

To be the best athletics Province in South Africa

Reference: AGN/Circular 64 of 2023

To: AGN Members
From: AGN Office
Date: 17 July 2023
Pages: 4 + attachment

CIRCULAR 64 OF 2023 – AGN Cross Country Team, Inter Provincials at Groblersdal

Dear AGN Members,

The Inter Provincial Cross Country is taking place on Saturday, 22 July 2023 at Ben Viljoen High School in Groblersdal – kindly find the program attached.

The AGN Cross Country team was selected and members were notified through the AGN Office. There will be two busses traveling to Groblersdal of which accommodation will be provided for the athletes and team managers that will be travelling with the busses.

FIRST BUS - to be supervised by Mr Buks Meyer and Ms Hanlie Truter

Depart from Pilditch Stadium	Return from Groblersdal
Date: Friday, 21 July 2023	Date: Saturday, 22 July 2023
Time: 12:00 sharp	Time: 12:00 sharp

Athletes that will be traveling with the first bus:

Men

1. Selolo Teboho - SENIOR MEN 10 KM
2. Mokanyoma Simon - SENIOR MEN 10 KM
3. Nkuna Thabang - SENIOR MEN 10 KM
4. Segalagala Tebogo - SENIOR MEN 10 KM

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)

5. Matsemela - Kleinboy SENIOR MEN 10 KM
6. Maila Lucky - SENIOR MEN 10 KM
7. Seheme Dannyboy - SENIOR MEN 10 KM
8. Nthako Aubrey - MEN 35
9. Maugalami Thabo - MEN 35
10. Kobue Mzwakhe - MEN 40
11. Mathebe Kau - MEN 40
12. Ngomane Montela - MEN 40
13. Lenhoff Michael - MEN 40
14. Petrus Vivian - MEN 45
15. Shabangu Edward - MEN 45
16. Mosebedi Piet - MEN 50
17. O'Brien Kevin - MEN 50
18. Letlhaku Moses - MEN 55
19. Manyaka Philimon - MEN 50
20. Aphane Koos - MEN 55
21. Molelekeng David - MEN 55
22. Maphangulo David - MEN 70
23. Mahlangu Jabu - JUNIOR MEN
24. Motaung Pontsho - JUNIOR MEN
25. Sedise Tsepo - JUNIOR MEN
26. Kamena Edison - JUNIOR MEN

Women

27. Du Toit Anneke - JUNIOR WOMEN
28. Modiba Valencia - SENIOR WOMEN 10 KM
29. Sikisi Natasha - SENIOR WOMEN 10 KM
30. Niemand Zelda - SENIOR WOMEN 10 KM
31. Steenkamp Jessica - SENIOR WOMEN 10 KM
32. Maripa Cosy - SENIOR WOMEN 10 KM
33. Mkungeka Nologwa - WOMEN 35
34. Mazwi Surprise - WOMEN 35
35. Khabelane Violet - WOMEN 35
36. Ncayiyana Precious - WOMEN 40
37. Skosana Catherine - WOMEN 40
38. Koster Ingrid - WOMEN 50

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39. Muller Louise - WOMEN 50
40. Letlhaku Yvonne - WOMEN 50
41. Redelinghuys Stienie - WOMEN 55

SECOND BUS - be supervised by Ms Violet Khumalo

Depart from Pilditch Stadium	Return from Groblersdal
Date: Saturday, 22 July 2023	Date: Sunday, 23 July 2023
Time: 07:00 sharp	Time: 09:00 sharp

Athletes that will be traveling with the second bus

MEN

1. Madibana Tlou/Kgothatso - BOYS 8
2. Phiri Shawn - BOYS 9
3. Kwinda Zwanaka - BOYS 11
4. Mangoma Marlow - BOYS 11
5. Mabasa Lehumo - BOYS 12
6. Makwana Karabo - BOYS 12
7. Thema Tshireletso - BOYS 13
8. Mohakala Koketso - BOYS 13
9. Makhubeda/u Keamogetswe - BOYS 13
10. Sampson Matthew - BOYS 14
11. Khumbuya Bongani - BOYS 15
12. Moremi Sehata - BOYS 15
13. Moroantwa Tshepo - BOYS 15
14. Sebathoma Gontse - BOYS 16
15. Mtisi Bradburn - BOYS 16
16. Sibanyani Gift - BOYS 17
17. Leballo Kea - SENIOR MEN 4 KM
18. Nkosi Bongani - SENIOR MEN 4 KM
19. Ambraal Ivan - SENIOR MEN 4 KM
20. Shabalala Inocent - SENIOR MEN 4 KM
21. Nkosi Sandile SENIOR MEN - 4 KM
22. Makinta Tshepang - SENIOR MEN 4 KM

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23. Abrahams Layrern - MEN 23
24. Pabaya Khanya - MEN 23
25. Ntuli Koketso - MEN 23

WOMEN

26. Moremi Keitumetse - GIRLS 8
27. Kwinda Munaka - GIRLS 11
28. Tema Lebogang - GIRLS 11
29. Mandjalo Theodora - GIRLS 12
30. Chauke Lethabo - GIRLS 13
31. Madibana Mmakwena - GIRLS 16
32. Muller Megan - GIRLS 17
33. Sithole Maria - GIRLS 17
34. Ackerman Carla - GIRLS 17
35. Oberholzer Linri - GIRLS 17
36. Lengweng Obakeng - SENIOR WOMEN 4 KM
37. Redelinghuys Michelle - SENIOR WOMEN 4 KM
38. Sekori Kgagamatso - SENIOR WOMEN 4 KM

Please note that the busses are full and that only athletes on the above lists will be allowed on the busses.

All athletes that are not travelling with the AGN Team to Inter Provincials, will be required to pay their own entry fee of R50.00. All athletes participating must wear their 2023 ASA permanent license or buy a temporary license number at registration for R40-00. Kindly note that Limpopo Athletics (LIMA) are hosting the Inter Provincials and that race cards will only be issued upon receiving entry fees. The AGN team managers will assist all AGN athletes at the registration.

Athletes that did not make the AGN Cross Country team will be allowed to enter and participate as an individual at the Inter Provincials.

Good luck to all the athletes that will be participating at the Inter Provincial.

Kind Regards

AGN CROSS COUNTRY COMMISSION

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