

**ATHLETICS SOUTH AFRICA NPC**

Athletics House, No. 3, 11th Avenue, Houghton Estate, Johannesburg, 2198
 Tel: (+27) 11 880 5800 Fax: (+27) 11 788 6872 / (+27) 11 442 3091
 P O Box 2712, Houghton, 2041; www.athletics.org.za
 P O Box 2712, Houghton, 2041; www.athletics.org.za

To: ASA Members
 From: ASA Office
 Date: 08 November 2022
 No pages: 1+ 3 Attachments

Dear ASA Members

CIRCULAR 40 OF ASA 2022 - ASA CROSS COUNTRY TRIALS

ASA will be hosting the Cross Country Trials on the **3rd December 2022** 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 World Athletics Cross Country Championships scheduled to take place in Bathurst, Australia on the 18th February 2023.

The selected team will consist of:

6km U20 Women; 8km U20 Men; 10km Senior Men & Women and 4x2km Mixed Relay (2 Men and 2 Women) Team.

Event Program – 03 December 2022		
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 the athletes listed on the squad should complete the attached bio-data form and send their copy of passports to Hezekiel Sepeng at Hezekiel@athleticssa.co.za and Thabang Maleka at ThabangM@athleticssa.co.za by the 18th November 2022 in order to confirm their entries. Please note that no late entries will be accepted after the deadline.

Athletes who are not listed on the squad have the right to appeal/motivate to participate by completing the attached appeal form and send it to Hezekiel Sepeng at Hezekiel@athleticssa.co.za and Thabang Maleka at ThabangM@athleticssa.co.za by the 18th of November 2022. Please note that no late appeals will be accepted.

Kind Regards,

TERRENCE MAGOGODELA

ASA ACEO

(Not signed due to electronic sending)

James MOLOI (President) Shireen NOBLE (Vice President)
 Jean VERSTER (Chair Track & Field) Hendrick MOKGANYETSI (Chair Athletes)
 Norma NONKONYANA (Additional) Ntathu GWADISO (Additional)

Jakes JACOBS (Chair Cross Country) Enoch SKOSANA (Chair Road Running)
 Esther MALEMA (Additional) Adelina RANTHIMO (Additional)
 Jazz MNYENGEZA (USSA Rep) William MOKATSANYANE (SASA Rep)

Board Members

Mervyn KING

Honorary Members:
 Mluleki GEORGE