



How to complete the entry form:

Form:

ASA LEJWELEPUTSWA XCOUNTRY DATABASE - ATHLETES 2026

2026	NAME	SURNAME	M/F	ID No.	DISTANCE	AGE GROUP	SCHOOL / CLUB	ASA LICENSE No.

Instructions:

2026	LEAVE OPEN!!
NAME	NAME of the athlete (<u>CAPITAL LETTERS</u>).
SURNAME	SURNAME of the athlete (<u>CAPITAL LETTERS</u>).
M/F	Male (M) or Female (F) – <u>NOT boy and girls please!</u>
ID No.	FULL ID number of the athlete – NOT only the date of birth!! [<u>13 numbers</u>] If the athlete’s ID number starts with a “0”, please put an apostrophe (‘) in front of the ID number otherwise excel will throw the “0” away – for example ‘0505235037082 . The rest of the ID numbers that does not start with a “0” can be typed in normally – for example 1207298513080.

DISTANCE	How many km? (2KM)
AGE GROUP	<p>Make sure of the age group – U/08, U/09, U/10, U/11, U/12, U/13, U/14, U/15, U/16, U/17 JUNIOR MEN / JUNIOR WOMEN MEN 22 / WOMEN 22 SENIOR MEN / SENIOR WOMEN MEN / WOMEN 35 – 39 MEN / WOMEN 40 – 44 MEN / WOMEN 45 – 49 MEN / WOMEN 50 – 54 MEN / WOMEN 55 – 59 MEN / WOMEN 60+ (Masters)</p>
SCHOOL /CLUB	The NAME of your <u>school or club</u> .
ASA LICENSE No.	Your license number obtained from Free State Athletics – Will start with a “ J ” [Junior – 8 – 19 years] or a “ P ” [Permanent – 20 years and older].