

2019 Cross Country Events

May 2019

DATE	EVENT	VENUE	ORGANIZER	CONTACT
4	SAT Uitsig High School = League 3	Uitsig High School	Hanlie Truter	082 3088 712 hanlie.truter@hs-uitsig.co.za
11	SAT TUT = League 4	TUT Main Campus Pretoria West	Jazz Mnyengeza	076 262 9752 mnyengezammb@tut.ac.za
18	SAT Bronkhorstspuit = League 5	Bronkhorstspuit	Frikkie Geyser	082 448 8603 frikkiegeyser.bhs@gmail.com

June 2019

DATE	EVENT	VENUE	ORGANIZER	CONTACT	EMAIL
1	SAT Inter Provincial	Middelburg	AGN Office	123 274 932	office@agn.co.za
7	FRI Cross Country Coaching Workshop	Zwartkop High	AGN Office	012 327 4932	office@agn.co.za
8	SAT Cross Country Coaching Workshop	Zwartkop High	AGN Office	012 327 4932	office@agn.co.za

July 2019

DATE		EVENT	VENUE	ORGANIZER	CONTACT	EMAIL
6	SAT	ASA Cross Country Grand Prix 1	Potchefstroom	ASA Mehlo Hlabangane	082 990 9470	mehloh@athleticssa.co.za
12	FRI	AGN Primary Schools League 1	Eduplex	Japie Venter	082 823 8019	japiejf@gmail.com
12	FRI	AGN Secondary Schools Relay	Centurion High	Alet Kieser	073 894 2929	atletiek@hseldo.co.za
13	SAT	ASA Cross Country Grand Prix 2	Gauteng North	ASA Mehlo Hlabangane	082 990 9470	mehloh@athleticssa.co.za
17	WED	AGN Secondary Schools League 1	Pta Boys High	Alet Kieser	073 894 2929	atletiek@hseldo.co.za
19	FRI	AGN Primary Schools League 2	Boerefort	Japie Venter	082 823 8019	japiejf@gmail.com
24	WED	AGN Secondary Schools League 2	Sutherland High	Alet Kieser	073 894 2929	atletiek@hseldo.co.za
26	FRI	AGN Primary Schools League 3	Vissershoeck	Japie Venter	082 823 8019	japiejf@gmail.com
27	SAT	AGN Seniors & Masters League 1	Zwartkops Lapa	Alpha Cent	012 327 4932	office@agn.co.za
31	WED	AGN Secondary Schools League 3	Prestige College	Alet Kieser	073 894 2929	atletiek@hseldo.co.za

August 2019

DATE		EVENT	VENUE	ORGANIZER	CONTACT	EMAIL
2	FRI	AGN Primary Schools League 4	Queenswood	Japie Venter	082 823 8019	japiejf@gmail.com
3	SAT	AGN Seniors & Masters League 2	Uitsig High School	Hanlie Truter	082 3088 712	hanlie.truter@hs-uitsig.co.za
3	SAT	ASA Cross Country Grand Prix 3	Port Elizabeth	ASA Mehlo Hlabangane	082 990 9470	mehloh@athleticssa.co.za
7	WED	AGN Secondary Schools League 4	Uitsig High School	Alet Kieser	073 894 2929	atletiek@hseldo.co.za
13	WED	AGN Secondary Schools 2 km Dash	Pta North High	Alet Kieser	073 894 2929	atletiek@hseldo.co.za
17	SAT	AGN Championships = Cumpulsary	Eldoraigne High / Sutherland High	Alet Kieser	073 894 2929	atletiek@hseldo.co.za
24	SAT	ASA Cross Country Grand Prix 4	Central Gauteng	ASA Mehlo Hlabangane	082 990 9470	mehloh@athleticssa.co.za

September 2019

DATE	EVENT	VENUE	ORGANIZER	CONTACT	EMAIL
7	SAT SA Cross Country Championships	Centurion/Pretoria	ASA/AGN	012 327 4932	office@agn.co.za