



---

To be the best athletics Province in South Africa

---

**Reference: AGN/Circular 40 of 2021**

To: AGN Members  
From: AGN Office  
Date: 30 April 2021

**CIRCULAR 40 OF 2021: CROSS COUNTRY MEETING 08 MAY 2021**

Dear Cross Country athletes, coaches, teachers, parents and supporters,

We had a total of 647 athletes at the two meetings on 24 April 2021. See the results on "[www.agn.co.za](http://www.agn.co.za)"

The third cross country meeting will be held on 08 May 2021.  
There will be two events on the same day: (Uitsig High school and Hillside Golf Course)

The reason for the two separate meetings is to split the numbers of athletes to comply with the Covid-19 rules. We are not allowed more than 250 athletes, officials, and couches in the venue at all times. **No spectators.**

One meeting will be at Uitsig High School. Marquard Street, The Reeds, Centurion.  
All athletes staying **SOUTH** of the Old Church Street must run at the Uitsig High School meeting.

The second meeting will be at Hillside Golf Course, in Pretoria North. Rachel de Beer and Makkie streets, Pretoria North. This is for all the athletes staying **NORTH** of Old Church Street.  
Please drop athletes at the gate and park at Spar complex. This is only for the Hillside Golf Course venue and not for Uitsig High School.

You will find the starting times for each age group on the program on the AGN web side.  
"[www.agn.co.za](http://www.agn.co.za)"

Please look at the program to make sure that you are in time at the venue.

**Changes we're done on the program.**

---

**Board Members:**

Hendrick Mokganyetsi (President) Adv. James Matshekga (Vice President) Lukhanyo Mabinza (Chair Athletes) Buks Meyer (Chair Cross Country) Enoch Skosana (Chair Road Running) Siphoshe Shawe (Chair Track & Field) Chris Britz (Chair Race Walking) John Mathane (Additional) Violet Khumalo (Additional) Shona Manamela (Additional) Corrie Fourie (Additional) Jazz Mnyengeza (Ex Officio)



# ATHLETICS GAUTENG NORTH



## Cross Country Starting Times 8 May 2021

RACE	ENTRANCE TIME	START	DIST	AGE CATEGORIES
1	07:45	09:00	1 KM	Girls 8 yrs (Born 2013 or after)
2	07:55	09:10	1 KM	Boys 8 yrs (Born 2013 or after)
3	08:05	09:20	2 KM	Girls 9 yrs (Born in 2012)
4	08:15	09:30	2 KM	Boys 9 yrs (Born in 2012)
5	08:25	09:40	2 KM	Girls 10 yrs (Born in 2011)
6	08:35	09:50	2 KM	Boys 10 yrs (Born in 2011)
7	08:45	10:00	3 KM	Girls 11 yrs (Born in 2010), Girls 12 yrs (Born in 2009), Girls 13 yrs (Born in 2008)
8	09:05	10:20	3 KM	Boys 11 yrs (Born in 2010), Boys 12 yrs (Born in 2009)
9	09:25	10:40	4 KM	Boys 13 yrs (Born in 2008)
10	09:45	11:00	4 KM	Women 35 yrs to Women 95+ yrs. Men 75yrs, Men 80 yrs, Men 85+yrs
11	10:15	11:30	4 KM	Men 23 (Born in 1999 and after), Senior Men
12	10:45	12:00	4 KM	Women 23yrs (Born in 1999 or after), Senior Women,
13	11:05	12:20	4 KM	Boys 14 yrs (Born in 2007), Boys 15 yrs (Born in 2006)
14	11:25	12:40	4 KM	Girls 14 yrs (Born in 2007), Girls 15 yrs (Born in 2006)
15	11:45	13:00	4 KM	Girls 16 yrs (Born in 2005), Girls 17 yrs (Born in 2004)
16	12:05	13:20	6 KM	Boys 16 yrs (Born in 2005), Boys 17 yrs (Born in 2004)
17	12:25	13:40	6 KM	Junior Women (Born in 2002 to 2004), Men 60 yrs, Men 65 yrs, Men 70 yrs
18	12:55	14:10	8 KM	Junior Men (Born in 2002 to 2004), Men 35 yrs to Men 55 yrs
19	13:35	14:50	10 KM	Senior Men, Senior Women

**UPDATED ON 30 APRIL 2021**

**You can register online from 3<sup>rd</sup> of May until the 6<sup>th</sup> May at 16:00 for your event.** If you do not enter online before this date and time you may register on the day of the event at the venues.

The race fees (R10) need to be paid on the day of the race in order to receive your race card.

**Entry link:** <https://forms.gle/GaczUh1BHbxG9DrW6>

The covid-19 link is also included and need to be completed and submitted on race day .If you do not have data or a cell phone we can assist you on race day with this. ***The screening link will only be open on race day***

**Screening link:** <https://forms.gle/YbhTxiUF1P93h38h9>

### Board Members:

Hendrick Mokganyetsi (President) Adv. James Matshekga (Vice President) Lukhanyo Mabinza (Chair Athletes) Buks Meyer (Chair Cross Country) Enoch Skosana (Chair Road Running) Siphosha Shawe (Chair Track & Field) Chris Britz (Chair Race Walking) John Mathane (Additional) Violet Khumalo (Additional) Shona Manamela (Additional) Corrie Fourie (Additional) Jazz Mnyengeza (Ex Officio)

Please note you must register 1 hour and 15 minutes before the starting time of your race to collect your race card. The reason for this is to handle the Covid-19 protocols. Entry fee for the pre-season races are R10.00 per race.

**PLEASE NOTE THAT NO SPECTATORS WILL BE ALLOWED IN THE VENUE DUE TO THE COVID-19 RULES.**

Covid-19 Compliance Officers will be appointed for each venue.

**COACHES MUST SEND ME AN E-MAIL TO REGISTER THEM AND THEIR ASSISTANTS, THIS WILL ALLOW YOU TO GO IN AT THE VENUES. WE WILL ONLY ALLOW COACHES FOR A CERTAIN TIME IN THE VENUE AND THE TOTAL OF COACHES IN THE VENUE WILL BE CONTROLLED.**

Please note the following are very important.

- Race cards must be pinned on the front of your shirt. (you must take it off on your own at the finish line)
- You are not allowed to walk the course before the race.
- Always wear your mask. Masks can be taken off before the race start. Only disposable masks can be taken off and disposed at the call room. If you wear a buff or non-disposable mask you must wear or carry it throughout the race.
- No water will be available on the route. You can bring your own water.
- No timing will be taken. You can take your own time.

The fixtures list and the selection Criteria will be on the AGN web site [www.agn.co.za](http://www.agn.co.za)

***All athletes must run in two races and comply with the selection criteria to be able to run at the AGN Champs. If you did not comply with the selection criteria, you will not be allowed to run at the AGN Champs.***

*Buks Meyer*

*Athletics Gauteng North Cross Country Commission Chairperson*

*Athletics Gauteng North Board Member*

*Athletics Gauteng North Masters Committee Member*

*Cell number: 082 823 8883*

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

Regards

**HENDRICK MOKGANYETSI**

**ATHLETICS GAUTENG NORTH: AGN PRESIDENT**

(Not signed due to electronic sending)

---

**Board Members:**

Hendrick Mokganyetsi (President) Adv. James Matshekgwa (Vice President) Lukhanyo Mabinza (Chair Athletes) Buks Meyer (Chair Cross Country) Enoch Skosana (Chair Road Running) Siphoshe Shawe (Chair Track & Field) Chris Britz (Chair Race Walking) John Mathane (Additional) Violet Khumalo (Additional) Shona Manamela (Additional) Corrie Fourie (Additional) Jazz Mnyengeza (Ex Officio)