

**SA CROSS COUNTRY
CHAMPIONSHIPS
2022
TEAM MANUAL**



17 SEPTEMBER 2022
Bergsig Academy Sport Fields
Rustenburg

INDEX

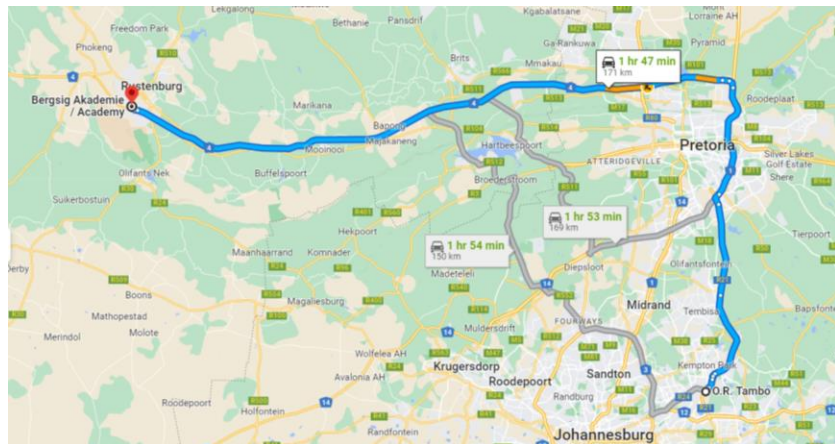
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1) Date, Venue and Directions

- a) **Date:** Saturday, 17 September 2022
- b) **Venue:** Bergsig Academy, c/o Boven Street and Beyers Naudè Drive, Rustenburg, Northwest Province
Co-ordinates: -25.663936182534094, 27.22204345389513
- c) **Directions:** Rustenburg can be approached from the west (Mafikeng /Zeerust) using the N4 East (toll road), from the east (Gauteng) using the N4 West (toll road), or from the South (R30 / R24) (no toll).

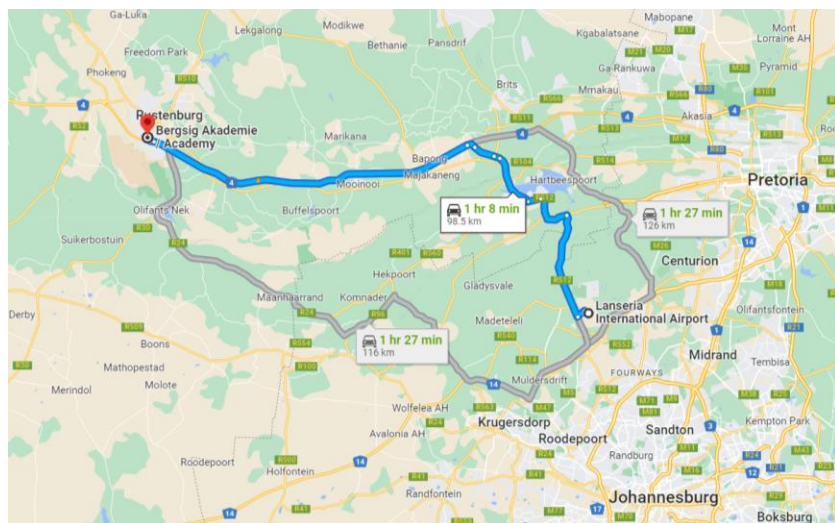
From O.R. Tambo Airport (Johannesburg):

The fastest and easiest route is the toll route via R21, onto the N1 North, and then onto the N4 West (171km, 1h47m). Toll fees payable via e-toll and three Bakwena toll gates.

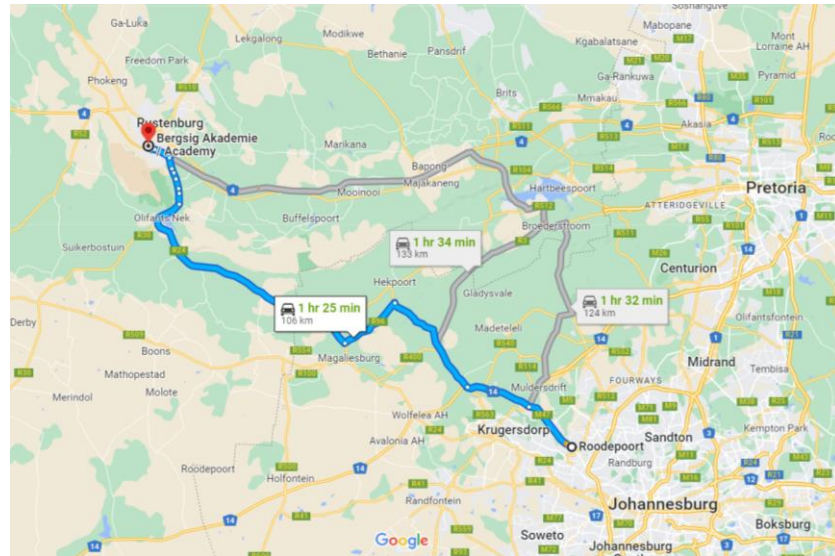


From Lanseria Airport (Johannesburg):

The fastest and easiest route is using the R512 North which connects onto the N4 West with (98km, 1h08m). Toll fees payable at one Bakwena toll gate.



From Johannesburg: Apart from the above, Rustenburg can be approached using the R24 via Magaliesburg. No toll fees payable.



From Potchefstroom or Klerksdorp: Travel north using the R30 which then connects into the R24. No toll fees payable.

From Mahikeng/Zeerust: Travel East using the N4. Toll fees payable.

Arriving at Rustenburg via the N4 East (from Zeerust side):

Follow N4 to Dr Moroka Drive turnoff in Rustenburg.
 Turn left onto Dr Moroka Drive
 Turn right onto Watsonia Road (950 m)
 Turn right onto Kremetart Avenue (1.4 km)
 Turn left onto President Mbeki Drive (350 m)
 Turn right onto Boven Street (350 m)
 Bergsig Academy is on your right.

Arriving at Rustenburg on the R24 (from Magaliesburg or Potchefstroom side):

Follow the R24 North towards Rustenburg, passing by Olifantsnek dam.
 Pass through eight traffic circles, and two traffic lights.
 Keep in the right hand lane, and at the 3rd traffic light, with Maemo Motors on your right, and a BP Garage on your left, turn right at Gareth Roberts Ave onto the N4 West.
 Now follow the directions below for arriving at Rustenburg via the N4 West.

Arriving at Rustenburg via the N4 West (from Gauteng [Pretoria/Johannesburg] side):

Follow N4 and take the 179 Helen Joseph Drive exit
 Use the right 2 lanes to turn right onto Helen Joseph Drive.
 Helen Joseph Drive becomes Beyers Naude Drive.
 Keeping in the left lane, turn left onto Boven Street (1.2 km)
 Bergsig Academy is on your left.

d) Parking at and around Bergsig Academy

All parking is at own risk and no valuables to be left unattended in vehicles.

Apart from street parking all around Bergsig Academy and adjacent streets, there will also be limited secure parking available inside the school yard. The parking inside the school yard is on a first come first served basis for a fee of **R 20 – 00** per vehicle, payable at the entrance gate. The entrance gate to the school yard at 285 Beyers Naude Drive (coordinates -25.687274, 27.223404).

2) Activity Program:

TEAM ARRIVAL: Friday, 16 September 2022

Time	Activity	Venue
14:00 – 16:00	Collection of race numbers and registration. Final changes and withdrawals.	Bergsig Academy Cafeteria (Ground floor)
14:00 – 16:00	Course will be open for inspection. Nobody will be allowed on the course before 14:00.	Bergsig Academy Sport Fields
16:00 – 17:00	Team Managers Meeting/Technical Meeting.	Bergsig Academy Cafeteria (Top floor)

CHAMPIONSHIPS: Saturday, 17 September 2022

Time	Activity	Venue
07:00	Opening with scripture reading and prayer.	Ds. Johnny Young
07:10	Reading of athlete code.	Head Girl & Boy of Bergsig Academy
07:30	Start of First Event – Item 1 (Men M35 + etc.)	Bergsig Academy Sport fields
17:15	Start of the last event – Item 29 (Men 2 km)	Bergsig Academy Sport Fields
18:00	Departure of Teams.	

3) Entries:

- a) Provincial teams are restricted to a maximum of 18 athletes per gender per age category.
- b) Only South African citizens will be allowed to enter as team members.
- c) Team Managers must collect their Provincial Registration Packs on Friday, 16 September 2022 between 14:00 and 16:00 at the Bergsig Academy Cafeteria, Rustenburg.
- d) All changes and withdrawals must be done on Friday 16 September 2022 between 14:00 and 16:00 at registration, Bergsig Academy Cafeteria, Rustenburg.
- e) Team Managers will receive the following for each team member:
 - i) Two ASA Championship Special License Bibs
 - ii) Pins.
 - iii) Instruction leaflet.
 - iv) Wrist band.

- f) If you encounter any problem with an entry on the day of the race, please rectify it immediately at the TIC near the finish line.
- g) **Special License Bibs and Age category tags** (Team Managers to ensure):
 - i) Provincial team athletes will only display the Special License Bibs on the Provincial Attire.
 - ii) Provincial athletes need to display Masters Age category tags during the competition as the different age groups will be running simultaneously (**Item's 1, 2a, 2b & 3**).
- h) **Entrance Fees**
 - i) Entrance fee for all athletes, coaches and team managers (team members) is R40 per person and is **payable into the account of ANWN by the closing date of entries. (NB!!)** Provinces to provide proof of payment at Registration with collection of numbers on the Friday afternoon.

Banking details of ANWN is as follow:

Bank: ABSA Bank
Branch: 632005
Account Name: Athletics North West North
Type: Cheque Account
Account No.: 405 126 7277
Ref.: **SACC – “Team Name – Province”**

- ii) Spectator entrance fee is R 30 per person payable at the gate on the day of the event. Spectators will be issued with wrist bands as proof of payment and is not transferrable.
- iii) Wrist bands for all entered athletes, team managers and coaches will be issued at number collection. Wrist bands must be worn on the day of the event once entering the venue and is non-transferable. The wrist bands for athletes, coaches and team managers will differ in color and this will allow entrance for team members into the warm-up area as well as designated team areas at the venue.
- iv) Provincial teams need to provide a workable method for collection of Numbers and Wrist bands for athletes not traveling with the teams. ANWN will assist the provinces with an area to hand out wrist bands and numbers near the entry gate. No Parents or Coaches will be entertained at the Registration area for collection of numbers and wrist bands. It is a Provincial matter and not the duty of the ANWN LOC.

4) Closing Date for Entries:

All entries (teams and individuals) must be done on the prescribed Excel-spreadsheet entry form and must be E-mailed to Thabang Maleka at ThabangM@athleticsa.co.za by no later than close of business on:

Monday 5 September 2022 at 16:30.

- a. **NB – Separate nomination form for TO's if applicable as in point 20 (c)**
- b. **NB – Must be completed on the provided Excel document**
- c. **NB – No faxed or handwritten entries will be accepted**
- d. **NB – Provinces cannot expect that nominated officials will be placed**

5) Age Categories:

The following age categories will participate at the 2022 National Championships:

- a) No athlete will be allowed to run outside of his or her age category according to the following:
 - i) Senior (born between 1988 and 2002).
 - ii) Under 23: Only athletes born in 2000, 2001, 2002, 2003 and 2004.
 - iii) Junior athletes born in 2003 or 2004.
 - iv) Youth athletes born in 2005 or 2006.
 - v) Master Men and Women: Any athlete who has reached his/her 35th birthday (Rule TR 3.1)
 - vi) Men 75 – 79; Men 80 – 84; Men 85 – 89; Men 90 + (Item 3 additional categories): These Master Men categories to participate with Master Women simultaneous **(Item 2 a & b)** as a 4 km event.

- b) Although the seniors and U/23 (Men & Women) run together in the 4 Km event, they are deemed two separate races. Therefore Men/Women U/23 can only run in their specific category and must be indicated as such during the entry process. Separate medals will be allocated to these categories. Men/Women U/23 shall therefore not be eligible for a team competition for the senior race **(Items 26 & 27)**

- c) Only athletes 6 years or older on 31 December 2022 (born in 2016 or earlier) will be allowed to enter for the Championships.

Item	Start Time	Age Categories	Abbreviations	Distance
1	07:30 – M J, 35+	Men 35-39; Men 40-44; Men 45-49; Men 50-54; Men 55-59	M35/8-55/8	8 km
2 (a)	08:10 – M W 35+	Women 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90+	W35/4-90/4	4 km
2 (b)	08:10 – M J, 75+	Men 75-79; Men 80-84; Men 85-89; Men 90+	M75/4-90/4	4 km
3	08:40 – M J, 60+	Men 60-64; Men 65-69; Men 70-74;	M60/6 or M65-70/6	6 km
4	09:10 – G 8	Girls 8 years (2014/2015/2016)	G8/1	1 km
5	09:20 – B 8	Boys 8 years (2014/2015/2016)	B8/1	1 km
6	09:30 – G 9	Girls 9 years (2013)	G9/2	2 km
	09:25 +	Items 4 & 5 (Directly after the start of Item 6) – Victory Ceremony		
	09:30	Items 1; 2 & 3 – Victory Ceremony		
7	09:40 – B 9	Boys 9 years (2013)	B9/2	2 km
	**	Items 6 & 7 – Victory Ceremony		
8	09:50 – J W	Junior Women (2003/2004) (Select Event)	JW/6	6 km
9	10:20 – J M	Junior Men (2003/2004) (Select Event)	JM/8	8 km
	**	Items 8 & 9 – Victory Ceremony		
10	10:55 – S W	Senior Women (Select Event)	SW/10	10 km
11	11:35 – S M	Senior Men (Select Event)	SM/10	10 km
	**	Items 10 & 11 – Victory Ceremony		
12	12:15 – G 16/17	Girls 16 years (2006); Girls 17 years (2005) (Select Event)	G16/4 or G17/4	4 km
13	12:40 – B 16/17	Boys 16 years (2006); Boys 17 years (2005) (Select Event)	B16/6 or B17/6	6 km
	**	Item 12 & 13 – Victory Ceremony		
14	13:10 – G 10	Girls 10 years (2012)	G10/2	2 km
15	13:20 – B 10	Boys 10 years (2012)	B10/2	2 km
	**	Item 14 & 15 – Victory Ceremony		
16	13:30 – G 11	Girls 11 years (2011)	G11/3	3 km
17	13:45 – B 11	Boys 11 years (2011)	B11/3	3 km
	**	Item 16 & 17 – Victory Ceremony		
18	14:00 – G 12	Girls 12 years (2010)	G12/3	3 km
19	14:15 – B 12	Boys 12 years (2010)	B12/3	3 km
	**	Item 18 & 19 – Victory Ceremony		
20	14:30 – G 13	Girls 13 years (2009)	G13/3	3 km
21	14:45 – B 13	Boys 13 years (2009)	B13/4	4 km
	**	Item 20 & 21 – Victory Ceremony		
22	15:05 – G 14	Girls 14 years (2008)	G14/4	4 km
23	15:25 – B 14	Boys 14 years (2008)	B14/4	4 km
	**	Item 22 & 23 – Victory Ceremony		
24	15:45 – G 15	Girls 15 years (2007)	G15/4	4 km
25	16:05 – B 15	Boys 15 years (2007)	B15/4	4 km
	**	Item 24 & 25 – Victory Ceremony		
26	16:25 – SW 23	Senior Women (2002 to 1988); Women U/23 (2004/2003/2002/2001/2000)	SW/4, W23/4	4 km
27	16:45 – SM 23	Senior Men (2002 to 1988); Men U/23 (2004/2003/2002/2001/2000)	SM/4, M23/4	4 km
	**	Item 26 & 27 – Victory Ceremony		
28	17:05 – S W & 23	Senior Women (2002 to 1988), Junior (2004/2003) & Youth Women (2006/2005)	SW/2, J/2 & Y/2	2 km
29	17:15 – S M & 23	Senior Men (2002 to 1988), Junior (2004/2003) & Youth Men (2006/2005)	SM/2, J/2 & Y/2	2 km
	**	Item 28 & 29 – Victory Ceremony		
	**	Final details regarding Victory Ceremonies will be communicated at technical meeting		

6) Provincial Attire:

- All athletes of the same team will wear the official attire of their Province, of the same color during the competition and during all the ceremonies.
- The official uniform shall be in accordance with the ASA rules and regulations.
- All the participating member Provinces shall come with their Provincial uniform for inspection during the accreditation procedures at the Technical Meeting

7) Prize Monies:

The following main events (Items 10 & 11 – 4 positions) will compete for prize money.

Individual	Senior (Men & Women):
(1) 1 st Prize:	R 4 000
(2) 2 nd Prize:	R 3 000
(3) 3 rd Prize:	R 2 000
(4) 4 th Prize:	R 1 000

NB: Take note of paragraph 17(e) regarding Anti-Doping.

8) The 2 km event (individual) – Not a team competition:

Men & Women 2 km (Open Event): All ages as below may participate in these Men and Women individual category event provided that the athletes are 16 years or older on 31 December 2022, but younger than 35 years (born between 1988 and 2006).

- a) Senior Men (born between 1988 and 2002), Junior Men (2004/2003) & Youth Men (2006/2005)
- b) Senior Women (born between 1988 and 2002), Junior Women (2004/2003) & Youth Women (2006/2005)

9) The Cross Country Course:

See the attached map for the layout of the course. The course consists of a 2 km and a 1 km loop and the following will apply for the different distance races:

- i) The 1km race will be a short loop
- ii) The 2km race will do one 2 km loop
- iii) The 3km race will do one 1 km loop followed by one 2 km loop
- iv) The 4km race will do two 2 km loops
- v) The 6km race will do three 2 km loops
- vi) The 8km race will do four 2 km loops
- vii) The 10km race will do five 2 km loops

NB – Course inspection for Team Management, coaches and warm-up for Athletes, will be on Friday between 14:00 – 16:00

10) Team Manager’s Meeting:

The agenda will be available at the meeting.

- a) The Team Manager’s Meeting will take place as follows:
 - i) **Date:** Friday – 16 September 2022
 - ii) **Venue:** Bergsig Academy Cafeteria (top floor)
 - iii) **Time:** 16:00 – 17:00 Technical Meeting for the championship
- b) The meeting will be chaired by ASA Cross Country Chairperson. The following officials or delegates will be in attendance:
 - i) ASA Technical Delegate
 - ii) Not more than 3 representatives from each Province or Associate member;
 - iii) ANWN LOC Members;
 - iv) The ASA Cross Country Commission Members;

- v) Jury of Appeal; [Provinces to nominate 4 referees (2 x male & 2 x female) before and appointment will be made at the technical meeting the Friday for the championship.]
- vi) All Referees as appointed by ASA in accordance with ANWN.
- vii) All Technical Officials as appointed by ASA in accordance with ANWN and point 20 (c).
- c) Selection Criteria for 2023 WA Cross Country Championships 18 February 2023
 - i. Selection events clearly indicated on the program.
 - ii. Participation a prerequisite for selection of the 2023 WA World Cross Country Championships.
 - iii. Notification of possible athletes who's injured/withdrawal from Provincial teams to be submitted.
 - iv. Provinces to indicate athletes selected and participating in other National or International events.
 - v. Age sixteen and seventeen eligible as juniors for 2023.
 - vi. Age nineteen eligible as seniors for 2023.
 - vii. All athletes must participate in the correct age category for eligibility and selection purposes.
 - viii. Appeals must be submitted at the 2022 Championship
 - ix. The ASA Trials will be communicated and likely to be on 10th of December 2022.

11) Publication of Results:

- a) 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).
- b) A full set of results will be e-mailed to each province.

12) Assistance to Athletes:

- a) Water will be provided on the course at a water point ± 50 m past the start line.
- b) Water will be provided at the finish line.
- c) No Seconding will be allowed by any person except for authorized Championship officials.
- d) Where conditions warrant and taking in account the nature of the event, weather conditions and fitness of the majority of the competitors, water may be placed at more regular intervals along the route.

13) Athletes Control Centre (Call Room):

- a) The Call Room will be situated on the netball court close to the start area. All athletes must report to the Call Room at least 20 minutes before the start of their event.
- b) Only reporting athletes and authorized technical officials will be allowed inside the Call Room area. Parents and team coaches entering this area submit their athlete to the risk of disqualification.
- c) Team Managers are responsible for the clothing and personal belongings of the athletes.
- d) Ensure that every athlete comply with all the requirements needed in the competition. This includes race numbers, age category tags (SAMA age group categories only) and provincial attire.
- e) One Team Manager per province will be allowed in the call room to assist the Primary school athletes (Ages 6, 7, 8, 9, 10, 11, 12 & 13 years). No Team Managers will be allowed to assist the other age groups.

14) Team Scoring:

- a) All athletes entered by a Province, according to the age groups, will constitute a team of whom the best four athletes will score. A Province can win only one team prize in an event.

- b) The positions of the best four athletes are totaled and the team having the lowest aggregate shall be declared the winners. Individual athletes (if any) will be removed from the finishing list when calculating team prizes.
- c) In the event of a tie, it shall be resolved in favor of the team whose last scoring member finishes nearer the first position.
- d) Team medals will be awarded to the first three teams (4 members) in each event up to ages 60 – 64.

15) Victory Ceremony:

- a) The victory ceremonies will be according to the program in paragraph 5. The first three athletes in each individual event and the first three teams must report at the victory ceremony holding area.
- b) Only athletes dressed in their provincial tracksuits will be allowed to receive their medals on the podium.
- c) Athletes must report to the victory ceremony holding area 20-minutes prior to the time scheduled for the medal presentation of his/her event. NB - Certain events will be follow directly after participation.

16) Technical Data:

- a) Timing for all events will be VX2 Computerized Timing.
- b) Two Special License Bibs will be issued to each athlete. During the competition, athletes must always wear the numbers in their original shape and size, properly secured on the four corners. Please note WA Rule TR3.1 and TR5.7-9. *Any athlete who does not respect these rules will not be allowed to compete.*
- c) The athletes of each race will be videotaped at the finish line.

17) Anti-Doping Control:

- a) Anti-Doping Control will be conducted in accordance with the AIU and WA Procedural Guidelines for Anti-Doping Control under the supervision of an ASA Anti-Doping Control Delegate and the SA Institute for Drug Free Sport.
- b) On receiving a written notification for a test, the athlete must report to the Anti-Doping Control station within 60 minutes and will permanently be accompanied by an Anti-Doping Control chaperone.
- c) Athletes are entitled to be accompanied to the Anti-Doping Control Centre by one person of their choice. Personal identification must be presented.
- d) Sample collection will be carried out in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and let them sign a consent form, will carry out the test.
- e) All prize money will only be paid after receiving the confirmation of clearance from SAIDS

18) Medical Service:

Full medical services will be available with ambulances at the venue at specified points.

Medicare Hospital (Beyers Naude Street) will assist with medical services. (±200m from the school)

19) Protests regarding results:

- a) Protests shall be made in accordance with WA Rule TR8. During an event an athlete or his team official may lodge a verbal protest to the appropriate Referee.

- b) If the problem is not satisfactory solved, an appeal must be lodged in writing on the prescribed protest form, which can be obtained from the Technical Information Centre (TIC) and must be signed by a team manager.
- c) A written appeal/protest must be submitted to the TIC accompanied by a deposit of R500 – 00, not later than 30 minutes after the official announcement of the results of the event. ASA Rule 27.
- d) The decision of the Jury of Appeal shall be published in an official manner. The claimant will receive a copy of the final decision. The deposit of R500, which will be forfeited if the appeal is not upheld.

20) Team Management Composition:

- a) Team Managers and Coaches will be accredited as follows:

Up to 100 athletes	3 Team Managers	3 Coaches
For every 100 athletes (or part of 100) thereafter	1 Team Manager	1 Coach
- b) Teams may use more managers or coaches, but they will **not receive accreditation**.
- c) Provincial Technical Officials from the neighboring Provinces AFS, AGN, AGW, ACNW, AMPU, AVT, CGA and LIMA to a maximum of (2) members are allowed to do an application to be appointed for Technical Official duty during the championships. Travelling and accommodation will be with the Provincial teams.
- d) Other Provinces are allowed to request placing of (1) member but only on confirmation of placement from ANWN LOC & Technical Official Committee. All of these officials will travel with the Provincial Team Management and also share the same accommodation as the Provincial teams. All these applications must be submitted with the provincial team list and will be notified the Friday the 9th of September (4) days after closing of entries.

21) Technical Information Centre (TIC):

- a) The TIC shall be placed near the finish line. The center will help as link between Provinces, the Technical Delegate and the LOC. The exact position will be announced at the Team Managers Meeting.
- b) The TIC will be responsible of urgent notifications and Team Managers and officials will be able to collect the main technical results there. It will be open as from 06:30 the morning until the end of the championships.

22) Team Seating:

- a) An area will be demarcated for provincial tents and gazebos. Provinces are welcome to use their own gazebos, but no branded gazebos in conflict with ASA sponsors will be allowed.
- b) Limited spectator seating will also be available at the finish line area.

23) General:

- a) The competition will be conducted under 2020 – 2021 ASA Domestic & WA 2022 Competition Rules
- b) Athletes are not permitted to take any cell phones, music recorders, radios, I-pods etc., into the competition area/course.

- c) Spectators, Coaches and parents will not be allowed to run with participants or allowed on the course.
- d) If a Referee is satisfied on the report from a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered the athlete shall be disqualified.

24) Travel & Accommodation:

Travel and accommodation for the teams are the responsibility of the Provinces. For possible accommodation, please contact any of the following:

No	Establishment	Contact Person	Email address	Contact number
1	Bambelela Lodge	Sonja Nezar	sonja@bambelela-lodge.co.za	0836522006
2	Boogal Productions	Busisiwe Godlo	busig@boogal.co.za	0833171444
3	Boubou B & B	Marnice Van Der Smit	marnice@boubou.co.za	0834579954
4	Brauhaus Afrika	Christian Schlotfeld	chris@brau.co.za	0870980641
5	Dew Drop Spa	Josephine Phagane	info@dewdropspa.co.za ; jos@dewdropspa.co.za	0732037994
6	Echo Garden Guest House	Tumi Jonas	info@echogarden.co.za	0827787200
7	Finfoot Lake Reserve	Melani Van Der Westhuizen	finfoot@dreamresorts.co.za	0122778900 / 0606055878
8	Franka Guest House	Jeandre Du Preez	info@frankabb.co.za	0145973662/0834070127
9	Greenside Accommodation	Silvia Aires	greensideaccommodation@gmail.com	0715870051 / 0145920762
10	GS&Y Bed and Breakfast	Jermima	info@gsandybnb.co.za	0786290720
11	K&B Guesthouse	Dinah Bogatsu	info@knbguesthouse.co.za	0827113265
12	Kamogelo Guesthouse	Rally Kgoadiadi	kgoadi@mweb.co.za	0829572180/0145555489
13	KNY Transport	Kenny Paul	kennydriving@mweb.co.za	0813776111 / 0145942927
14	La Rona Hospitality Services	Alna Van Der Walt	alna@onsdorpshuis.co.za	0842990946
15	Legae La Tshepo B&B	Ouma Molefe	ouma@legaelatshepo.co.za	0824638377/0145555174
16	Lelapa Travel & Transfers	Anzelle Nortje	lelapa@lantic.co.za	0820424793
17	Letsatsing Lodge	Leb Moeng	lebo@letsatsinglodge.co.za	0833320099
18	Mankwe Gametrackers	Marisa Erasmus	info@mankwegametrackers.co.za	0145525020/0145575830
19	Mesora Spa	Oratilwe	spa@mesora.co.za	0660155901
20	Nare Tours	Tebogo Nare	info@naretours.com	0836226971/0606169268
21	Ons Dorpshuis Guest Houses	Alna Van Der Walt	bookings@onsdorpshuis.co.za	0145924677/0829275097
22	Phola Bed & Breakfast	Rose	nthaty101@gmail.com	0722435832
23	Rustenburg Boutique Hotel	Mariaan Van Der Walt	info@rustenburgbh.co.za	0145924645
24	Rusties Lodge	Tiane	rustieslodge@vodamail.com	0825576791/0721713444
25	Seokobale Guesthouse		rantakgomotso@gmail.com	0716703473/0725202370
26	Sundown Country Estate		rec1.sundown@gmail.com	0145731000 / 0836333243
27	The Royal Marang Hotel	Lesego Pule	gym@theroyalmaranghotel.co.za	0836957746
28	Thaba Legae Guest Lodge	Millicent Shai	info@thabalegae.co.za	0825023309/0828757154
29	Thoriso B&B		maletswailegari@gmail.com	0827095733
30	TshiBerry Boutique B&B	Carol Letshufi	info@tshiberry.com	084 884 8266

25) Enquiries:

Please contact Mr. Thabang Maleka at the ASA Office on 011 880 5800 or ThabangM@athleticssa.co.za for any additional information.

26) Course Layout:

