



1992-2018

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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	11 December 2018
Subject	ASA Cross Country Trials to select team for 2019 IAAF World Cross Country Championships
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ELECTRONIC TRANSMISSION

**CIRCULAR 124
ASA CROSS COUNTRY TRIALS TO SELECT TEAM FOR 2019
IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS**

ASA will host the 2019 ASA Cross Country Trials on 19 January 2019 on the TUKS Sport Grounds in Tshwane.

The purpose of the 2019 ASA Cross Country Trials will be to identify the team that will represent South Africa at the 2019 IAAF World Cross Country Championships 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:

Name	Surname	Prov	Cat	Name	Surname	Prov	Cat
Ngconde	Matwebu	AFS	Junior Men	Sisanda	Dumisa	AGN	Junior Women
Carlo	Flink	WPA	Junior Men	Lethabo	Makgoga	CGA	Junior Women
Maxime	Chumeton	CGA	Junior Men	Yandiswa	Shange	BOLA	Junior Women
Nhloso	Ndlovu	AFS	Junior Men	Ntsoaki	Molahloe	AFS	Junior Women
Modupi	Tladi	AFS	Junior Men	Ntombonzi	Tywalana	KZNA	Junior Women
Tumi	Lephotho	CGA	Junior Men				
Precious	Mashele	CGA	Senior Men	Glenrose	Xaba	AGN	Senior Women
Jeromy	Andreas	CGA	Senior Men	Kesa	Molotsane	AFS	Senior Women
Kabelo	Seboko	CGA	Senior Men	Janet	Mbhele	KZNA	Senior Women
Mbuleli	Mathanga	KZNA	Senior Men	Aynslee	Van Graan	AGN	Senior Women
Milton	Kekana	AGN	Senior Men	Thobile	Mkhize	KZNA	Senior Women
Thabang	Mosiako	ACNW	Senior Men	Lebogang	Phalula	CGA	Senior Women