



1992-2019

CONTACT DETAILS

t: +27 (0) 11 880 5800
t: (+27) 11 442 3091
@: ceo@athleticssa.net
www.athletics.org.za

POSTAL ADDRESS

P O Box 2712
Houghton Estate
2041

STREET ADDRESS

Athletics House
No. 3, 11th Avenue
Houghton Estate
Johannesburg 2198

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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	18 March 2019
Subject	ASA Team to 2019 IAAF World Cross Country Championships
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ELECTRONIC TRANSMISSION

Circular 28 of ASA 2019 (03/18) - ASA TEAM TO 2019 IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

Dear ASA Members

Please find attached the Team that will represent South Africa at the 2019 IAAF World Cross Country Championships in Aarhus, Denmark, on 30 March 2019.

The preparation of the team was as follows:

1. The Cross Country Squad was originally identified at the 2018 ASA Cross Country Championships in Port Elizabeth on 8 September 2018.
2. A Preliminary Cross Country team was selected after the ASA Cross Country Trials in Pretoria on 19 January 2019.
3. On 2 March 2019 the Preliminary Team was subjected to a fitness test in Potchefstroom.

The final team that will represent South Africa at the 2019 IAAF World Cross Country Championships are 22 athletes (6 junior men, 6 senior men, 5 junior women and 5 senior women).

The final team is listed below.

Athletics greetings

Richard Stander

ASA ACEO

Not signed due to electronic sending

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**IAAF World Cross Country Championships
Aarhus, DEN 2019
Final Team**

No.	Name & Surname	Event	Province
Junior Men			
1	Nicholas SEOPOSENGWE	8km	CGA
2	Maxime CHAUMETON	8km	CGA
3	Robert DE VILLIERS	8km	ACNW
4	Tumi LEPHOTHO	8km	CGA
5	Joshua PHOLOANA	8km	AFS
6	Ngconde MATWEBU	8km	AFS
Senior Men			
1	Precious MASHELE	10km	CGA
2	Rantso MOKOPANE	10km	ACNW
3	Pakiso MTHEMBU	10km	AFS
4	Ryan MPHAHLELE	10km	CGA
5	Kabelo SEBOKO	10km	CGA
6	Thabang MOSIAKO	10km	ACNW
Junior Women			
1	Carmie PRINSLOO	6km	AGN
2	Gene COETZEE	6km	CGA
3	Danielle VERSTER	6km	ACNW
4	Cara DU PREEZ	6km	ACNW
5	Prudence SEKGODISO	6km	AGN
Junior Men			
1	Kesa MOLOTSANE	10km	AFS
2	Dominique SCOTT	10km	WPA
3	Janet MBHELE	10km	KZNA
4	Aynslee VAN GRAAN	10km	AGN
5	Glenrose XABA	10km	AGN

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