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## **ATHLETICS MPUMALANGA**

**Cross Country      Road Running      Track and Field**

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3 June 2018

*Good day all Cross-country friends*

### **Newsletter 8/2018**

*The results of league 7 are available and will be attach. I did not receive the results of Ingwenyama Lodge yet but it will be distributed as soon as I receive it. Thanks to Charl (Ingwenyama Lodge), Oosterland (Michael) and Hockey Farm(Frank) Again, to the coordinators (Michael, Boikie and Mari) I want to thank each off you for the support to the leagues.*

*I want to ask all the athletes who were selected to the team, to reply if they will participate. Please let me know as I need to tick it on the list. Most of the athletes informed me already but there is a few that still did not reply to me. Unfortunately, only those athletes who informed me within the cut of date of 1 June will have place on the bus and accommodation for the night of 15 June 2018.*

*I attach the document with all the arrangements for the Interprovincial championships. Please read carefully and make sure you are aware of the time of your race on the program.*

*Athletes who are not selected for the team are welcome to run on the 16<sup>th</sup> of June, but as an individual athlete. These athletes can run in their club or school attire.*

*To athletes who can not attend the Inter provincial championships, please make sure you reply to us.*

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*It will not have a negative effect on any athlete who misses the Inter provincial championships as I selected a new team for the Mpumalanga Championships, but, if an athlete does not attend the Inter provincial championships without informing me, athletes will not be taken into consideration for the Mpumalanga championships.*

*The next leagues will take place on the 9<sup>th</sup> of June 2018 and the venues will be as follows:*

- *Nkangala- **Uitkyk Primary school** (Morning Program). School is +-35km on the Middelburg/ Stoffberg road. It will really be a joyful day at Uitkyk Primary. Come and support the league.*
- *Gert Sibande- **Sasol club- Embalenlehle** (Morning Program)*
- *Ehlanzeni- **Karino Meridian** (Morning Program)*

*I want to ask athletes to make use of this league as there is not much left after the 10<sup>th</sup> of June to conform to the minimum criteria of 4 leagues. We do not have any information regarding the school leagues after the holiday.*

*I want to leave this message on the newsletter again. The Cross-country committee made the following change in the criteria to be considered for Mpumalanga colours (tracksuit). The following 2 criteria's will be taken into consideration to decide if an athlete can get his Provincial colours:*

1. *An athlete must meet the following: At least participate in four leagues through the season; be selected for the Interprovincial Championships and participated on the championships; selected for the Mpumalanga team for the SA Championships and participated in the SA Championships*

**or**

2. *At least be selected for 2 times in a row for the Mpumalanga team for the SA Championships and participated in both these events. This change will only start for the results of the last two years (2017 and 2018).*

*I want to ask all athletes who still do not have a permanent race number to ensure they get it before the Mpumalanga championships as no athlete can be selected for the team without a*

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*permanent race number. There will be no temporarily numbers available for the SA Championships.*

*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*

*Please make sure you hand in a copy of your birth certificate with an ID photo or your Identity document. It was supposed to be handed in before the 31<sup>st</sup> of May 2018. You can hand it in at the league or you can scan and email it to me or the office.*

*Yours in athletics*



**THEUNS LUUS**  
**CHAIRMAN: CROSS COUNTRY COMMISSION**  
**083 630 8729**

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