



# PAUL ROOS

GIMNASIUM | GYMNASIUM

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Suidwal, Stellenbosch, 7600, South Africa

Dear cross-country athletes,

Coach Jacques Janse van Rensburg and I are very excited about the cross-country season this year. The school league races start on the first Wednesday of next term already and we would like to take part in all of them.

Die skolelandlooptliga werk as volg:

Ons kompeteer teen Stellenbosch, Paarl, Wellington en Franschoek-skole. Die wedlope word om die beurt by die verskeie skole aangebied. Daar is nie 'n beperking ten opsigte van die hoeveelheid atlete wat deelneem nie. Almal wat wil deelneem, is welkom. Dit is nie net die eerste drie wenners wat punte vir die skool verdien nie, maar almal kry 'n kans om punte vir die skool bymekaar te maak. Teen die einde van die seisoen word die wenskool aangekondig. Sien die byeenkomste hieronder:

DATUM	SKOOL WAT AANBIED
5 Mei	Hugenate HS
12 Mei	Boland Landbou
19 Mei	Bridge House
26 Mei	Bloemhof/Paul Roos
2 Junie	La Rochelle
28 Julie	HJS/HMS
4 Aug	Paarl Gim

The other schools that we would like to compete against are SACS on 29 May, Grey PE on 7 August and Grey Bloemfontein on the weekend of 20/21 August. These dates, however, might change due to covid-regulations and have not been confirmed. We will need to have trials closer to those dates to select a team.

There are also plans for a tour in September where we are going to run part of the Oystercatcher Trail between Mossel Bay and Gouritsmond. More information will be provided.

### Practise times are as follows:

Monday : 17:00 at Markötter.  
Thursday : 17:00 Venue will be communicated via the cross-country WhatsApp group.

If you have a private coach, you do not need to practise with us. Please just make sure that you are on the WhatsApp group so that you are well-informed about races and trials.

Indien jy nie op die WhatsApp-groep is nie, moet jy asb. die google-vorm voltooi deur die volgende skakel te volg: <https://forms.gle/YsjWhjf3f5RQ5xAAA> of stuur vir my 'n e-pos na [horne@paulroos.co.za](mailto:horne@paulroos.co.za).

Vir enige verdere inligting is jy ook welkom om 'n e-pos of 'n boodskap op die WhatsApp-groep te stuur.

Kind regards

A handwritten signature in black ink that reads "Horne". The letters are cursive and slightly slanted to the right.

Hanlie Horne