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To be the best athletics Province in South Africa

REFERENCE: CROSS COUNTRY CIRCULAR 23 OF 2019

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26 August 2019

Dear Cross Country athletes and supporters,

Announcement of the team to SA Championships at Uitsig High School, Centurion.

The AGN team will be on the AGN web , <http://www.agn.co.za>.

Congratulation to all that made the AGN Team. Good luck with your preparations for the championship.

The names of athletes that did not make the team and are reserves is also on the AGN web available.

The relay item is not on this year, but a 2 km dash. Athletes were selected to run in this event. This is a individual event and not a team event. Medals will be awarded.

Athletes who are selected into the team wear their Gauteng North Provincial attire.

Gauteng North attire can be obtained from XCO sport:

Tel: 086 192 6776

Fax: 086 641 3677

Email: info@xco.co.za

Address: Route 21 Corporate Park, 101 Sovereign Drive, Irene

GPS: S 25 ~ 85' 9986" | E 28 ~ 25' 7907"

Age category tags are compulsory for age groups 35 and older and for the Junior Women and Junior Men. This can be obtained at the AGN office at Pilditch.

We require the ID numbers of the athletes selected by 28 August to be able to enter them for the National Championships at Uitsig High School, Centurion before the deadline. If you are selected, please forward your ID number to buksmeyer@vodamail.co.za.

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)

Please email me or contact the Gauteng north office (012 327 4932) if you are part of the team, but will not be able to attend. If you do this in time, we may be able to give another athlete the opportunity.

Hope to see you all on 8 September in Port Elizabeth. Best of luck with your event!

SA Championships program is available on the AGN web , <http://www.agn.co.za>.

SA Championships Team manual is available on the AGN web , <http://www.agn.co.za>.

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