



ATHLETICS SOUTH AFRICA NPC
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To: ASA Members
From: ASA Office
Date: 02 November 2023
No pages: 1 + 1 Attachment

Dear ASA Members

CIRCULAR 36 OF ASA 2023 – ASA 2024 RELAY SQUAD AND TRAINING CAMPS

Please find attached the ASA Relay Squad and training camps that will be held at HPI Potchefstroom from the 23 - 24 November 2023.

ASA is thrilled to announce the upcoming Relay Training Camps aimed at preparation for the World athletics Relays and Olympic Games in Paris.

Kind Regards,

(Not signed due to electronic sending)

TERRENCE MAGOGODELA
ASA ACEO

James MOLOI (President)
Jean VERSTER (Chair Track & Field)
Norma NONKONYANA (Additional)

Shireen NOBLE (Vice President)
Hendrick MOKGANYETSI (Chair Athletes)
Ntathu GWADISO (Additional)

Jakes JACOBS (Chair Cross Country)
Esther MALEMA (Additional)
Jazz MNYENGEZA (USSA Rep)

Enoch SKOSANA (Chair Road Running)
Adelina RANTHIMO (Additional)
Sabata KUMALO (SASA Rep)

Board Members

Mervyn KING

Honorary Members:
Mluleki GEORGE



**WORLD ATHLETICS RELAYS, BAHAMAS 2024
ASA SQUAD AND PREPARATION PLAN**

The following training camps will be held towards the World Athletics Relay Championships and Olympic Games 2024.

TRAINING CAMP AND COMPETITIONS

Dates	Description	Location
23-24 November 2023	Training Camp 1	Potchefstroom
01-02 March 2024	Training Camp 2	Potchefstroom
13 th March 2024	Pre-competition Camp	Potchefstroom
14 th March 2024	Competition 1(4x400m M/F)	Potchefstroom
17 th March 2024	Pre-competition Camp	Pretoria
18 th March 2024	Competition 2 (4x100m & Mixed Relay M/F)	Pilditch Stadium
27 th March 2024	Pre-competition Camp	Johannesburg
28 th March 2024	Competition 3 (4x400m W/4x200m M/W)	UJ University
TBA	All Africa Games	
18-21 April 2024	ASA National Championships	Maritzburg
28-30 April 2024	World Relays Training Camp 3	Pilditch Stadium
01 May 2024	Team Departure	
04-05 May 2024	World Athletics relays Championships	Bahamas
06 May 2024	Team Return	
TBA	International Training Camp 1	TBA
22 nd July 2024	Final Training Camp	Montpellier FRANCE
01-11 August 2024	Olympic Games	Paris

PREPARATION SQUAD

4x100m Men			
No	SB	Name & Surname	Province
1	9.91	Shaun MASWANGANYI	AGN
2	9.92	Akani SIMBINE	CGA
3	10.09	Rivaldo ROBERTS	AGN
4	10.10	Tsebo MATSOSO	CGA
5	10.10	Benjamin RICHARDSON	ACNW
6	20.15	Luxolo ADAMS	EPA
7	20.22	Clarence MUNYAI	AGN
8	20.28	Sinesipho DAMBILE	AGN
4x400m/Mixed Men			
1	44.08	Wayde VAN NIEKERK	BOLA
2	44.74	Zakithi NENE	KZNA
3	44.80	Lythe PILLAY	CGA
4	45.15	Gardeo ISAACS	WPA
5	45.53	Sokwakhana ZAZINI	AGN
6	45.88	Tumisang SHEZI	AGN
7	45.97	Anele NZWANZWA	AGN
8	46.04	Antonie Matthys NORTJE	AGN
4x100m Women			
1	11.41	Tamzin THOMAS	ACNW
2	11.47	Viwe JINGQI	ACNW
3	11.47	Banele SHABANGU	AGN
4	11.49	Phindile KUBHEKA	ACNW
5	11.60	Kayla MURRAY	CGA
6	11.65	Reabetswe MOLOI	AGN
7	11.69	Reabaka MATSHITSE	AGN
8	11.74	Joviale MBISHA	CGA
4x400m/Mixed Women			
1	50.81	Zen�y VAN DER WALT	AGN
2	50.90	Miranda COETZEE	ANWN
3	51.80	Shirley NEKHUBUI	EPA
4	51.81	Marlie VILJOEN	AGN
5	52.61	Taylon BIELDT	AGN
6	52.82	Angelique STRYDOM	AGN
7	53.04	Coleen SCHEEPERS	AGN
8	53.14	Precious MOLEPO	AGN