



MAURITIUS ATHLETICS ASSOCIATION



VITAL CROSS COUNTRY LEAGUE



2020





QUEL DEFI !

Quand les membres du management de la **MAA** ont commencé à préparer la 45^{ème} Édition de la ligue de cross, ils avaient mis l'idée de préparer un **E-Magazine : Cross VITAL**

Ce petit **E-Magazine** sur la ligue et les championnats nationaux de cross VITAL est une grande première depuis l'arrivée de ces 2 événements dans le calendrier annuel de notre fédération. C'est un outil de travail pour les entraîneurs, athlètes et dirigeants qui sont liés d'une façon où d'une autre à la course à pied.

Pour certains membres c'était une plateforme de communication sur le plan historique, organisationnel et technique. **QUEL DEFI ! Bravo**

A tous ceux qui ont travaillé pour réaliser ce projet, la MAA vous doit un **Grand MERCI**.

Vivian GUNGARAM

PRESIDENT – Mauritius Athletics Association



Cyril CURE & Vivian GUNGARAM

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HISTORIQUE DE LA LIGUE DE CROSS COUNTRY

1975 – 2020



La ligue de cross country fête cette année ses 45 ans d'existence.

Retenez bien le nom de ces trois mousquetaires de terrain et de la piste des années 70 – 80 – Gérard DOMAINGUE, Cyril CURE et Vivian GUNGARAM (celui la même qui préside actuellement la destinée de l'athlétisme local en tant que Président de l'Association Mauricienne d'Athlétisme - la MAA.

Ce sont ces trois compères, friands des courses à pieds à moyenne et longue distance qui, à l'époque, par manque de compétitions, un beau jour au cours de leur séance d'entraînement, épousa l'idée proposée par Gérard Domaingue de lancer une ligue de cross country. Gérard venait de rentrer au pays après ses études en Angleterre.

A l'époque, l'organisation de l'athlétisme était sous la houlette de la Commission d'Athlétisme de la Mauritius Sports Association. Cette dernière avait la responsabilité de tout organiser en sports à Maurice.

Ainsi les courses avaient lieu les vendredis après-midi sur les terrains de Gymkhana et ses environs avec au programme UNE SEULE ET UNIQUE COURSE disputée en individuel et réservée à une seule catégorie – les SENIORS HOMMES ET DAMES. Les juges étaient les amis et les membres de la famille de certain participants. Les résultats étaient travaillés à la main.

Le premier grand vainqueur de cette compétition qualifiée de très familiale – tant l'ambiance et son déroulement étaient unique avait pour nom ... un certain Gérard

DOMAINGUE lui même. L'année suivante Raj GOKHOOOL s'appropriera la palme pour ensuite passer le flambeau à Vassoo LUTCHMEE.

Maurilait Ltd a été la première entreprise à apporter son soutien à l'évènement.

Disons aussi qu'à cette époque le demi fond et le fond se dotaient d'excellent coureurs à l'image de Lallah SEENARAIN, feu Goinsamy SEENEYEN, Robert JHURREA, Jacques LEGRAND, Maxwell CARVER, Raj GOKHOOOL, Guylen RAMASAWMY, Rama RAMANAH, Annabelle NAIRAC, Suzette FARINE entre autres.

La compétition en gagnant du momentum dans les années 80, avait passé à deux catégories pour les hommes et les dames – soit les JUNIORS/SENIORS et les CADETS (A DESCENDRE). Cette période verra l'éclosion de Josiane BOULLE née NAIRAC et autre Sheila SEEBALUCK.

Avec l'évènement du SPORTS ACT en 1984 propulsant l'organisation de l'évènement au niveau des régions, et en 2005 à ce jour, et avec la formation des clubs, tout un changement y a été apporté. Les épreuves se disputant maintenant en 14 catégories hommes et dames.

Depuis la ligue de cross a eu pour partenaire la Phoenix Camp Minerals pour la période couvrant les années 1985 – 2000 environ et de 2000 à ce jour la Quality Beverages Ltd à travers VITAL, l'eau de source très appréciée – par les coureurs et le grand public.

Cette période nous a gratifié de voir "naître" les champions suivants:-

Menon RAMSAMY [10 fois couronné en Championnat et 9 fois en Ligue], Sameer MOOS, Jean Luc VILBRIM, Nicolas BOISSEQUE, Satish HURRIL, Dharamjay JEETUN, Pascal FACE, Xavier VERNY, Ajay CHUTTOO [dont sa fille Melina a repris le flambeau] Mike FELICITE, Désiré ÉCLAIR, Chandraduth TENGUR, Michel JEANLOUIS, Benjamin ARTHÉ, Clément CAPRICE, Nazim NOORBUX, Ricky WAI CHOON, Judex JEAN

LOUIS, Christopher BLACKBURN, Désiré PIERRELOUIS, Bruno MIKALE, Mahendra DAULCHAND, Jean Francois VYTHILINGUM, Raj et Vassoo MUNISAMI, Clément PIROGUE, Shyam BOODNAH, Judex DURHONE, Paramasiven SAMYNADEN, Christophe MOOTOOSAMY, Mohamad DOOKHUN, Miguel MARIE.

Certains de ces athlètes se sont bien adaptés au demi fond et fond et d'autres se sont transformés en marathoniens. Chez les dames Devianee BULJORE, feu Maryse PYNDIAH née JUSTIN, Marie Hélène RAMJAN, Lisebeth CURPANEN, Corine SARAMANDIF, feu Guylene DUVAL, Marielle COIFFIC née PIERRE, Natacha MONIQUE, Prisca MANIKION, Sonia SOODON se sont aussi distinguées.

Il faudra aussi souligner que le premier championnat de cross country de la Zone 7, devenue aujourd'hui AFRIQUE AUSTRALE, a été disputé en mars 1985 (année de la tenue des 2èmes JEUX DES ILES DE L'OCEAN INDIEN sur le sol mauricien) sur le terrain de tir de la Colline Candos aujourd'hui connu comme le SODNAC WELLNESS PARK. Cette compétition africaine s'était déroulée en présence du Premier Ministre d'alors, Sir Aneerood JUGNAUTH et Lady JUGNAUTH.

Après les terrains de Gymkhana et ses environs, la ligue de cross a aussi eu pour décors à ce jour les lieux suivants:-

- Les Champs de thé à Wooton
- Les champs de cannes à Trianon, Rose Belle, Beau Vallon, Crêve Coeur, Bénares
- Champs de Mars
- Jardin de les Salines, Port Louis
- Casernes à Curepipe
- Mare aux Vacoas
- Petit Camp à Phoenix
- Trou aux Cerfs
- Terrain de Tir et Colline à Candos
- Terrain de football – Collège du St Esprit, et le Racing Club de Maurice

- Terrain de la MFA et ses environs à Trianon
- Plage publique à Choisy, Belle Mare, Flic en Flac, St.Felix, et Riambel
- Terrain de football à Gros Cailloux et ses environs

Les détenteurs du titre de CHAMPION de la Ligue 2019 sont:-

U 12 GARCONS	Remi MARIN (ADN. CAN AC)
U 12 FILLES	Grace DUVAL (CPE WAR AC)
U 14 GARCONS	Nivesh MOOCHOORAM (GYMK AC)
U 14 FILLES	Orneillia ALKAY (SOUIL AC)
U 16 GARCONS	Melvish JANG (PL RACERS AC)
U 16 FILLES	Aurore LAVIOLETTE (R.BELLE AC)
U 18 GARCONS	Bhovesh BEECHOOK (LMW AC)
U 18 FILLES	Melina CHUTTOO (ANG RED AC)
U 20 GARCONS	Divesh DYAL (HIGHLANDS AC)
SEN. HOMMES	Miguel MARIE (CPE WAR AC)
SEN. FILLES	Sonia SOODON (QB PAV AC)
MAS. HOMMES	Laval MARJOLIN (CPE WAR AC)
MAS. DAMES	Audrey AZOR (MED AC)

L'objectif de la LIGUE DE CROSS, c'est se donner la chance de réussir une bonne entrée de saison en attendant de revenir à l'offensive sur la piste.

Un constat; De nos jours le cross souffre d'un manque d'engouement, et les coureurs de demi fond et de fond font moins d'effort que leur illustres aînés pour relèver le défi.

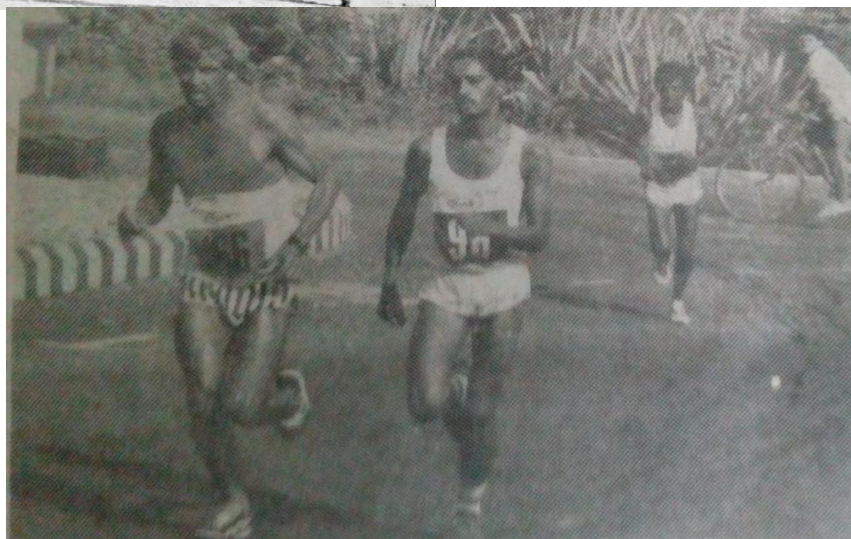
Aussi, l'édition 2020 de la LIGUE DE CROSS patronnée par la QUALITY BEVERAGES LTD à travers son produit fétiche – l'eau de source VITAL, prend son envol le samedi 15 février à partir de 8H30 en ayant pour le grand décors, le terrain de football de l'Institut Mahatma Gandhi à Moka.

QUE LES MEILLEURS GAGNENT.....ET BON COURAGE A TOUS.



IN ACTION ...

Menon RAMSAMY, Maryse JUSTIN,
Mike FELICITE, Ajay CHUTTOO,
Sameer MOOS, Sheila SEEBALUCK,
Natacha MONIQUE, Guylene DUVAL,
Judex DURHONE, Jean Luc VILBRIM



VINTAGE PRESS CLIPPINGS

Goinsamy SEENEYEN, Vivian GUNGARAM, Pradeep GOKHOO, Chendraduth TENGUR, Lysbeth CURPANEN, Cyril CURE, Mahen DAULCHAND, Yvon MUTHEN Vassoo & Raj MUNISAMI, Ajay CHUTTOO, Satish HURRILL, Robert JHURREA & Chendraduth TENGUR

VITAL CROSS COUNTRY LEAGUE

PREVIOUS WINNERS

CAT	NEW CAT	MEN 2019	MEN 2018	MEN 2017	WOMEN 2019	WOMEN 2018	WOMEN 2017
COLT	U12	Remi Marin	Rian Maleco	Kewel Piegreche	Grace Duval	Ornella Alkay	Hema Balloo
BEN	U14	Nivesh Moochooran	Poavin Mathoor	Maxime Lousteau Lalane	Ornella Alkay	Anastasia Mars	Anastasia Mars
MINIM	U16	Melvish Jang	Alexandre Montaigne	Bhavesh Beechok	Aurore Laviolette	Melina Chuttoo	Melina Chuttoo
CADET	U18	Bavesh Beechok	Divesh Dyal	Sendy Jean Pierre	Melina Chuttoo	Zara Toinette	Angelica Natchoo
JUNIOR	U20	Divesh Dyal	Dhavind Custneeah	Dhavind Custneea			
SENIOR	SEN	Mighel Marie	Christophe Mootoosamy	Jean Luc Vilbrim	Sonia Soondon	Sabrina Rabot	Sabrina Rabot
MASTER	MAS	Laval Marjolin	Laval Marjolin	Jean Paul Trippier	Audrey Azor	Joelle Cotte	Christiane Louis



**Advice sheet for coaches & athletes on the Do's and Don'ts
MIDDLE DISTANCE, CROSS COUNTRY, SEMI-MARATHON AND MARATHON**

Diet significantly influences athletic performance.

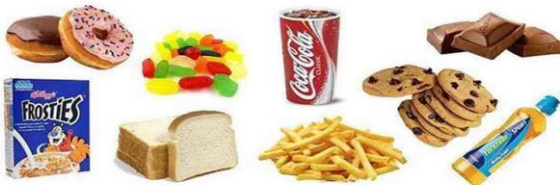
Adopt specific nutritional strategies before, during and after training and competition to maximize mental and physical performance.



1. Events lasting an hour or more, the athlete should aim to begin competition with body carbohydrates stores sufficient to meet their needs by consuming carbohydrate-rich foods in the hours and days beforehand.

✓ COMPLEX CARBS



✗ SIMPLE CARBS

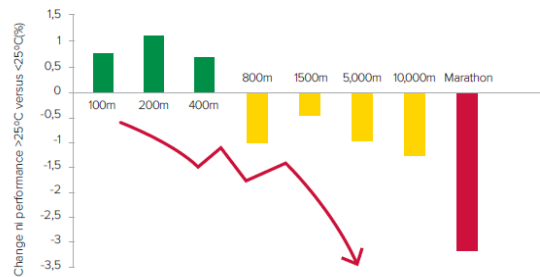


COMPLEX CARBS = GOOD	SIMPLE CARBS = BAD
<p>Good carbs are also referred to as complex carbohydrates. Their chemical structure and fibers require our bodies to work harder to digest, and energy is released over a longer time.</p> <p>For the most part, good carbs are in their 'natural' state – or very close to it (including whole-grain breads, cereals and pastas).</p>	<p>Simple carbohydrates are smaller molecules of sugar that are digested quickly into our body. The energy is stored as glycogen in our cells, and if not used immediately gets converted to fat.</p> <p>Bad carbs are generally 'processed' carb foods that have been stripped of their natural nutrients and fiber to make them more 'consumer friendly.'</p>
	
<p>WHY ARE THEY GOOD?</p> <ul style="list-style-type: none"> 👍 HIGH IN FIBER & NUTRIENTS 👍 LOW GLYCEMIC INDEX 👍 HELP YOU FEEL FULL WITH FEWER CALORIES 👍 NATURALLY STIMULATES METABOLISM 	<p>WHY ARE THEY BAD?</p> <ul style="list-style-type: none"> 👎 LOW IN FIBER & NUTRIENTS 👎 HIGH GLYCEMIC INDEX 👎 EMPTY CALORIES CONVERTED TO FAT 👎 HIGH BLOOD GLUCOSE LEVELS = FEEL TIRED

2. Ingestion of even small amounts of carbohydrates during exercise can enhance cognitive and physical performance in competition.

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How does heat affect performance?



The effect of temperature on running performance

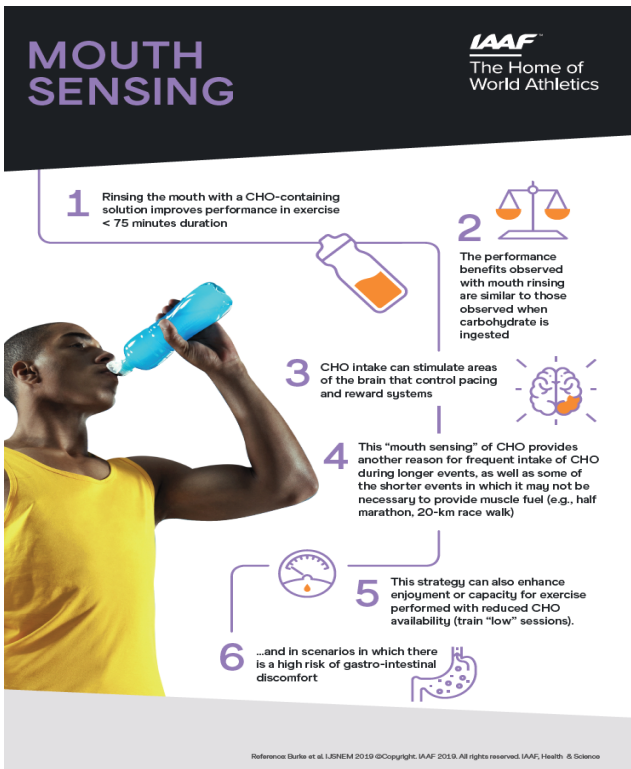
3. Dehydration, if sufficiently severe, can impair performance in most events, particularly in warm and high-altitude environments. Athletes should be well hydrated before exercise and drink sufficient fluid during exercise to limit dehydration to less than about 2% of body mass.

Chilled fluids may benefit performance in hot conditions. Athletes should not drink so much that they gain weight during exercise. Sodium should be included when sweat losses are high, especially when exercise lasts more than about 2 hours. During recovery from exercise, rehydration should include replacement of both water and salts lost in sweat. When athletes must compete in several events in a short time-period, strategies to enhance recovery of fluid and fuel are important.

MOUTH SENSING


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- 1 Rinsing the mouth with a CHO-containing solution improves performance in exercise < 75 minutes duration
- 2 The performance benefits observed with mouth rinsing are similar to those observed when carbohydrate is ingested
- 3 CHO intake can stimulate areas of the brain that control pacing and reward systems
- 4 This "mouth sensing" of CHO provides another reason for frequent intake of CHO during longer events, as well as some of the shorter events in which it may not be necessary to provide muscle fuel (e.g., half marathon, 20-km race walk)
- 5 This strategy can also enhance enjoyment or capacity for exercise performed with reduced CHO availability (train "low" sessions).
- 6 ...and in scenarios in which there is a high risk of gastro-intestinal discomfort



References: Burke et al. IJSEM 2019 ©Copyright: IAAF 2019. All rights reserved. IAAF / Health & Science

What colour is your urine?



Well hydrated
Well hydrated
Fairly well hydrated
Dehydrated
Dehydrated
Very dehydrated
Severely dehydrated
Severely dehydrated

It is also important to recognise that hydration regimens should never result in over-hydration.

4. Dieting in young athletes should be discouraged. Robust immunity and reduced risk of infection can be achieved by consuming a varied diet adequate in energy and micronutrients, ensuring adequate sleep and limiting other life stress.
5. The use of supplements does not compensate for poor food choices and inadequate diet, but supplements that provide essential nutrients may be a short-term option when food intake or choices are restricted due to travel or other factors. Athletes contemplating the use of supplements and sports foods should consider their efficacy, their cost, the risk to health and performance, and the potential for a positive doping test. Supplement use in young athletes should be discouraged, and the focus should be on consuming a nutrient-rich, well-chosen diet to allow for growth while maintaining healthy body composition.



Dr. BAPTISTE Henry Bernard
Sport Doctor; Program officer Active Mauritius
at Ministry Youth and Sports



#52506482A

PARTICIPATION RULES

DATES & VENUES

The **VITAL NATIONAL CROSS COUNTRY LEAGUE & CHAMPIONSHIPS 2020** will be held as follows :-

Leg 1	Saturday 15 th February 20	MGI, Moka
Leg 2	Sunday 1 st March 20	Belle Mare, Flacq
Leg 3	Saturday 7 th March 20	Les Salines, Port Louis
Leg 4	Saturday 14 th March 20	Botanical Garden, Curepipe
Leg 5 / Championships	Saturday 21 st March 20	Sodnac Wellness Park, Candos

The first race of each leg will start at around 08 H 30.

COMPETITION RULES

AGE GROUPS

- The Categories & Age Groups for both genders are :-

CATEGORIES	AGE (years)	BIRTH YEAR
U 12 (Colt)	9 – 11	2011 – 2009
U 14 (Benjamin)	12 – 13	2008 – 2007
U 16 (Minim)	14 – 15	2006 – 2005
U 18 (Cadet)	16 – 17	2004 – 2003
U 20 (Junior)	18 – 19	2002 – 2001
Senior	20 & Above	2000 (& before)
Master	35	(at the competition date)

Note : The Women U 20 & Senior will be combined into one Category.

- All Athletes are **strictly** confined to participation in events of their own category / age group as evidenced by their valid MAA Licence 2020 and, *if need be*, by the Student Pass or Birth Certificate or Identity Card.

PARTICIPATION & MAA LICENSE 2020

- This Event is opened to MAA Licensed 2020 Athletes only.
- MAA Licences will be issued/renewed only by application & payment by the respective MAA recognised clubs. No Individual Licenses will be issued.
- Issue of MAA License 2020 will be conditional to a Master athlete submitting to MAA Licensing Officer a recent medical certificate attesting **Good Health and Fitness to Participate in Competitive Sports**.

- All events will be carried out as per the IAAF Competition & Technical Rules 2020/2021, with the following modifications :-
 - Protest & Appeal : Any appeal to the Jury of Appeal must be accompanied by a deposit of MUR 500/-

IMPLEMENTATION AND INTERPRETION OF RULES

The preparation, implementation and subsequent interpretation of the participation & technical rules of this competition rests solely on the MAA or any of its delegated body/person. Any decision taken accordingly, as per, and in line with, established procedure (including protest & appeal), will have to be considered as final and accepted, respected & abided by all those concerned.

RECOMMENDED DISTANCES

So as to ensure incremental progression, the MAA is recommending the following distances, in kilometres:-

CATEGORIES / DISTANCES (Kms)

WOMEN	MEN	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
U 12	-	1.2	1.3	1.3	1.4	1.5
U 14	U 12	1.5	1.6	1.8	2.0	2.3
U 16	U 14	2.3	2.5	2.5	2.7	3.0
U 18	U 16	3.2	3.3	3.5	3.5	4.0
U 20 / Sr & Master	U 18	4.2	4.5	4.5	5.0	6.0
-	U 20 & Master	5.0	5.5	6.5	7.5	8.0
-	Senior	8.0	8.5	8.5	9.0	10.0

These distance may be adjusted, at the discretion of the organisers, taking into consideration climatic conditions, state of the track/course or any other unexpected afflicting occurrence.

REGIONAL CROSS COUNTRY

In order to create awareness and interest of Cross Country throughout the island, it is recommended that each Region organises its own Regional Cross Country events in different local sites in the categories - U 12, U 14, U 16 & U 18 - for both genders.

This will enable the setting up of Clubs Teams to participate in the National Cross Country Team Competitions.

'SPORTS FOR ALL' ACTIVITIES

It is also recommended that a Fun Run be organised for non-licensed participants of the region during each Regional & National Cross Country Legs/Championships.

Furthermore, the organisers of each leg of the National Cross Country League must ensure that parallel 'Sports For All' Activities are also carried out on that day – for example Fun Run, Local Animation around Sports, Detection exercise, Awareness Activities, as well as any other Social Activity in collaboration with a Service Club like Rotary, Lions etc or any other related activity.

TEAM ENTRIES

Clubs may enter Teams in all categories. There is no limit to the number of Teams a Club may decide to enter in each category & in any gender.

Club Team Composition

- U 12, U 14 & Master : Minimum Four (4) and Maximum Six (6) Licensed Athletes
- All other Categories : Minimum Six (6) and Maximum Eight (8) Licensed Athletes

Once an athlete is entered in one Club Team, there cannot be any change during the whole League – for example if an athlete is entered in Team 'A', he/she will remain in Team 'A' throughout.

MIXED RELAYS

In order to enable a wider participation, Regional Training Centres (RTC) and Clubs are invited to participate in Mixed Relays open to athletes **not** participating in the Cross Country League

The schedule of the Mixed Relays are as follows:

Legs 1 & 3	U 12	4 x 500 M	2 Girls & 2 Boys
	U 16	6 x 600 M	3 Girls & 3 Boys
Legs 2 & 4	U 14	6 x 600 M	3 Girls & 3 Boys
	U 18	6 x 800 M	3 Girls & 3 Boys

Note : An athlete entered in a Mixed Relay by a RTC is not eligible to represent his/her Club in that same particular event.

'CHALLENGE VITAL' - REWARDS

MEDALS - LEG WINNERS	The first three athletes of each individual category.
MEDALS - LEAGUE WINNERS	The first three athletes of each individual category.
MEDALS - CHAMPIONSHIP WINNERS	The first three athletes of each individual category.

TROPHIES/SHIELDS	The Best Teams of the League in each category
CERTIFICATE	Participation Certificate to all participants
PRIZES	Prizes to the first three Teams of the Mixed Relay
SHIELD	Best Fan Club

LEAGUE POINTS ALLOCATION

- Points allocation for each leg for all categories will be as follows :-

RANK	1 st	2 nd	3 rd	4 th	5 th	
POINTS	1	2	3	4	5	Etc

- The best four (4) out of five (5) legs points will be used to determine the League ranking.
- If two or more Athletes or Clubs tie for any place in the **League**, it will be ranking of the **Championship** that will decide the tie.

ELECTRONIC ENTRIES

Clubs must ensure that the licence of all participating athletes in the Vital National Cross Country League 2020 are issued/renewed at latest **Monday 3rd February 2020**.

All entries must be input electronically on the appropriate e-registration file that will be sent by MAA Secretariat to each Club's designated Officer by email on **Wednesday 5th February 2020**.

The Club Officer will register each entry by simply imputing the athlete's unique MAA License Number and choosing the Club Team (*eg A, B, C, D*) in which the athlete will participate, from a pre-established drop-list in the e-file.

Complete finals entries will have to reach MAA, **by return email**, at latest **Saturday 8th February 2020**.

A **Preliminary Start List** will be circulated by MAA on the Tuesday preceding any Leg – However, for the first leg it will be issued on Wednesday 12th February 2020.

It is the duty of Club Officers to check this Preliminary Start List and indicate any corrections or withdrawals immediately to the MAA Secretariat.

A **Final Start List** will then be circulated on the Thursday before each Leg – However, for the First Leg it will be issued on Friday 14th February 2020.

No late entries, manual entries nor modifications will be accepted after the publication of the Final Start list.

Unregistered and Non-Licensed Athletes turning up on the day of the leg will be directed to the Fun Run.

NO-SHOW FEE

The preliminary/final start lists are worked out based on the electronic entries of the Clubs. This is a very tedious and time consuming administrative and technical task that is done meticulously so as to ensure that fair and balanced events are held. Hence, it is the duty of the Club Officers to ensure that only athletes who will participate in the League/Championships are entered in the system.

Consequently, unless satisfactory documentary evidence is produced (*for example a Medical Certificate*), a No-show Fee of **MUR 50/-** will be perceived for any athlete who has been duly entered by the Club by e-registration but fails to participate in the event.

NUMERAL BIBS

The organisers will hand over the numeral bibs and the start list to the Club Officer at least one day before the First Leg. Unless exceptional unforeseen circumstances, no bibs will be distributed on the day of the competition itself.

The Athlete must wear the same bib number throughout the whole Cross Country League.

The Club Officers should ensure that the proper numeral bibs are allocated to the athletes as per the official start list of the event. Athletes not wearing the appropriate numeral bib (including wearing the bib of another athlete) or competing without one will be automatically disqualified.

It is also the duty of the Club Officers to return to MAA all numeral bibs immediately after the end of the last leg of competition.

A fee of **MUR 50/-** per unit will be perceived for any unreturned or lost bib or for a replacement bib on the day of the event.

IN-FIELD COACHING

Coaches and Parents are strictly not allowed on the track/course or infield at any time.

The infield is for Technical Officials & Competing Athletes only. Parents & Coaches are not allowed on the infield, those found to be in violation of this guideline risk disqualification of their athletes. They are requested to stay outside of the perimeter of the Track/Course.

HEALTH & SAFETY

Health & Safety of all participants is of the upmost concern for the organisers.

It is the responsibility of ALL Club officers and coaches to ensure athletes are fit and adequately prepared to participate in their events on the day of competition. They must also ensure that the athletes take the appropriate nourishments and refreshments prior, during and after the competition. Clubs must also prepare and have available at all times refreshments, fruits & snacks as may be required by the athletes from time to time.

In the event an athlete fails to exhibit the required or expected level of health, fitness and proficiency in a discipline, so much so that the athlete represents a health/safety hazard for the participants (including him/herself), the Club officer/coach may be contacted and the athlete sympathetically requested to desist from competition.

CALL ROOM

Being given that the Final Start List will have been issued on the Thursday prior to the Leg, there is no need for the Team Officials to report to the Competition Secretariat for registration/confirmation.

Hence, the participating Athletes will have to report directly to the Call Room, respecting strictly the Call Room Schedule below – **in minutes**, before their event, as follows :-

1 st Call	2 nd Call	Entry Call Room	Exit Call Room	Entry to Field of Play
45	35	30	15	10

FAN CLUB CONCEPT

In order to encourage a wider spectator and supporter base for each individual Club, the organisers are introducing the concept of FAN CLUB.

Each participating Team will be encouraged to set up a Fan Club that will be composed mainly of parents, siblings, family, friends, friend of friends, etc .

This Fan Club concept will help generate a joyful, noisy & participative atmosphere in the Event Site during these League/Championships and will be a welcomed encouragement for participating athletes.

In order to encourage maximum participation of Fan Clubs, a Best Fan Club Shield will be allocated.

Among the **main** criteria defined for the allocation of the Shield are :-

- Number of fans
- Visual presence
- Vocal Support & Animation
- Respect for the Environment & Competitors
- Fair Play

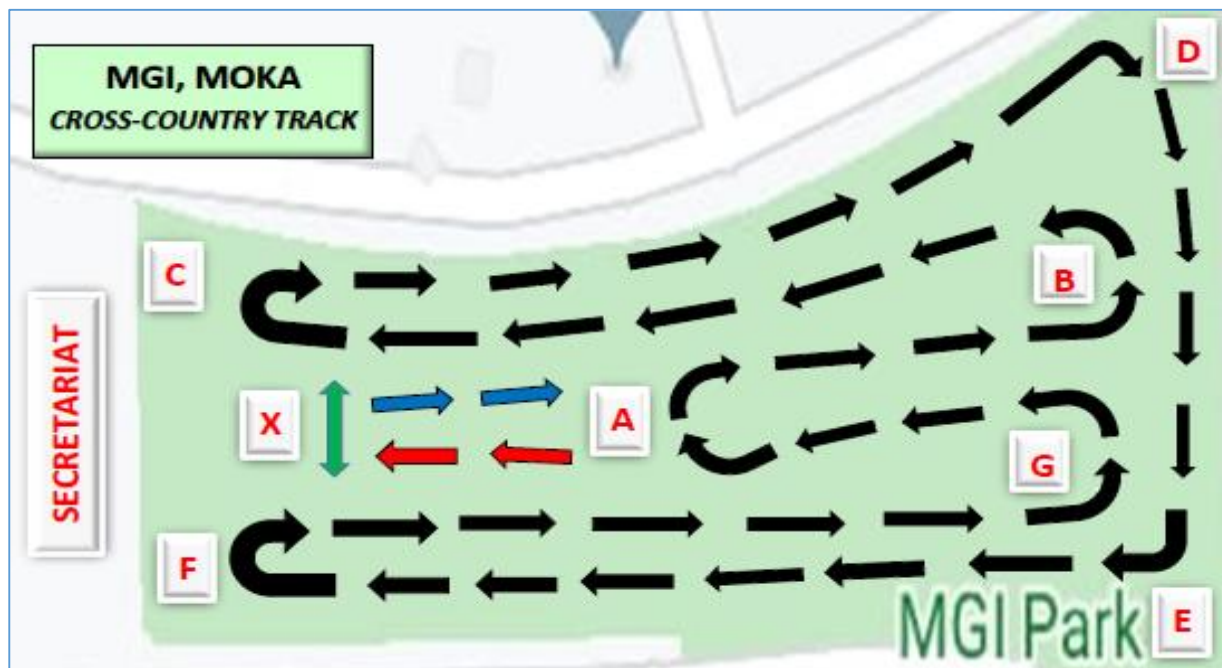




VITAL CROSS COUNTRY LEAGUE 2020

1st Leg – MGI, MOKA

Saturday 15th February 2020



LOOP	A – B – C – D – E – F – G – A	1.3 Kms
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1	08:40	FUN RUN (Open)	Dep A + 2 Loops - X	2.6 Kms
2	09:00	U12 (W)	Dep B – C – D – E – F – G – A - X	1.2 Kms
3	09:10	U12 (M) & U14 (W)	Dep X + 1 Loop - X	1.5 Kms
4	09:25	U14 (M) & U16 (W)	Dep B – C – D – E – F – G – A + 1 Loop - X	2.3 Kms
5	09:40	U16 (M) & U18 (W)	Dep B – C – D – E – F – G – A + 2 Loops - X	3.5 Kms
6	10:00	SEN (M)	Dep D – E – F – G – A + 5 Loops - X	7.0 Kms
7	10:30	U18 (M) & MAS (W) & U20 / SEN (W)	Dep F – G – A + 3 Loops - X	4.2 Kms
8	10:50	U20 (M) & MAS (M)	Dep C – D – E – F – G – A + 3 Loops - X	4.7 Kms
9	11:10	RTC MIXED RELAY	(Combined Cat.): 6 x (X – C – D – E – F – X)	6 x 500m

LOCAL ORGANISATION : MOKA REGIONAL ATHLETICS COMMITTEE

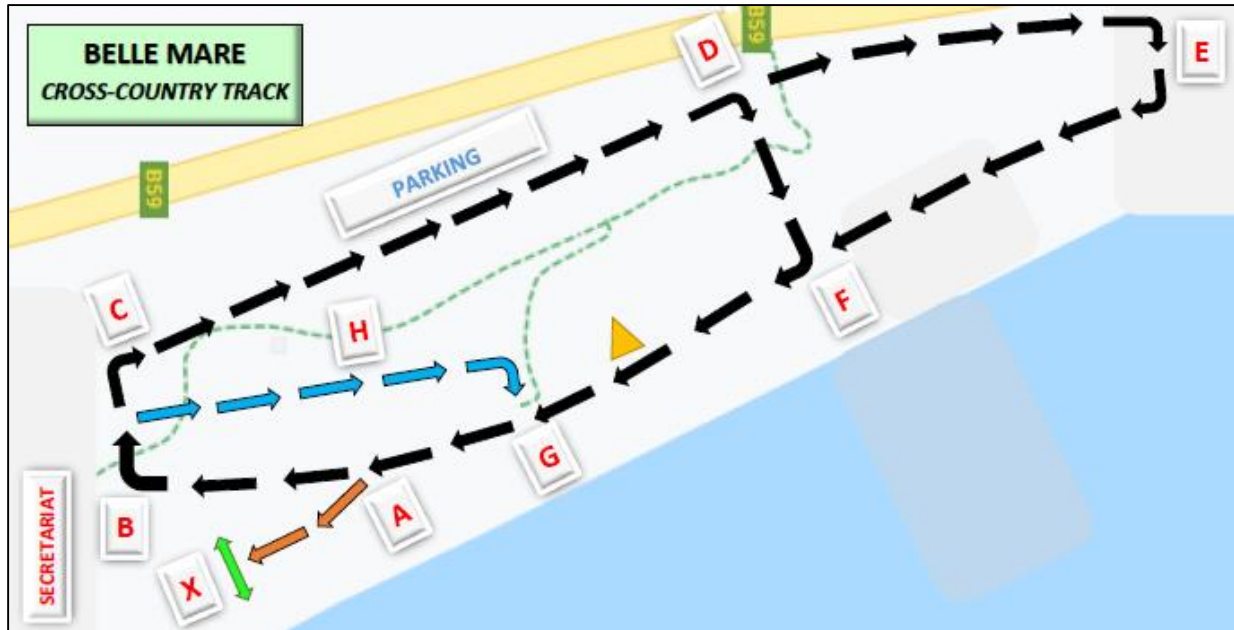
in collaboration with the District Council of MOKA



VITAL CROSS COUNTRY LEAGUE 2020

2nd Leg – Belle Mare, FLACQ

Sunday 1st March 2020



LOOP (1)	A – B – C – D – F – G – A	1.4 Kms
LOOP (2)	A – B – C – D – E – F – G – A	2.4 Kms

1	08:40	FUN RUN (Open)	Dep A + 1 Loop (2) + X	2.4 Kms
2	09:00	U12 (W)	Dep B – C – D – F – G – A + X	1.3 Kms
3	09:10	U12 (M) & U14 (W)	Dep G – A + 1 Loop (1) + X	1.6 Kms
4	09:25	U14 (M) & U16 (W)	Dep G – A + 1 Loop (2) + X	2.5 Kms
5	09:40	U16 (M) & U18 (W)	Dep D – F – G – A + 1 Loop (2) + X	3.3 Kms
6	10:00	SEN (M)	Dep A + 1 Loop (1) + 3 Loops (2) + X	8.6 Kms
7	10:30	U18 (M) & MAS (W) & U20 / SEN (W)	Dep C – D – E – F – G – A + 1 Loop (2) + X	4.5 Kms
8	10:50	U20 (M) & MAS (M)	Dep F – G – A + 2 Loops (2) + X	5.5 Kms
9	11:10	RTC MIXED RELAY	Combined Cat. : 6 x (A – B – H – G – A) + X	6 x 500m

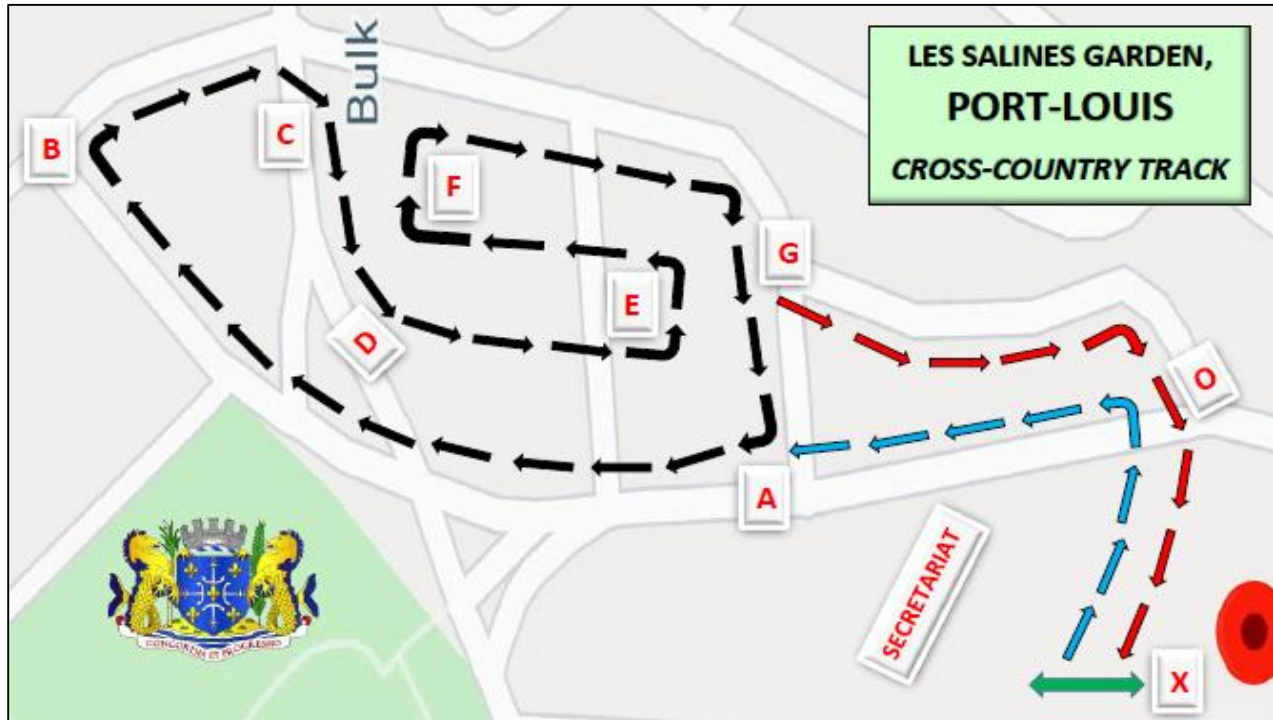
LOCAL ORGANISATION : FLACQ REGIONAL ATHLETICS COMMITTEE
in collaboration with the BEACH AUTHORITY & DISTRICT COUNCIL OF FLACQ



VITAL CROSS COUNTRY LEAGUE 2020

3rd Leg – Les Salines Garden, PORT-LOUIS

Saturday 7th March 2020



LOOP	A – B – C – D – E – F – G – A	1.1 Kms
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1	08:40	FUN RUN (Open)	Dep A + 2 Loops + O - X	2.4 Kms
2	09:00	U12 (W)	Dep A + 1 Loop + O - X	1.3 Kms
3	09:10	U12 (M) & U14 (W)	Dep E – F – G – A + 1 Loop + O - X	1.8 Kms
4	09:25	U14 (M) & U16 (W)	Dep X + 2 Loops + O - X	2.6 Kms
5	09:40	U16 (M) & U18 (W)	Dep A + 3 Loops + O - X	3.5 Kms
6	10:00	SEN (M)	Dep X + 7 Loops + O - X	8.2 Kms
7	10:30	U18 (M) & MAS (W) & U20 / SEN (W)	Dep A + 4 Loops + O - X	4.6 Kms
8	10:50	U20 (M) & MAS (M)	Dep A + 6 Loops + O - X	6.8 Kms
9	11:10	U16 (M/W) – RTC/CLUBS	Mixed Relay: 6 x (X – O – A – G – O – X)	6 x 600m

LOCAL ORGANISATION :

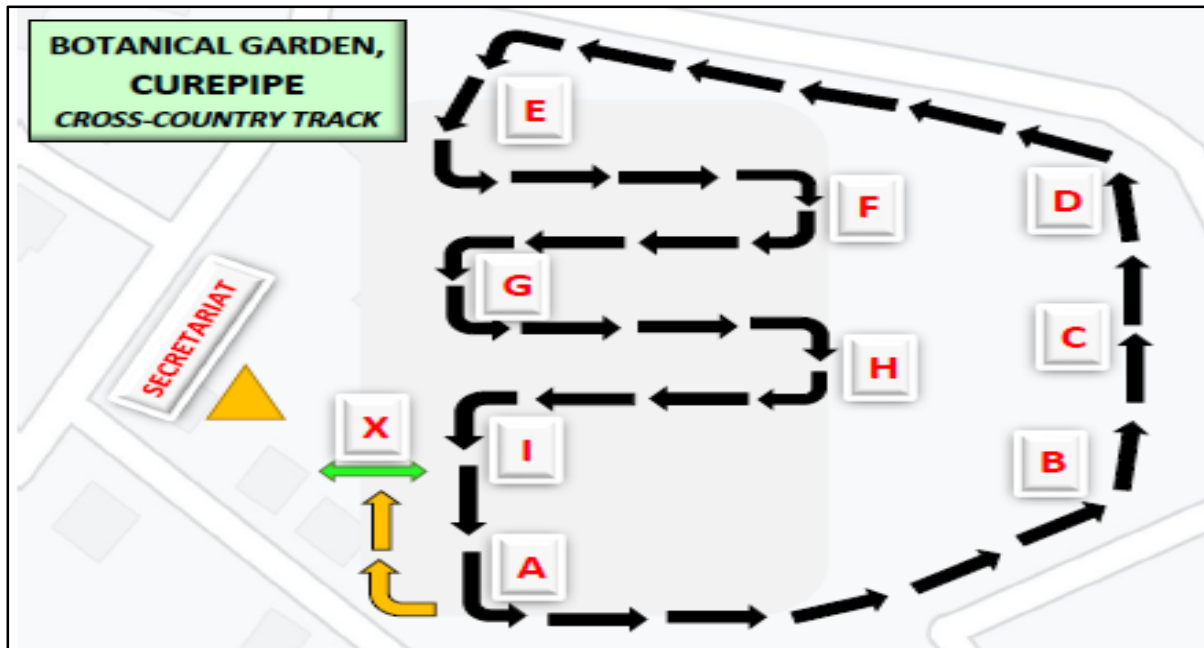
PORT LOUIS REGIONAL ATHLETICS COMMITTEE & MUNICIPAL COUNCIL OF PORT LOUIS



VITAL CROSS COUNTRY LEAGUE 2020

4th Leg – Botanical Garden, CUREPIPE

Saturday 14th March 2020



LOOP	A – B – C – D – E – F – G – H – I – A	1.4 Kms
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1	08:40	FUN RUN (Open)	Dep D – E – F – G – H – I – A + 1 Loop + X	2.3 Kms
2	09:00	U12 (W)	Dep A + 1 Loop + X	1.4 Kms
3	09:12	U12 (M) & U14 (W)	Dep E – F – G – H – I – A + 1 Loop + X	2.0 Kms
4	09:30	U14 (M) & U16 (W)	Dep A + 2 Loops + X	2.8 Kms
5	09:50	U16 (M) & U18 (W)	Dep D – E – F – G – H – I – A + 2 Loops + X	3.5 Kms
6	10:15	SEN (M)	Dep A + 6 Loops + X	8.4 Kms
7	10:45	U18 (M) & MAS (W) & U20 / SEN (W)	Dep A + 4 Loops + X	5.6 Kms
8	11:05	U20 (M) & MAS (M)	Dep G – H – I – A + 5 Loops + X	7.4 Kms
9	11:25	RTC MIXED RELAY (Combined Categories)	Exchanges - 1/3/5 : (A – B – C – D – E) Exchanges - 2/4/6 : (E – F – G – H – I – A) + X	6 x 700m

LOCAL ORGANISATION :

**CUREPIPE REGIONAL ATHLETICS COMMITTEE
in collaboration with the MUNICIPAL COUNCIL OF CUREPIPE**



VITAL CROSS COUNTRY LEAGUE 2020

5th Leg – Sodnac Wellness Park, CANDOS

Saturday 21st March 2020



LOOP (1)	O or A – B – C – D – E – H – A	1.2 Kms
LOOP (2)	O or A – B – C – D – E – F – G – H – A	1.8 Kms

1	08:40	FUN RUN (Open)	Dep O + 2 Loops (1) + O - X	2.5 Kms
2	09:00	U12 (W)	Dep O – B – C – D – A – B – C – D + O - X	1.5 Kms
3	09:12	U12 (M) & U14 (W)	Dep O + 2 Loops (1) + O - X	2.5 Kms
4	09:30	U14 (M) & U16 (W)	Dep O + 1 Loop (1) + 1 Loop (2) + O - X	3.2 Kms
5	09:55	U16 (M) & U18 (W)	Dep O + 2 Loops (2) + O - X	3.7 Kms
6	10:20	SEN (M)	Dep O + 5 Loops (2) + O - X	9.2 Kms
7	11:00	U18 (M) & MAS (W) & U20 / SEN (W)	Dep O – B – C – D – A + 3 Loops (2) + O - X	6.2 Kms
8	11:25	U20 (M) & MAS (M)	Dep O – B – C – D – A + 4 Loops (2) + O - X	8.0 Kms
9	11:50	RTC MIXED RELAY (Combined Categories)	Exchanges - 1/3/5 : (O – B – C) Exchanges - 2/4/6 : (C – D – O) + X	6 x 600m

LOCAL ORGANISATION :

**VACOAS/PHOENIX REGIONAL ATHLETICS COMMITTEE
in collaboration with the MUNICIPAL COUNCIL OF VACOAS/PHOENIX**

ECO FRIENDLY EVENT



The Mauritius Athletics Association is fully aware of the importance of carrying sustainable events which will have a limited impact on the environment

Hence, several initiatives and innovations are being implemented to help to reduce the negative impact of our ecological footprint. Some of these are :-

- Electronic competition environment : E-Registration & processing of results hence consideration reduction in use of paper and ink (for writing & printing)
- Use of direct AC instead of Gasoline Generator as main electric supply – Generator as stand-by only
- Use of local structure, infrastructure, supplies & inputs – Reduced costs & carbon emission from Transport of material to and from MAA Base of Operations at Reduit
- Issue of bibs (same number) for the whole competition – Reduced impact for collection, washing, drying, redistribution, recollection & storage – hence more effective storage management.
- Less wastage of paper & other supplies
- E-Communication: Full use of emails - Internet – Website, Social Media - Facebook, WhatsApp etc for communication, info sharing, registration and posting of results.
- E-Magazine – This E-Magazine initiative is issued and circulated only via electronic media.
- Provision of Garbage points at all cross country sites – Educate participants & spectators to

use these Garbage points for disposal of waste.

- Cleanliness of Cross Country site – Complete cleaning up of the site after the event.

The MAA relies on the comprehension and collaboration of all partners and participants to help in protecting our environment.

Any suggestions from MAA partners & stakeholders are indeed most welcomed to help us implement and reduce further the impact on the environment.



The MAA E-Magazine Team would like to thank all those who have contributed one way or another in making of this E-Magazine.

Access to photos and press clippings that covers a span of 45 years is quite rare and challenging.

Our Special thanks to Menon Ramsamy & Raj Munisami for helping out with some these photos.

The MAA E-Magazine Team does not want to stop here in going down memory lane and would like to build up further MAA database further.

Hence this appeal to all those who may have photos and press clippings or any such items that they may want to share to contact MAA as follows :-

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Email: athletics@intnet.mu or mri@mf.iaaf.org

Website: www.maa.mu

Facebook : Mauritius Athletics Association (MAA)