



1992-2019

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**BOARD MEMBERS**

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**MISSION**

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	ASA Office
Date	08 January 2019
Subject	ASA Cross Country Trials to select team for 2019 IAAF World Cross Country Championships
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**ELECTRONIC TRANSMISSION**

**CIRCULAR 4 OF 2019**  
**ASA CROSS COUNTRY TRIALS TO SELECT TEAM FOR 2019 IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS**

ASA Circular 124 of 2018 has bearing.

ASA's first national event for the 2019 athletics season, the 2019 ASA Cross Country Trials, will take place on 19 January 2019 on the TUKS Sport Grounds in Tshwane.

The ASA Cross Country trials will be held to select the first ASA team that will represent South Africa internationally.

From the results of the 2019 ASA Cross Country Trials, a team will be selected to represent South Africa at the 2019 IAAF World Cross Country Championships on 30 March 2018 in Aarhus, Denmark.

**ASA Cross Country Trials Programme**

Junior Girls	06:30
Junior Boys	06:50
Senior Women	07:15
Senior Men	07:45

The following athletes are invited to the 2019 ASA Cross Country Trials:

- The ASA Squad selected from the 2018 ASA Cross Country Championships results
- Individual athletes entered by ASA Provinces

The names of the athletes of the above squads are listed below.

Athletics greetings

Richard Stander  
ASA ACEO  
Not signed due to electronic sending

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## **ASA CROSS COUNTRY PREPARATION SQUAD FOR ASA CROSS COUNTRY TRIALS 2019**

*Notes: Athletes in squad ASA will cover their own cost*

<b>NO</b>	<b>NAME</b>	<b>SURNAME</b>	<b>PROVINCE</b>	<b>AGE CATERGORY</b>
1	NGCONDE	MATWEBU	AFS	Junior Men
2	CARLO	FLINK	WPA	Junior Men
3	MAXIME	CHUMETON	CGA	Junior Men
4	NHLOSO	NDLOVU	AFS	Junior Men
5	MODUPI	TLADI	AFS	Junior Men
6	TUMI	LEPHOTHO	CGA	Junior Men
7	PRECIOUS	MASHELE	CGA	Senior men
8	KABELO	SEBOKO	CGA	Senior men
9	MBULELI	MATHANGA	KZNA	Senior men
10	MILTON	KEKANA	AGN	Senior men
11	THABANG	MOSIAKO	ACNW	Senior men
12	SISANDA	DUMISA	AGN	Junior women
13	LETHABO	MAKGOGA	CGA	Junior women
14	YANDISWA	SHANGE	BOLA	Junior women
15	NTSOAKI	MOLAHLOE	AFS	Junior women
16	NTOMBONZI	TYWALANA	KZNA	Junior women
18	KESA	MOLOTSANE	AFS	Senior Women
19	JANET	MBHELE	KZNA	Senior Women
20	AYNSLEE	VAN GRAAN	AGN	Senior Women
21	THOBILE	MKHIZE	KZNA	Senior Women
22	LEBOGANG	PHALULA	CGA	Senior Women

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**ASA CROSS COUNTRY INVITATIONAL ATHLETES FOR TRIALS 2019 ASA ENTERED BY ASA PROVINCES***These athletes below are at the cost of the provinces attending the trials*

NO	NAME	SURNAME	PROVINCE	AGE CATERGORY
1	CHRISTOPHER	SWART	AGN	Junior Men
2	LEBOHANG	MAHLOANE	KZNA	Junior Men
3	MOKGESENG	RAMULAMU	ATRA	Junior Men
4	RIEVAN	LOMBARD	AGN	Junior Men
5	CALEB RYAN	BEUKES	CGA	Junior Men
6	ROBERT DE	VILLIERS	ACNW	Junior Men
7	WALDO	KAPTEIN	ASWD	Junior Men
8	MALVIN	VISSER	ASWD	Junior Men
9	OLIVER	STEWART	WPA	Junior Men
<b>Senior Men</b>				
1	PAKISO	MTHEMBU	AFS	Senior Men
2	RYAN	MPHAHLELE	CGA	Senior Men
3	MARKO	BUCARIZZA	CGA	Senior Men
4	GLADWIN	MZAZI	CGA	Senior Men
5	COLLEN	MULAUDZI	AGN	Senior Men
6	ELROY	GELANT	ACNW	Senior men
7	BONGINKOSI	ZWANE	KZNA	Senior men
8	SILINDILE	GUBESE	KZNA	Senior men
9	JERRY	MOTSAU	ACNW	Senior men
10	LUKHANYO	MABINZA	AGN	Senior men
11	IAN	SLINGER	ACNW	Senior men
12	ANTHONY	TIMOTHEUS	WPA	Senior men
13	ROWHALDO	RATZ	WPA	Senior men
14	ASHLEY	SMITH	WPA	Senior men
15	DUWAYNE	PHILANDER	WPA	Senior men
<b>Junior Women</b>				
1	NICOLE	LOUW	BOL	Junior Women
2	CASEY	BOSMAN	CGA	Junior Women
3	CARMIE	PRINSLOO	AGN	Junior Women
4	PRUDENCE	SEKGODISO	AGN	Junior Women
5	SHANLEY	KOEKEMOER	AGN	Junior Women
6	LYNDI	ROELOFSE	CGA	Junior Women
7	CARA	DU PREEZ	ACNW	Junior Women
8	DANIELLE	VERSTER	ACNW	Junior Women
<b>Senior Women</b>				
1	TYLER	BELING	AFS	Senior Women
2	MARNE	MENTZ	AFS	Senior Women
3	LEBO	PHALULA	CGA	Senior Women
4	THOBILE	VILAKAZI	CGA	Senior women
5	RACHEL	LEISTRA	CGA	Senior women
6	KHUTSO	MOKHELTA	CGA	Senior women
7	CHERISE	SIMS	BORA	Senior Women
8	HANLI	ETSEBETH	ACNW	Senior Women
9	DOMINIQUE	SCOTT	WPA	Senior Women

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