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ATHLETICS MPUMALANGA

Cross Country Road Running Track and Field

13 June 2017

Good day all Cross Country friends

NEWS LETTER 9/2017

We participated in the Interprovincial Championships last weekend and I think all of us can give Gauteng North a big thumbs up. The organising was good and every item was on time. Mpumalanga also took a lot of medals on the day. Results are attached hereto and will also be put onto our website.

Can I ask that everyone who took photos at the Interprovincial on the day, please forward it to Hellouise to put onto the website and our Facebook page. It is always nice to look through it and identify our athletes.

ALL ATHLETES/COACHES/PARENTS (please read the following very carefully to make sure you understand it clearly):

All athletes, not part of the MPUMALANGA TEAM, who participated in the Interprovincial Championships, can add this race as an additional league.

All athletes, who were selected for the MPUMALANGA TEAM and who participated, this will not count as an additional league for you since you represented the Province and this will count towards your qualifying for your tracksuit, should you be selected to represent Mpumalanga at the SA Championships in September 2017.

REMEMBER: Make sure that you comply with the criteria of a minimum of 4 leagues before 12 August 2017 in Nelspruit in order to be considered for the Mpumalanga team.

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The next round of leagues will take place this coming weekend (17 June) and it will take place as follow:

- Nkangala: Hockey Farm, Emalahleni (Witbank), **Morning Program.**
- Gert Sibande: No league.
- Ehlanzeni: No league.

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.

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

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 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 (and we will register you under any random club who can assist with license numbers). All athletes 13 years and older need to ensure that they are on

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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.

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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