

Reference: AGN/Circular 55 of 2023

To: AGN Members
From: AGN Office
Date: 20 June 2023
Pages: 2 + 2 attachments

CIRCULAR 55 OF 2023 – AGN 10KM CHAMPIONSHIPS 2023

Dear AGN Members,

Athletics Gauteng North (AGN) will be hosting the Provincial 10km Championships incorporated with the Garsfontein Ice Breaker on 8 July 2023 at Garsfontein Primary School.

All entrants must be a registered AGN athlete with a 2023 permanent license and will be required to wear their license on race day. Athletes may not run with another athlete's permanent license and no temporary licenses will be allowed on the day.

Please note that participation at the AGN 10km Championships is compulsory in order to be selected onto the AGN 10km Team that will be participating at the ASA 10km Championships on 04 November 2023 at Mbombela, Mpumalanga – kindly find the selection criteria attached.

Age tags – Masters and Junior Athletes

All master and junior athletes must run with an age tag. Clearly displayed, one in front of the running vest and one on the back of the running vest. Age tags will be available for purchase at the event for R20.00 a pair.

Start Times

07:00am

Entries

Entries are R120.00 and should be done through the Garsfontein Ice Breaker Race.

Online entries via <https://www.entryninja.com/events/79154-garsfontein-ice-breaker> (online entries close on Friday, 20 June 2023)

Board Members:

Hendrick Mokganyetsi (President) Adv. James Matshekga (Vice President) Lukhanyo Mabinza (Chair Athletes) Buks Meyer (Chair Cross Country) Enoch Skosana (Chair Road Running) Siphon 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)

Entries and Race Number Collection will be available:

The Dutch Reformed Church, 285 Emmie Hartmann str
06 July 2023 from 09:00 – 13:00
07 July 2023 from 09:00 – 17:30

Garsfontein Primary School - Petronelia str. Entrance
On Race Day, 08 July 2023, from 05:30 at the venue,

Prize Money & Medals

Provincial medals and prize money will be awarded to the top 3 finishers (Gold, Silver, and Bronze). Only AGN registered athletes will qualify for a medal and prize money.

PRIZE MONIES (AGN Athletes only)

NR	MEN Open	WOMEN Open
1	R2000	R2000
2	R1500	R1500
3	R1000	R1000
NR	BOYS 14-19	GIRLS 14-19
1	R500	R500
2	R400	R400
3	R300	R300
NR	MEN 40-49	WOMEN 40-49
1	R500	R500
2	R400	R400
3	R300	R300
NR	MEN 50-59	WOMEN 50-59
1	R500	R500
2	R400	R400
3	R300	R300
NR	MEN 60-69	WOMEN 60-69
1	R500	R500
2	R400	R400
3	R300	R300
NR	MEN 70+	WOMEN 70+
1	R500	R500
2	R400	R400
3	R300	R300

Kindly find the Garsfontein Ice Breaker Pamphlet as well as the AGN Road Running Selection Criteria attached.

Kind Regards

AGN ROAD RUNNING COMMISSION

Board Members:

Hendrick Mokganyetsi (President) Adv. James Matshekga (Vice President) Lukhanyo Mabinza (Chair Athletes) Buks Meyer (Chair Cross Country) Enoch Skosana (Chair Road Running) Siphon 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)