

To be the best athletics Province in South Africa

**Reference: AGN/Circular 69 of 2023**

To: AGN Members  
From: AGN Office  
Date: 1 August 2023  
Pages: 2 + 9 attachments

**CIRCULAR 69 OF 2023 – AGN CROSS COUNTRY CHAMPIONSHIPS**

Dear AGN Members

The 2023 AGN Cross Country season is now on a full gallop and we are racing towards the AGN Cross Country Championships that will be taking place on Saturday, 19 August 2023 at Tshwane University of Technology (TUT), Pretoria West Campus.

Kindly find the results for the following AGN Leagues 7 – 10 attached:

- i. AGN League 7 – Primary Schools, 21 July 2023 at Witpoort.
- ii. AGN League 8 – Secondary Schools, 26 July 2023 at Sutherland.
  - Juniors Girls Individual
  - Juniors Boys Individual
  - Senior Girls Individual
  - Senior Boys Individual
  - Senior Men Race
- iii. AGN League 9 – Primary Schools, 28 July 2023 at Queenswood.
- iv. AGN League 10 – Junior, Senior and Masters, 29 July 2023 at Eldoraigne.
- v. AGN League 1 – Mamelodi, 27 July 2023

Please note that the manual for the AGN Cross Country Championships with all the information will be shared soon but, in the meantime, we would like to highlight the following:

1. Entries must be done on the excel spreadsheet that will be available by 3 August 2023. Closing date for the pre-entries will be 15 August 2023
2. We urge all the clubs/schools to pre-enter their athletes. One person of the club/school will collect the race cards for all their athletes on the Friday, 18 August 2023 before the champs between 14:00 to 17:00 and on the day of the Championships Saturday, 19 August 2023 from 06:00.
3. All athletes should enter for the correct race and participate in the entered race, kindly look at the age categories on the program. Athletes will unfortunately not be selected if they participate in the wrong race.

**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)**

4. All entry fees must be made via EFT into AGN account. Please DO NOT forward proof of payment to the AGN office – clubs/schools and individual athletes must bring proof of payment when collecting race cards.
5. The AGN Cross Country Championships program will be available by 3 August 2023. The program is exactly the same as the SA Cross Country Championships program.
6. Course inspection will only be on Friday 18 August 2023 from 14:00 till 17:00.
  - a. Nobody will be allowed on the course before that time and nobody will be allowed on the course on Saturday.
7. All athletes must run with an ASA 2023 License number.
8. The AGN Cross Country Championships is open to all AGN athletes.
9. Please be reminded that all athletes should have compete in a minimum of four AGN Cross Country League meetings PLUS the compulsory AGN Championships in order to be selected onto the AGN Cross Country Team that will be participating at the ASA Cross Country Championships in Nelson Mandela University, Gqeberha on Saturday, 16 September 2023.

#### AGN Cross Country Team - training run and team meeting on 26 August 2023

Since 15 November 2022 the “Training run for ASA National Cross Country Champs (All ages)” at Peach Tree Farm were on the AGN Combined fixtures list. This is for the AGN Cross Country team going to the ASA National Championships. This is also the team meeting where more info about the ASA National Championships will be announced. We want the whole team at this training run and team meeting. More about this to follow soon.

Kind Regards

**AGN: Cross Country Commission**

**Athletics**  
**Gauteng North**

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