



1992-2018

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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	13 April 2019
Subject	Standardization of Cross Country courses in South Africa
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ELECTRONIC TRANSMISSION

Dear ASA Members

Circular 34 of ASA 2018 (04/13) – STANDARDIZATION OF CROSS COUNTRY COURSES IN SOUTH AFRICA

Coaches and athletes are already in preparation for the 2018 Cross Country Season. The 2018 ASA Cross Country season is due to start in all earnest over the next few weeks.

It is of paramount importance that Provinces advise the Cross Country Organizers to align the cross country courses at provincial level with the 2018 Domestic Rules and Regulations with specific reference to Rule 35.2 which give guidance as to how to qualify for the 2018 ASA Cross Country Championships.

It was noted that South African Teams representing South Africa at CAA and IAAF Championships events, has difficulty to maintain their running speed in the middle of the race, e.g. laps 2, and 3 of a 5 lap (10km) race.

ASA Domestic Rule 35.2 gives guidance as to the standardization of cross country courses. Standardized cross country courses will enable the athletes to compare the times of each lap. It is also important that race organizers read out lap times in the same way it is done on track events, to encourage athletes to maintain their running speed throughout the race, and in doing so contribute to the development of speed endurance of the cross country athletes.

The above strategy is requested to neutralize the impact of top athletes from north Africa running the same running 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.

ASA believe that with the assistance of the race organizers at provincial level, to focus the attention of athletes and coaches on maintaining running speed in the middle laps of a race, athletes will be able to close the gap between themselves and the leading pack of runners, and collectively, this will again lead to ASA becoming a major contender in Cross Country in the world.

Your assistance regarding the above will be highly appreciated.

Athletics greetings

Richard Stander
ASA ACEO
Not signed due to electronic sending