

To be the best athletics Province in South Africa

Reference: AGN/Circular 58 of 2023

To: AGN Members
From: AGN Office
Date: 27 June 2023
Pages: 1 + 3 attachments

CIRCULAR 58 OF 2023 – 2023 AGN COMBINED FIXTURES, VERSION 10 & CROSS COUNTRY INFORMATION

Dear AGN Members,

Kindly find attached Version 10 of the 2023 AGN Combined Fixtures.

N.B. All changes are highlighted in red.

Please note that due to unforeseen circumstances, the venue for the AGN Cross Country League 5, 6, 10 & 11 for Juniors, Seniors and Masters have changed to **PILDITCH Stadium, Pretoria West.**

Please be reminded that the AGN Cross Country League 5 will be taking place this **Saturday, 01 July 2023** with the first race starting at 10:00 – **kindly find the programme attached.**

Kindly note that all athletes should compete in a minimum of any FOUR AGN Cross Country League meetings PLUS the compulsory AGN Championships in order to be selected onto the AGN Cross Country Team that will be participating at the ASA Cross Country Championships in Nelson Mandela University, Gqeberha on Saturday, 15 September 2023 – kindly find the AGN 2023 Cross Country Selection Criteria attached.

Please note that there are no online entries and that all entries will be done at the venue. Entry fees are R30-00 per athlete and is payable at the venue by cash or by card. Athletes are required to enter at least an hour to an hour and a half before their race.

All athletes from the age of 35 years and older must run with an age tag in all the Cross Country races. One in front of the running vest and one on the back of the running vest. At the Cross Country events the Master athletes run in 5-year age groups: 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74, 75 to 79, 80 to 84, 85 to 89, and 90 to 94.

Junior athletes must run with the J - ASA License number in all Cross Country races. If they don't have the J - ASA License number, then they must have the J - age tag on the back and on the front of the running vest.

Kind Regards



Durell JeJane
AGN: GENERAL MANAGER

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) Durell JeJane (General Manager)