Interprovincial championships where we can measure ourselves against the other provinces.

Attach is the results of the 2 leagues that took place in the Gert Sibande area.

Curro school, Nelspruit will host a league on the 12th of May 2018 while Nelspruit Hoërskool will host the league on the 26th of May 2018.

We want to select the team for the Interprovincial Championships on the 19th of May. Please make sure you confirm to the minimum criteria of 1 league prior to the league of the 19th of May. There are still 2 leagues left for all athletes to qualify to the criteria.

The fourth league will take place on the 5th of May 2018 and the venues will be as follow:

- *Nkangala- Tswane University of Technology (Morning Program)*
- *Gert Sibande- Wittenberg Primary school- Piet Retief (Afternoon Program)*
- *Ehlanzeni- Karino Meredian (Morning Program)*

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

*All athletes must make sure they are wearing the correct attire of their club or school. Remember as from 2018 **all** athletes must wear their permanent ASA number or will have to buy a temporary number at the event.*

The entry fee for 2018 will be R30. Athletes who need to buy a temporary number will pay R30 for the number which will be available on the day of the race. This number is only valid for one race.

The contact detail of the District co-ordinators is:

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

Remember to hand in a copy of your birth certificate with an ID photo or your Identity document. This need to be done before the 31st Of May 2018.

Yours in athletics



THEUNS LUUS
CHAIRMAN: CROSS COUNTRY COMMISSION
083 630 8729

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