

PO Box 3237, PRETORIA, 0001  
Pilditch Stadium  
Cnr Maltzan & Church Streets  
PRETORIA WEST



Telephone: (+27) 12 327 4930/1/2  
Facsimile: (+27) 12 327 4933  
E-mail: [office@agn.co.za](mailto:office@agn.co.za)

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To be the best athletics Province in South Africa

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REFERENCE: CROSS COUNTRY CIRCULAR 21 OF 2019

## Cross Country Circular 21 of 2019

13 August 2019

Dear Cross Country athletes and supporters,

Wednesday, 30 July 2019, Prestige College hosted the Secondary schools third league. A total of 1023 athletes took part. (See the results on <http://www.agn.co.za>.)

Wednesday, 7 August 2019, Uitsig High hosted the Secondary schools four and last league. A total of 949 athletes took part. (See the results for masters, seniors and schools on <http://www.agn.co.za>.)

The AGN Champs is on 17 August 2019 at Eldoraigue High. (See the program and other info on <http://www.agn.co.za>.)

The SA Champs is on 7 September 2019 at Uitsig High. Information will follow later.

### GAUTENG NORTH CROSS COUNTRY CHAMPIONSHIPS High School Eldoraigue, Centurion Saturday, 17 August 2019

- No Qualification Required - open to all athletes
- Provincial medals to first 3 in each age category
- Medals to all finishers
- Entry Fee R 30.00

RACE	DIST	START	AGE CATEGORIES
1	4 Km	08:30	Women 35 yrs, Women 40 yrs, Women 45 yrs, Women 50 yrs, Women 55 yrs, Women 60 yrs, Women 65 yrs, Women 70yrs, Women 75 yrs, Women 80 yrs, Women 85 yrs, Women 95 Women 23 yrs (born in 1997, 1998, 1999, 2000, 2001, 2002 or 2003), Senior Women

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**BOARD MEMBERS: JOHN MATHANE (PRESIDENT), JAMES MATSHEKGA (DEPUTY PRESIDENT), WALTER VILAKAZI (GENERAL MANAGER), HENDRICK MOKGANYETSI, BUKS MEYER, CHRIS BRITZ, ENOCH SKOSANA, SIPHO SHAWE, CORRIE FOURIE, FUNDI HLOBO, VIOLET KHUMALO, JAZZ MNYENGEZA (EX OFFICIO); SISSY KHUMALO (EX OFFICIO)**

2	10 Km		Senior Men, Senior women
	8 Km		Junior Men (born in 2000, 2001 or 2002) Men 35yrs, Men 40yrs, Men 45 yrs, Men 50 yrs, Men 55 yrs
	6 Km	09:15	Men 60 yrs, Men 65 yrs, Men 70yrs
	4 Km		Men 75 yrs, Men 80 yrs, Men 85 yrs
3	1 Km	09:45	Girls 8 yrs (born 2011 or after)
4	1 Km	09:55	Boys 8 yrs (born 2011 or after)
5	2 Km	10:05	Girls 9 yrs (born in 2010)
6	2 Km	10:20	Boys 9 yrs (born in 2010)
7	2 Km	10:35	Girls 10 yrs (born in 2009)
8	2 Km	10:50	Boys 10 yrs (born in 2009)
9	3 KM	11:05	Girls 11 yrs (born in 2008)
10	3 Km	11:25	Boys 11 yrs (born in 2008)
11	3 Km	11:45	Girls 12 yrs (born in 2007)
12	3 Km	12:05	Boys 12 yrs (born in 2007)
13	3 Km	12:25	Girls 13 yrs (born in 2006)
14	4 Km	12:45	Boys 13 yrs (born in 2006)
15	4 Km	13:05	Girls 14 yrs (born in 2005), Girls 15 yrs (born in 2004)
16	4 Km	13:25	Boys 14 yrs (born in 2005), Boys 15 yrs (born in 2004)
17	4 Km	13:45	Girls 16 yrs (born in 2003), Girls 17 yrs (born in 2002)
18	4 Km	14:05	Men 23 (born in 1997, 1998, 1999, 2000, 2001, 2002 or 2003), Senior Men
19	6 Km	14:25	Junior Women (born in 2000, 2001 or 2002) Boys 16 yrs (born in 2003), Boys 17 yrs (born in 2002)

### 1) Date & Venue

**Date:** Saturday, 17 August 2019

**Venue:** Hoërskool Eldoraïne

Christopher Rd, Eldoraïne, Centurion, 0157

**GPS coordinates** 25 50. 25o 50' 31" S; 28o 08' 51" O.

**Parking:** Parking available in Willem Botha Street or Christopher Street.

Limited parking inside school grounds at R20.

### 2) Entries

All participants will register at the entry gate and assemble at the warm up area prior to the start of their race. Age category tags from age 35 years and older as well as the junior men and women must be worn. **All ID numbers must be on the race cards.**

### 3) Entrance Fees

Athletes - R30.00

Spectators - R20.00

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Inside Parking - R20.00

#### 4) Age Categories

The following age categories will participate at the AGN Championships:

##### **AGN Program**

#### 5) The Cross Country Course

##### **Route**

The course consists of a 2 km and a 1 km loop and the following will apply for the different distance races:

- The 1km race will be a short loop
- The 2km race will do one 2km loop
- The 3km race will do one 1km loop followed by one 2km loop
- The 4km race will do two 2km loops
- The 6km race will do three 2km loops
- The 8km race will do four 2km loops
- The 10km race will do five 2km loops

#### 6) Publication of Results

The results of each event shall be displayed on the “Results board” at the venue after approval by **the Chief Referee** (approximately 30 minutes after completion of the race).

#### 7) Assistance to Athletes

No Seconding will be allowed by any person except for authorized officials.

#### 8) Athletes Control Centre (Call Room)

The Call Room will be situated next to the starting area. All athletes must report to the Call Room at **least 20 minutes** before the start of their event.

Only reporting athletes and authorized technical officials will be allowed inside the Call Room area. Parents and team managers entering this area submit their athlete to the risk of disqualification.

## 9) Victory Ceremony

The victory ceremonies will be according to the program. The first three athletes in each individual event must report at the victory ceremony area. For primary school athletes only, athletes finishing in the top 10 must report at the victory ceremony area.

## 10) Medical Service

Full medical services will be available with an ambulance at the venue.

## 11) General

The competition will be conducted under IAAF Rules

Spectators will not be allowed to run with participants.

Spectators are only allowed to cross the course at designated area.

Pre-walk of the course, can be done on Friday, 16 August from 17: 00.

## 12) Enquiries

Contact Alet Kieser 073 894 2929

## **National Championship at Centurion.**

ASA allows a province to enter a maximum of 18 athletes per age category. AGN intends selecting the full complement allowed by ASA, but it creates challenges for us when something goes wrong during the selection process, because ASA will not allow us to add more athletes to the team. For this reason, and to remove subjectivity from the selection process, the AGN selectors will only consider the results of the AGN championships for the selection of the team, with the provision that athletes comply with the criteria below:

- The top 4 positions at the AGN championships in each age category qualify automatically, even if the athlete did not participate in enough league events.
- The athletes in position 5 to 18 in each age category must also comply with the criteria below. If not, they will not be included in the AGN Team. The selectors will then look at athlete number 19, followed by athlete number 20, until athletes are found that did comply with the criteria.
- ***Athletes in age categories 14 years and older*** (including secondary schools): Two top 50 positions in the main season [schools events] plus the AGN Championship, which is compulsory.

- **Senior and Master athletes and Junior Men & Women:** Two top 50 positions in the pre-season leagues, plus one of the two leagues on 27 July at Zwartkops LAPA and 3 August at Uitsig High School in the main season plus the AGN Championship, which is compulsory. This is for Junior Men and Women that do not belong to a school anymore. (Students or Juniors working already).
- **Athletes in age categories 13 years and younger** [primary schools athletes]: A top 50 position in any two of the four main season leagues (Eduplex – 12 July, Boerefort – 19 July, Vissershoeck – 26 July, Queenswood – 2 August) plus the AGN Championship, which is compulsory.

**Please note:** Athletes that are 13 years and younger need to participate in the primary schools events to fill their quota of leagues, even if they are already in secondary school. Similarly, athletes 14 years and older need to participate in the secondary schools events to fulfil their leagues.

**AGN selectors will only consider the results of the AGN Championships for the selection of the team. If an athlete did not run at the AGN Championships, he or she will not be considered for the AGN team to go to the SA Championships. NO EXCEPTION.**

## Cross Country Photos

You can see photos of our cross country season on face book. Marthie Bredenkamp is our photographer, thanks Marthie. You must just search ATHLETICS GAUTENG NORTH CROSS COUNTRY PHOTO'S and send a request to be added.

## **Email List**

If you received this email, but you are no longer interested in receiving cross country information, please reply to this mail and we will remove you from the list. If you know of any other person who would like to receive our email, please forward their address to us so that we can add them to the list.

## **Contact Detail**

You can contact the Athletics Gauteng North office on 012 327 4932 or at admin@agn.co.za during **office hours 08:00 to 16:00**. You can also visit our web page at <http://www.agn.co.za>.

*Buks Meyer*

*Chairperson : AGN Cross Country Commission*

*Cell number : 082 823 8883*

*E-Mail : [buksmeyer@vodamail.co.za](mailto:buksmeyer@vodamail.co.za)*

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