

Activities of Athletics Gauteng North 2016

Road Running

- ❖ A guideline for prize money at races was approved but it still remains a guideline only
- ❖ A proposal was approved regarding fixed entry fees at league races.
- ❖ A draft proposal regarding the increase of entry a fee on race days was drawn up it is still waiting for board's approval.
- ❖ Road running has competed in the three major south Africa Championships and they have done us very proud I want to complement the Management team and the athletes.

Race Walking

- ❖ The Race Walking Commission assisted and coordinated with the Road Running Commission and the relevant clubs to host both the 10km and 21km AGN Walking Championships which was successful.
- ❖ An additional member was co-opted into the Commission to assist the Race walking with the development duties.
- ❖ There is a vast improvement in walking judges at the race thanks to technical Committee that assisted with making sure that qualified judges are properly placed.
- ❖ A development group of youngsters started coming together at the stadium in Lucas Moripe at Atteridgeville on a weekly basis and are being taught to walk (with enthusiasm).
- ❖ A team of just over 40 athletes were selected to participate at the ASA Road Walking Championships in Cape Town, on 8 October 2016 and the performed very well and we compliment them for their sterling performance.
- ❖ Ongoing programme is that the Commission is planning a race-walking meeting for various age groups over various distances (done on a 2km circuit) in November, aimed at promoting walking at the more competitive and top athletes (also hoping to attract walkers from other provinces).

❖ On behalf the AGN board I will like to congratulate the following walkers for their performance and achievement in AGN, ASA Championship.

- **Tumisang Pule – Junior boys junior – gold**
- **Sizwe Ndebele – o/23 men – gold**
- **Wayne Snyman – Senior men – silver**
- **Vincent Nhlapo – Sub-youth boys – bronze**

❖ Sizwe Ndebele and Wayne Snyman represented South Africa at IAAF World Race walking team Championship in Rome.

❖ Once more 2 race-walkers from AGN were part of the SA Team to the Rio Olympic Games, namely Mark Mundell and Wayne Snyman.

TRACK AND FIELD

The 2016 of the Track and Filed season started off with a bang when Akani Simbine broke the 100m record at Pilditch, during his 1st race of the season, at the 1st ASA Night Series when he crossed the finish line in a time of 9.96, becoming the sole record hold in this event. With this time, he also became the 1st South African to break 10 seconds 3 times. Akani Simbine subsequently broke the SA Record in the 100m in a time of 9.89 in Hungary This time is the 26th ever fastest time over 100m and 5th fastest for 2016.

AGN for the 1st time in many years won the medal table at the ASA Junior Championships which is an indication of the great work clubs and coaches are doing in the Province to nurture the future stars of tomorrow. **AGN won 123 medals, 51 gold, 38 silver and 34 bronze.** AGN repeated this feat and finished on top of the medal table with **38 medals, 15 gold, 14 silver and 9 bronze.**

No fewer than 34 athletes of AGN were chosen for the CAA African Championships that was held in Durban. Our athletes did exceptionally well and won 13 medals of the overall 33 medals won by Team SA.

The breakdown of the medals during African Championship is as follows:

(8) Gold

(3) Silver

(2) Bronze

11 athletes from AGN represented South Africa at the IAAF U/20 Championships which was held in Lusaka Zambia and Poland in June and July respectively and the athletes did very well during these Championships we want to congratulate these athletes for their performances and their coaches.

OLYMPIC GAMES

Again 14 athletes represented AGN in Rio at the 2016 Olympic Games – 13 South Africans and 1 from Mozambique. The standard of athletics was very high this year around and our

athletes had to work very hard to advance to the semi-finals and finals whilst enduring the unpredictable weather conditions that, at times, was challenging.

Luvo Manyonga - The only field athlete from AGN in the Long Jump won a silver medal when he jumped 8.37m. He lost gold by 1cm when the American, Jeff Henderson, jumped 8.38m in his last jump. Congratulation to Luvo Manyonga and gratitude also goes to his Coach Mr Nel Cornelius a son to one of our Board Member Danie Cornelius convey our gratitude for job well done.

PARALYMPICS

During the Paralympics also held in Rio a 14 year old double amputee, Thando Mahlangu from AGN who also attend his primary school at Constantia Park, ran against senior athletes in the 200m but showed them that age does not matter when he won the silver medal in the final of this event. This is a wonderful achievement by this young man with a very bright future ahead, gratitude also goes to his Coach Cathy Landsberg.

Track and Field in Gauteng North is extremely healthy and has been leading the provinces of ASA when it comes to contributing to South African teams and world class performances and will continue to do so in the years to come.

SUB-YOUTH TRACK AND FIELD

Three sub league meeting of AGN's Sub-Youth Track and Field has taken place since September and several good performances has been recorded. Three more events will take place before the AGN Sub Youth Championships on 5 November 2016.

Due to the season being completed, the Track and Field Commission did not meet in September.

The final event for the athletes of all ages will be the annual Gert le Roux Memorial Meeting that will take place on 28/29 October 2016 at the Bestmed Tuks Athletics Stadium.

ATHLETES COMMISSION

In the last year, 2014/2015 Athletes Commission have not been active, not been implementing or developing programs in the Province.

This Athletes Commission held several meetings to look into prize monies and entry fees in the Province, from that meeting a proposal was drafted to the Road Running Commission and The Board to look into the proposal to the Increase of Prize money with the aim to improve community health/poverty alleviation by championing a lifelong commitment to running and is only one of the many innovations that need to be introduced for AGN road running events.

Senior Athletes were paid prize money in our AGN Championships

CROSS COUNTRY

The national cross country championships took place on 10 September in George. It was the best ever performance by the AGN cross country team and it shows that our focus on mass participation, integration with schools and assistance to athletes in rural communities are paying dividends.

We received medals as follows:

52 Gold

46 Silver

40 Bronze

Development

I want to state to you that issue of developing our Athletes, Coaches, Administrators, and Technical Official is improving gradually as promised we are still struggling there and there but we will come right. We need to make efforts and improve in development. The development of athletes goes hand-in-hand with the development of coaches, Athletics Gauteng north utilise athletics to encourage, motivate and inspire youth with the aim of enhancing their morale to perform to their outmost ability let's invest in our youth