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ATHLETICS MPUMALANGA

Cross Country Road Running Track and Field

7 May 2017

Good day all Cross Country friends

NEWS LETTER 5/2017

The leagues that took place in Emalahleni and Standerton was successful and there was a lot of athletes who participated in these races. Thank you very much to all the volunteers who helped at these events to make sure that it ran smoothly for our athletes. Attach is the results of both the events. The next round of leagues will be taking place on 13 May 2017 at the following venues:

- *Nkangala: No league*
- *Gert Sibande: Oosterland High School, Secunda, **Afternoon Program***
- *Ehlanzeni: No league*

The leagues for 20 May will be as follows:

- *Nkangala: Delmas High School, Delmas, **Morning Program***
- *Gert Sibande: Piet Retief Rugby Club, Piet Retief, **Morning Program.***
- *Ehlanzeni: No league – NB TEAM SELECTION WILL NOW ALSO BE ON 27 MAY.*

PLEASE NOTE: NO ATHLETE IS ALLOWED TO RUN THE LEAGUES IN THEIR PROVINCIAL ATTIRE. YOU ARE ALLOWED TO WEAR YOUR TRACK SUIT BUT YOU ARE NOT ALLOWED TO RUN WITH YOUR MPUMALANGA PROVINCIAL RUNNING ATTIRE. REFEREES WILL DISQUALIFY ATHLETES WHO ARE NOT ADHERING TO THIS.

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.

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

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).

Inter Provincial team selection and event

NB: A venue and host became available for Ehlanzeni so please take note of the team selection leagues (where we will select the team for the Interprovincial championships) which will be taking place on 27 May 2017.

On this day all athletes need to run AND QUALIFY in their own area if they want to be selected for the Mpumalanga team. Make sure that your arrangements are in place for you to participate in your area. No permission will be granted to any athletes to participate outside of their area. For example: In Ehlanzeni only Ehlanzeni athletes will be selected for the team, no athletes from Nkangala or Gert Sibande. Same rule applies in Gert Sibande and Nkangala. If there is any uncertainty, please sort this out before 27 May. This arrangement has been set out in our newsletters as well as on our Facebook page. No excuse will be accepted for running in the incorrect district.

REMEMBER THAT THIS DISTRICT RULE IS ONLY VALID FOR THE LEAGUES 27 MAY 2017 WHERE TEAMS WILL BE SELECTED.

The Interprovincial Championships was moved to Gauteng North for 2017 and will take place in Bronkhorstspuit. The North West Province will host the 2018 Interprovincial Championships. More details will be made available closer to the time.

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 which will be on the 27 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 27 May 2017.

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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

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. This can be done by 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. Please follow the instructions on the attached document to ensure that you are registered on the database and to make it easier for your club to allocate a 2017 license number to you.

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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