



1992-2018

CONTACT DETAILS

t: +27 (0) 11 880 5800
f: (+27) 11 442 3091
@: DurellJ@athleticssa.co.za
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	16 July 2018
Subject	Cross Country courses should develop speed endurance and strength endurance
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ELECTRONIC TRANSMISSION

Dear ASA Members

Circular 73 of ASA 2018 (07/16) – CROSS COUNTRY COURSES SHOULD DEVELOP SPEED ENDURANCE AND STRENGTH ENDURANCE

ASA Circular 34 has bearing.

With the domestic Cross Country Season now in its final phase in preparation for the 2018 ASA Cross Country Championships, ASA Members are reminded to standardize Cross Country Courses in preparation for the 2018 ASA Cross Country Championships.

With specific reference to ASA Domestic Rules 31.2.5 - 35.2.12, Cross Country Organizers are advised to certify the cross country courses, including the provincial championships courses as 2km and 1km loops. The ASA Cross Country Championships Course will also be laid out in accordance with ASA Domestic Rules 31.2.5 - 35.2.12.

The cross country routes should be design to encourage coaches to develop the strength endurance and speed endurance of their athletes from this point onwards.

At the 2018 ASA Cross Country Championships, ASA will identify athletes running fast times. Please refer to point 10a in the ASA Cross Country Championships Team Manual in this regard.

The above strategy is requested to prepare South African Athletes to neutralize the impact of top athletes from North Africa whom run the same speed in the middle of the race and in some cases even increase the running speed in the middle laps. South African athletes are often left behind in the middle laps of a race as they tend to relax in the middle laps in preparation for the final sprint in the last lap. As a result the South African athletes fall behind and cannot close the gap on the leading pack in the final laps.

Only athletes running faster than the set times below will be invited to the 2019 ASA Cross Country Trials to identify a preliminary team for the 2019 IAAF World Cross Country Championships.

Target Times – Senior Men 30:50 (10 km) and Women 36:05 (10 km)
Target Times – Junior Boys 25:50 (8 km) and Junior Girls 21:55 (6 km)

Athletics greetings

Richard Stander
ASA ACEO
Not signed due to electronic sending