

SA CROSS COUNTRY CHAMPIONSHIPS 2025 TEAM MANUAL



**6 SEPTEMBER 2025
Kees Taljaard Stadium
Middelburg**



ATHLETICS MPUMALANGA

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1) DATE, VENUE AND DIRECTIONS

- a) **Date:** Saturday, 6 September 2025
- b) **Venue:** Kees Taljaard Stadium, Kanonkop, Middelburg, Mpumalanga.
(-25.754805162606857, 29.46561299993191)
- c) **Directions:** [tps://maps.app.goo.gl/faMmtwjM6eCpRsc96](https://maps.app.goo.gl/faMmtwjM6eCpRsc96)

From Johannesburg/Pretoria: Travelling on the N12 highway continue towards Emalahleni where it will connect onto the N4 highway. Continue on the N4 after the toll gate and take the second off ramp, the Fontein Street off ramp. Turn left onto Fontein Street/Samora Machel Street and continue straight. At the T-junction turn left onto Cowen Ntuli Street and turn right into the first street, Lillian Ngoyi Street. Follow Lillian Ngoyi Street for +- 1km. Kees Taljaard Stadium will be visible on the left. Steelcrest High School will be on the right. There will be parking available outside the stadium and on the grounds of Steelcrest High School.

d) **Parking at and around Kees Taljaard Stadium.**

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

Apart from street parking all around **Kees Taljaard Stadium**, there will also be limited secure parking available inside Steelcrest High School. The parking inside these demarcated areas is on a first come first served basis for a fee of **R 20 – 00** per vehicle, payable at the entrance gate on the 6 September 2025.

2) Activity Program:

TEAM ARRIVAL: FRIDAY, 5 SEPTEMBER 2025

Time	Activity	Venue
14:00 – 16:00	Collection of race numbers and registration. Final changes and withdrawals.	Kees Taljaard Stadium
14:00 – 16:00	The course will be open for inspection. Nobody will be allowed on the course before 14:00 on Friday.	
16:00 – 17:00	Team Managers Meeting/Technical Meeting	

CHAMPIONSHIPS: SATURDAY, 6 SEPTEMBER 2025

Time	Activity	Venue
07:00	Opening with scripter and prayer.	Kees Taljaard Stadium, Middelburg
07:10	Reading of athlete code.	
07:30	Start of First Event – Item 1 (Men M35 + etc.)	
17:45	Start of Last Event (Boys 16 & 17)	Kees Taljaard Stadium, Middelburg
19:00	Departure of Teams	

3) ENTRIES:

- Provincial teams are restricted to a maximum of eighteen athletes per gender per age category.
- Only South African citizens (SA Smart ID/Green SA ID or SA BC) will be allowed to enter as team members.
- Team Managers must collect their Provincial Registration Packs on Friday, 5 September 2025 between 14:00 and 16:00 at the Kees Taljaard Stadium.
- All changes and withdrawals (No Refunds) must be made on Friday 5 September 2025 between 14:00 and 16:00 at Kees Taljaard Stadium.
- Team Managers will receive the following for each team member:
 - Two ASA Championship Special License Bibs with a tear off strip. Do not fold the number.
 - 8 Pins.
 - Wrist band.
- 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.
- License Bibs and Age category tags** (Team Managers to ensure):
 - Senior, Junior and Youth** athletes will only display the **Special license Bibs** on the Provincial Attire.
 - Master athletes** need to display **Special license Bibs with Age category tags** during the competition as the different age groups will be running simultaneously (**Item's 1, 2a, 2b & 3**). **There will be age tags available on the 5th of September if needed.**

h) Entrance Fees

Entrance fee for all Provincial athletes, Team Coaches & Managers (all team members) is **R 50 – 00** per person and is **payable into the account of AMPU by the closing date of entries. (NB!!)** Provinces need to provide proof of payment at Registration before collection of numbers on the Friday afternoon.

Banking details of AMPU are as follows:

Bank: Athletics Mpumalanga
Account Name: NEDBANK
Type: Cheque Account
Code: 198 765
Account No.: 159 403 2289
Ref.: SACC – “Team Name – Province”

- i) The spectator entrance fee is **R 40-00** per person payable at the gate on the day of the event. Spectators will be issued with wristbands as proof of payment and is not transferable. There will be banking devices available to pay by card.
- ii) Wrist bands for all selected Provincial athletes, Team managers and appointed Team coaches will be issued at collection numbers. Wrist bands must be worn on the day of the event once they enter the venue and are 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.
- iii) Provincial teams need to provide a workable method for collection of Numbers and Wrist bands for athletes not traveling with the teams. AMPU 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 AMPU Registration staff.

4) CLOSING DATE FOR ENTRIES:

All entries must be done on the prescribed Excel-spreadsheet entry form and must be E-mailed to Thabang Maleka at ThabangM@athleticssa.co.za with the proof of payment, by no later than close of business on:

Monday, 25 August 2025 at 16:00.

- a. **NB – Separate nomination form for TO's if applicable as in point 21 (c)**
- b. **NB – Must be completed on the provided Excel document.**
- c. **NB – Provinces cannot expect that nominated officials will be placed.**

No individual or development entries will be allowed. Selected athletes must be in provincial attire.

5) AGE CATEGORIES:

The following age categories will participate in the 2025 National Championships:

- a) No athlete will be allowed to run outside of his or her age category except in the following cases:
 - i) Seniors (born between 1991 to 2005) Only these ages may participate in this age category provided that the athletes are 20 years or older on 31 December 2025.
 - ii) Under 23: Only athletes 22 years and younger, but at least 18 years of age on 31 December 2025 (born in 2003, 2004, 2005, 2006 and 2007).
 - iii) Junior athletes must be 19 years or younger, but at least 18 years of age on 31 December 2025 (born in 2006 or 2007).
 - iv) Master Men and Women: Any athlete who has reached his/her 35th birthday (Rule TR 3.1) Although all Masters (Men & Women) run simultaneous **(Item 1 & 3)** they are deemed separate age group races.

- v) 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 **4Km 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) Although the Seniors, Juniors, and Youth (Men & Women) run together in the **2Km event**, they are deemed three separate races. Therefore Men/Women Senior, Junior and Youth can only run in their specific category and must be indicated as such during the entry process (**Items 28 & 29**)
- d) Only athletes **7 years** or older on 31 December 2025 (born in 2018 or earlier) will be allowed to enter for the Championships.

6) PROVINCIAL ATTIRE:

- a) 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.
- b) The official uniform shall be in accordance with the ASA rules and regulations.
- c) 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 – 5 positions) will compete for prize money.

Individual	Senior (Men & Women):
(1) 1 st Prize:	R 5 000
(2) 2 nd Prize:	R 4 000
(3) 3 rd Prize:	R 3 000
(4) 4 th Prize:	R 2 000
(5) 5 th Prize	R 1 000

NB: Take note of paragraph 18(e) regarding Anti-Doping.

8) Program

Item	Start Time	Age Categories	Abbreviations	Distance
1	07:30 – M M 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 M 75+	Men 75-79; Men 80-84; Men 85-89; Men 90+	M75/4-90/4	4 km
3	08:40 – M M 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 (2017/2018)	G8/1	1 km
5	09:20 – B 8	Boys 8 years (2017/2018)	B8/1	1 km
6	09:30 – G 9	Girls 9 years (2016)	G9/2	2 km
	09:25 ±	Items 4 & 5 (Directly after the start of Item 6) – Victory Ceremony 09:35 & 09:40		
	09:30	Items 1; 2 & 3 – Victory Ceremony 08:30 09:45 08:55 09:15		
7	09:40 – B 9	Boys 9 years (2016)	B9/2	2 km
	**	Items 6 & 7 – Victory Ceremony 10:		
8	09:50 – J W	Junior Women (2006/2007) (Eligible for trials) (EFT)	JW/6	6 km
9	10:20 – J M	Junior Men (2006/2007) (Eligible for trials) (EFT)	JM/8	8 km
	**	Items 8 & 9 – Victory Ceremony		
10	10:55 – S W	Senior Women (EFT)	SW/10	10 km
11	11:35 – S M	Senior Men (EFT)	SM/10	10 km
	**	Items 10 & 11 – Victory Ceremony		
12	12:15 – G 16/17	Girls 16 years (2009); Girls 17 years (2008) (EFT)	G16/4 or G17/4	4 km
13	12:40 – B 16/17	Boys 16 years (2009); Boys 17 years (2008) (EFT)	B16/6 or B17/6	6 km
	**	Item 12 & 13 – Victory Ceremony		
14	13:10 – G 10	Girls 10 years (2015)	G10/2	2 km
15	13:20 – B 10	Boys 10 years (2015)	B10/2	2 km
	**	Item 14 & 15 – Victory Ceremony		
16	13:30 – G 11	Girls 11 years (2014)	G11/3	3 km
17	13:45 – B 11	Boys 11 years (2014)	B11/3	3 km
	**	Item 16 & 17 – Victory Ceremony		
18	14:00 – G 12	Girls 12 years (2013)	G12/3	3 km
19	14:15 – B 12	Boys 12 years (2013)	B12/3	3 km
	**	Item 18 & 19 – Victory Ceremony		
20	14:30 – G 13	Girls 13 years (2012)	G13/3	3 km
21	14:45 – B 13	Boys 13 years (2012)	B13/4	4 km
	**	Item 20 & 21 – Victory Ceremony		
22	15:05 – G 14	Girls 14 years (2011)	G14/4	4 km
23	15:25 – B 14	Boys 14 years (2011)	B14/4	4 km
	**	Item 22 & 23 – Victory Ceremony		
24	15:45 – G 15	Girls 15 years (2010) (EFT)	G15/4	4 km
25	16:05 – B 15	Boys 15 years (2010) (EFT)	B15/4	4 km
	**	Item 24 & 25 – Victory Ceremony		
26	16:25 – SW 23	Senior Women (2005 to 1991); Women U/23 (2007/2006/2005/2004/2003) (EFT)	SW/4, W23/4	4 km
27	16:45 – SM 23	Senior Men (2005 to 1991); Men U/23 (2007/2006/2005/2004/2003) (EFT)	SM/4, M23/4	4 km
	**	Item 26 & 27 – Victory Ceremony		
28	17:05 – S W & 23	Senior Women (2005 to 1991), Junior (2007/2006) & Youth Women (2009/2008) (EFT)	SW/2, J/2 & Y/2	2 km
29	17:15 – S M & 23	Senior Men (2005 to 1991), Junior (2007/2006) & Youth Men (2009/2008) (EFT)	SM/2, J/2 & Y/2	2 km
	**	Item 28 & 29 – Victory Ceremony		
	**	Final details regarding Victory Ceremonies will be communicated at technical meeting		

9) 2KM EVENT:

Athletes may participate in this Men & Women separate participation events (NO TEAM competition), provided that the athletes are 16 years or older on 31 December 2025 (born between 1991 – 2009).

10) 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. The following will apply for the different distance races:

- a) The 1km race will be a short loop.
- b) The 2km race will be one 2 km loop.
- c) The 3km race will do one 1 km loop followed by one 2 km loop.
- d) The 4km race will do two 2 km loops.
- e) The 6km race will do three 2 km loops.
- f) The 8km race will do four 2 km loops.
- g) 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

11) 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 – 5 September 2025
 - ii) **Venue:** Kees Taljaard Stadium – Wrestling Hall
 - iii) **Time:** 16:00 – 17:00 Technical Meeting for the championship
- b) ASA Cross Country Chairperson will chair the meeting, and the following officials or delegates will be in attendance:
 - i) Not more than 3 representatives from each Province or Associate member.
 - ii) ASA Commission members, ASA office staff, ASA Board members present and AMPU LOC Members.
 - iii) The Competition Director.
 - iv) 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.]
 - v) All Referees as appointed by ASA in accordance with AMPU.
 - vi) All Technical Officials as appointed by ASA in accordance with AMPU and point 20 (c).

12) SELECTION CRITERIA FOR 2026 WA CROSS COUNTRY CHAMPIONSHIPS.

- i. Selection events are clearly indicated on the program.
- ii. Participation is a prerequisite for selection of the 2026 WA Cross Country Championships.
- iii. Notification of 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 2026.
- vi. Age nineteen is eligible as seniors for 2026.
- vii. All athletes must participate in the correct age category for eligibility and selection purposes.
- viii. Appeals for athletes that were omitted must be submitted to the ASA office before the trials.

- ix. **Compulsory participation at ASA Trials will determine the final selection of the ASA Cross Country squad** and will be communicated as soon as WA issues the 2026 Championship manual.

13) PUBLICATION OF RESULTS:

- a) The results will be provided via WhatsApp group for each event and shall be displayed at the TIC after approval by the Chief Referee (approximately 30 minutes after completion of the race).
- b) A full set of the results will be e-mailed to each province.

14) ASSISTANCE TO ATHLETES:

- a) Water will be provided on the course at two water points.
- b) Bottled water will be provided at the finishline.
- c) No Seconding will be allowed by any person except for authorized Championship officials.
- d) Where conditions warrant and taking into account the nature of the event, weather conditions and fitness of most of the competitors, water may be placed at more regular intervals on the course.

15) ATHLETES CONTROL CENTRE (CALL ROOM):

- a) The Call Room will be situated next 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 athletes to the risk of disqualification.
- c) Team Managers are responsible for the clothing and personal belongings of the athletes.
- d) Ensure that every athlete complies with all the requirements needed in the competition. This includes 2 x Special license bibs, Master age category tags (**SAMA age groups**) with the approved provincial attire.
- e) One Team Manager per province will be allowed in the call room to assist the Primary school athletes (Ages 8, 9, 10, 11, 12 & 13 years). No Team Managers will be allowed to assist the other age groups.

16) 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.
- c) In the event of a tie, it shall be resolved in favor of the team whose 4th 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 80+.
- e) Master team composition the following will apply. An athlete may compete in a lower category team but must wear the appropriate age category tags and will forfeit all the original benefits from the individual competition of the higher age group (ex. A 50+ athlete may compete for the 45 – 49 team and individual) prizes for the event entered.

17) VICTORY CEREMONY:

- a) The victory ceremonies will be according to the program in paragraph 8. 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 20 minutes prior to the time scheduled for the medal presentation of his/her event. NB – Certain events will be followed directly after participation.

18) TECHNICAL DATA:

- a) Timing will be done manually with recording.
- b) Two Special license Bibs will be issued to each athlete. During the competition, athletes must always wear the bibs 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.

19) ANTI-DOPING CONTROL:

- a) Anti-Doping Control will be conducted in accordance with the AIU/WADA 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 conducted in compliance with the 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.

20) MEDICAL SERVICE:

Full medical services will be available with ambulances at the venue at Finish and first aid on course route back of soccer field. Communication with 2-way radios.

The medical service provider will be responsible for all medical services.

21) 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 satisfactorily 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 will be forfeited if the appeal is not upheld.

22) TEAM MANAGEMENT COMPOSITION:

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

Up to one hundred athletes	3 Team Managers	3 Coaches
For every 100 athletes (or part of 100) thereafter	1 Team Manager extra	1 Coach extra

- b) Teams may use more managers or coaches, but they will **not receive accreditation**.
- c) Provincial Technical Officials from the neighboring Provinces ACNW, AGN, ANWN, AVT, CGA and LIMA to a maximum of (4) members are allowed to do an application to be appointed for Technical Official duty during the championships. **Travelling and accommodation costs will be for the account of the provinces.**
- d) Other Provinces are allowed to request placing of **(1) member** but only on confirmation of placement from AMPU LOC & Technical Official Committee. All these officials will travel with the Provincial Team Management and share the same accommodation as the Provincial teams. All these TO nominations must be submitted by the 19th of August 2025 and confirmation from AMPU on the 26th of August 2025.

23) TECHNICAL INFORMATION CENTRE (TIC):

- a) The TIC should be placed near the finish line. The center will help as a 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. TIC open from 06:30 the morning until the end of the championships.

24) 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) Big pavilion for spectator seating at the finish line area.

25) GENERAL:

- a) The competition will be conducted under ASA Domestic & WA Competition and Technical 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.

26) TRAVEL & ACCOMMODATION:

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

Accommodation in Middelburg and area

Name	Town
HTS Middelburg Hostels	Middelburg
MHS Middelburg Hostels	Middelburg
High School General Hertzog	Emalahleni
Bethal High School Hostel	Bethal
Pari Guesthouse	Middelburg
Woods Guesthouse	Middelburg
Feathers Guest house	Middelburg
Del Roza Guesthouse	Middelburg
The urn Guest house	Middelburg
Middelburg Country Club	Middelburg
Diamond Rose Guest House	Middelburg
Aero Guest house	Middelburg
Kilimanjaro Guest House	Middelburg
The Gables Guest House	Middelburg
The Birches Guest House	Middelburg
Pumpkin Tree guest house	Middelburg
Oregon Place Guest House	Middelburg
Tulimelila Guesthouse	Middelburg
Creekside Guest House	Middelburg
Pienaardam Leisure	Middelburg
Forever Resort Loskopdam	Loskopdam
Sun 1 Witbank	Emalahleni
Woodpecker Guesthouse	Middelburg
Rondebosc Eco Cottages	Middelburg
Chambers Guest House	Middelburg
Unique Rose Botic Hotel	Middelburg
Zamabhele Gust House	Middelburg
3 Luxury Hotel Suites	Middelburg
Rustic Boutique Hotel	Middelburg
Sedgefield Lodge	Middelburg
Ndalo Guest Lodge	Middelburg
Lesedi Guesthouse	Middelburg
Woods Guesthouse	Middelburg
Sterkfontein Guest House	Middelburg
TNB Guest House	Middelburg
Olifant River Lodge	Emalahleni

Sunkissed Guest House	Middelburg
Midway Inn	Middelburg
The Plantation Guest House	Middelburg
Greenboat Guest House	Middelburg
Pride Rock	Middelburg
Sereni Guest House	Middelburg
Rustic Field Lodge	Middelburg
Diamond Rose Guest House	Middelburg
The Oreon Guest House	Middelburg
Magnolia Hotel	Middelburg
Tushiya Guest House	Middelburg
Ridderspoor Guest House	Middelburg
Reviner	Middelburg
Stay@12 Guest house	Middelburg
Hilo Guest House	Middelburg
Unique Rose	Middelburg
Kyalami Hotel	Emalahleni
Sunset Guest House	Vereeniging
Villa Anne Guest House	Middelburg
The Ridge Hotel	Emalahleni
ANEW Hotel Highveld	Emalahleni

27) RACE T-SHIRT

ASA will be selling T-shirts for Athletes, Team Management and Spectators.



PRE – ORDER SALE ONLY

NO.	NAME	SURNAME	PROVINCE	EMAIL ADDRESS	CONTACT NUMBER	SIZE	AMOUNT PAID
1.							
2.							
3.							
4.							

Please place your order by completing the attached form and submit proof of payment to Ms Bogadi Mokgatle at BogadiM@athleticssa.co.za and copy Ms Rego Malope at Regoabetswe@athleticssa.co.za

DEADLINE TO ORDER: 25 August 2025 by 12h00

COLLECTION

All pre-orders will receive their Cross Country T-Shirts on the 6th September 2025 at the event venue from 10h00 – 17h00.

On collection, please bring along proof of payment and order form.

ASA BANKING DETAILS

Bank : ATHLETICS SOUTH AFRICA
Account Name : NEDBANK
Type : CURRENT
Code : 198765
Account No. : 1008656941
Ref. : SAXCT – “Name & Surname – Province”

28) ENQUIRIES:

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

29) COURSE LAYOUT:

Event Map

