



ATHLETICS SOUTH AFRICA NPC

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To: ASA Members
From: ASA Office
Date: 24 October 2023
No pages: 1 + 2 Attachments

Dear ASA Members

CIRCULAR 34 OF ASA 2023 – ASA 2023 CROSS COUNTRY TRIALS

ASA will be hosting the Cross Country Trials on Saturday, **18th November 2023** at NWU High Performance Institute of Sport in Potchefstroom.

The trials will serve a sole purpose of selecting a team that will represent South Africa at the 2024 World Athletics Cross Country Championships scheduled to take place in Belgrade, SERBIA on the 30th March 2024.

The selected team will consist of: **6km U20 Girls; 8km U20 Boys; 10km Senior Men & Women and 4x2km Mixed relay (2 Men and 2 Women).**

Event Program – 18 November 2023		
Junior Girls	6km	06:30
Junior Boys	8km	06:55
Senior Women	10km	07:20
Senior Men	10km	07:55
Men & Women	2km	08:30

All athletes that are eligible to compete should complete the attached ASA bio-data form and send their copy of passport to ThabangM@athleticssa.co.za by the 9th November 2023 in order to confirm their participation/entry. Please note that no late entries will be accepted after the deadline.

Athletes not listed on the squad have the right to appeal/motivate to participate by completing the attached appeal form and send it to Hezekiel@athleticssa.co.za and copy ThabangM@athleticssa.co.za by the 9th November 2023. Please note that no late appeals will be considered after the deadline.

Kind Regards,

Terrence Magogodela

ASA ACEO

(Not signed due to electronic sending)

James MOLOI (President)
Jean VERSTER (Chair Track & Field)
Norma NONKONYANA (Additional)

Shireen NOBLE (Vice President)
Hendrick MOKGANYETSI (Chair Athletes)
Ntathu GWADISO (Additional)

Jakes JACOBS (Chair Cross Country)
Esther MALEMA (Additional)
Jazz MNYENGEZA (USSA Rep)

Enoch SKOSANA (Chair Road Running)
Adelina RANTHIMO (Additional)
Sabata KUMALO (SASA Rep)

Board Members

Mervyn KING

Honorary Members:
Mluleki GEORGE