

ASA LEJWELEPUTSWA LANDLOOP / ASA LEJWELEPUTSWA CROSS COUNTRY

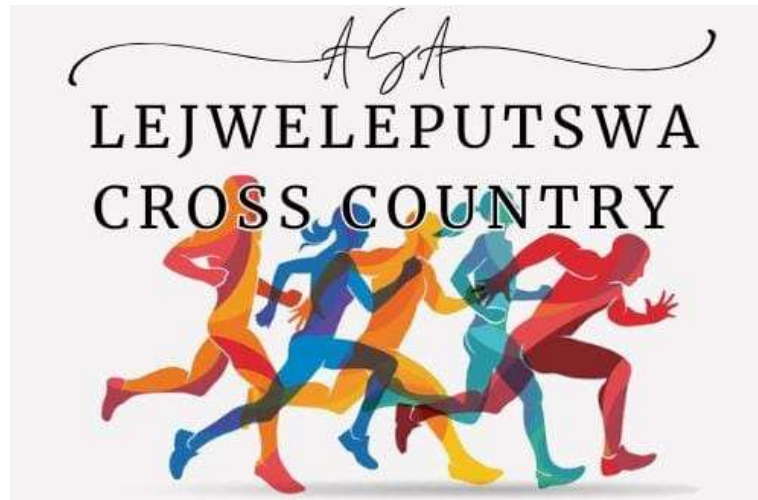
# 2026 SEISOEN / SEASON

**EMAIL:** [asalejweleputswaxcountry@gmail.com](mailto:asalejweleputswaxcountry@gmail.com)

## **KORT EN KRAGTIG / SHORT AND SWEET**

- **NB: Woensdag, 15 April 2026 – Sluitingsdatum vir inskrywings / Wednesday, 15 April 2026 – Closing date for entries.** Entries will be open from Wednesday, 25 March 2026.
- **After Wednesday, 15 April 2026, ALL entries will be LATE entries and R500.00 is payable before entries will be accepted.**
- **NO entries will be accepted after League 2 (15 May 2026).**
- **R400.00 Affiliësie / Affiliation (Lejweleputswa) + R500.00 Affiliësie / Affiliation (Athletics Free State – Junior Club – to obtain license numbers).**
- **R5.00 League entries / participation fee per league per athlete.**
- **R20.00 Lejweleputswa Championship participation fee.**
- **8 Mei 2026 / 8 May 2026 – 1ste Liga / 1<sup>st</sup> League.**

**Chairperson:** D. Meuter | **Vice Chairperson:** C. Gagiano | **Secretary:** C. van Zyl | **Treasurer:** C. Weydeman |  
**Additional members:** Technical – B. Mkwani (**TIME**) | A. Badenhorst (**PLACE**) | D. Vos (**PLACE**) |  
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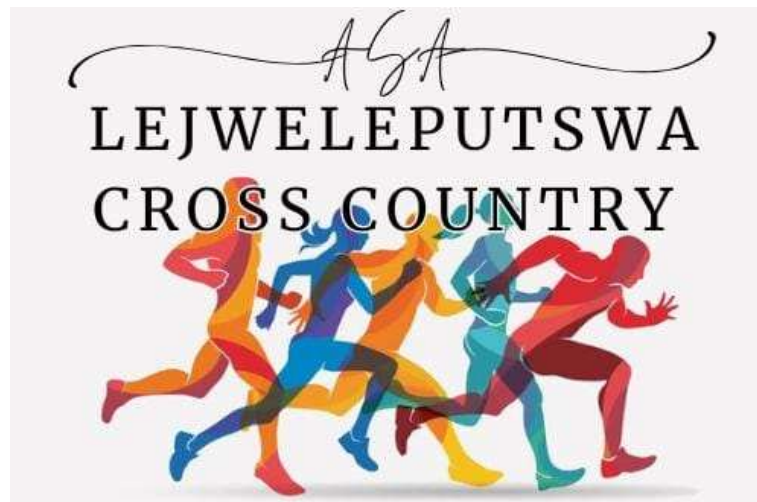


**AFFILIASIE GELDE: / AFFILIATION:**

- **Affiliatie vir 2026 – R400 per skool – Verpligtend. / Affiliation fees for 2026 – R400 per school – Compulsory.**
- Clubs affiliated at ASA/AFS MUST provide proof of affiliation paid to AFS.
- Gelde moet met die eerste liga betaal word of reeds betaal wees anders word die skool met sy atlete gediskwalifiseer vir die res van die seisoen. / Fees must be paid at the first league or before then. If not paid, your school's athletes will be disqualified for the rest of the season.
- Indien 'n internetbetaling gedoen word, moet 'n bewys van inbetaling ingehandig word met die 1ste liga of dit kan per epos gestuur word na [asalejweleputswaxcountry@gmail.com](mailto:asalejweleputswaxcountry@gmail.com). / If an internet payment (EFT) is done, a proof of payment must be handed in at the 1<sup>st</sup> league. We will prefer it if you can email us a proof of payment to [asalejweleputswaxcountry@gmail.com](mailto:asalejweleputswaxcountry@gmail.com).
- R50 affiliasie betaalbaar vir individuele atlete. / R50 affiliation payable for individual athletes.

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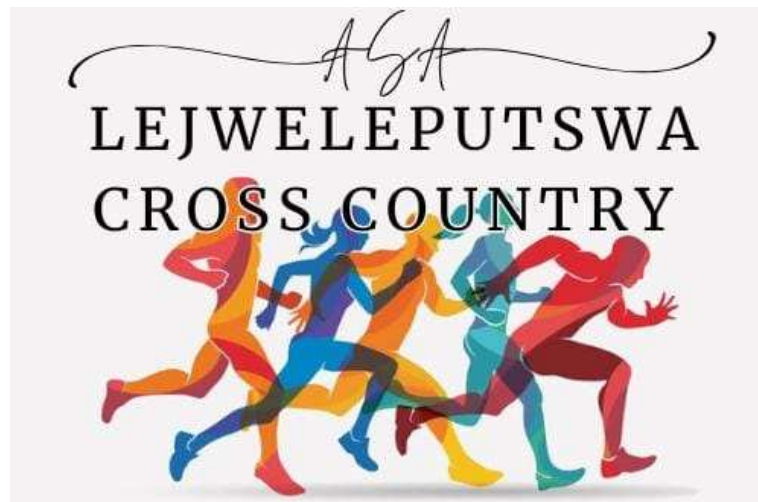
• **BANKBESONDERHEDE: / BANKING DETAILS:**

<b>Elektroniese inbetalings</b>	<b><i>Electronic payments</i></b>
<b>ASA Lejweleputswa Cross Country</b>	<b><i>ASA Lejweleputswa Cross Country</i></b>
<b><i>NEDBANK WELKOM</i></b>	<b><i>NEDBANK WELKOM</i></b>
<b><i>Takkode: 113 435</i></b>	<b><i>Branch code: 113 435</i></b>
<b><i>Rekeningnommer.: 111 537 2203</i></b>	<b><i>Account number: 111 537 2203</i></b>
<b>Verwysing: Naam van skool + Affiliasie 2025 / Liga 1, 2, ens.</b>	<b><i>Reference: Name of school + Affiliation 2026 / League 1, 2, etc.</i></b>

**INSKRYWINGSGELD: / ENTRY FEES:**

- R5.00 per atleet per liga (Liga 1 – 5 & 7) / R5.00 per athlete per league (League 1 – 5 & 7).
- R20.00 per atleet vir die Lejweleputswa kampioenskappe (Liga 6) en die Vrystaat kampioenskappe / R20.00 per athlete for the Lejweleputswa Championships (League 6) and the Free State championships.
- League 7 will only be for the athletes who qualified for the FS Championships (the Lejweleputswa Team). R5.00 participation fee per athlete.
- Om die inskrywingsgeld per liga te vergemaklik, versoek ons dat u die inskrywingsgelde elektronies oor sal betaal. Gebruik die volgende verwysing: (Skool se naam) – Liga 1. Onthou bewys van betaling!

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- In order to simplify the entry payments of athletes for each league, we request that you will make an electronic payment into the bank account – if possible. Please use the following reference: (School's name) – League 1. Remember your proof of payment!

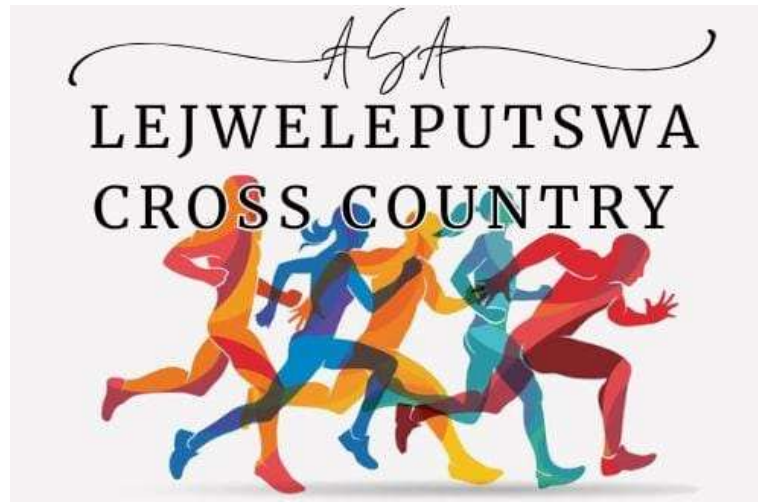
### **REËLS: / RULES:**

Landloop reëls **MOET** streng nagekom word / *Cross Country rules **MUST** be followed:*

- Maak seker jou atleet hardloop in die regte ouderdomsgroep anders gaan hy/sy gediskwalifiseer word. / *Please ensure your athlete is running in the correct age group otherwise he/she will be disqualified.*
- Geen afrigter of leerder (atleet) mag saam met 'n ander atleet langs die baan hardloop om pas aan te gee nie. / *No coach or learner (athlete) will be allowed to run with another athlete next to the track in order to set pace.*
- Maak seker dat u atlete weet dat hulle agter die wegspring lyn moet staan en dat hulle ten alle tye op die baan, tydens die wedloop, moet bly. / *Please ensure that your athletes know that they should stand behind the line at the start and that they should stay on the track, at all times, during the race.*
- As 'n atleet te veel stap en agter raak in die wedloop en dus veroorsaak dat die volgende wedloop te laat gaan wegspring, dan kan 'n atleet van die baan afgehaal word. Maak dus seker dat julle atlete die betrokke afstande kan hardloop. / *If an athlete falls behind in a race because he/she is walking and is therefore the cause that the next race will start late, the athlete can be taken out of the race. Therefore the coaches must ensure that their athletes can run the distance of the race.*

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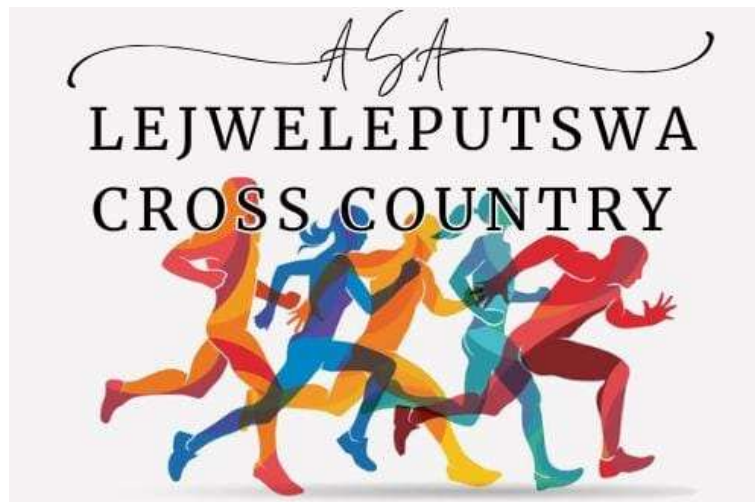


**ALGEMEEN: / GENERAL:**

- **Met Liga 1 kan u 'n lys met u skool se atlete se nommers vanaf 12:00 kom afhaal by die baan. / At league 1 you can come and collect a list with your school's numbers for your athletes at the track from 12:00.**
- **Onthou om plakkers en 'n permanente kookie saam te bring om jou atlete se toegekende nommers op te skryf waarmee hulle moet hardloop. / Remember to bring along stickers and a permanent marker to write your athletes allocated numbers on that they must run with.**
- **Daar is 7 ligas vir die seisoen en al die ligas gaan op die baan by die Riebeeckstad sportterrein plaasvind. / There will be 7 leagues for this season and all the leagues will take place at the Riebeeckstad Sport grounds.**
- **Onthou asb. dat o/6 tot o/8 saam hardloop. Daar is nie 'n o/7 wedloop nie. / Please remember that u/6 to u/8 will run together. There is no u/7 race.**

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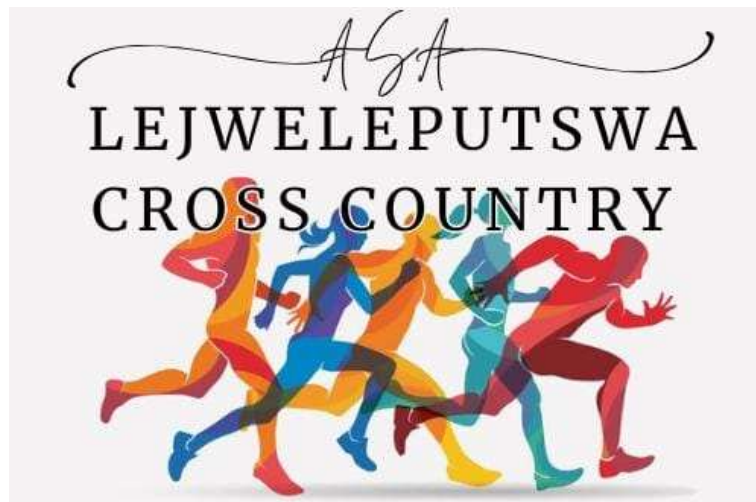
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- **Die kategorieë van deelname het verander. Maak asb. seker dat julle atlete vir die regte kategorie ingeskryf is. / *The categories of participation changed. Please make sure that your athlete has been registered for the correct category.***
- Ons het nie genoeg toilet fasiliteite vir al die atlete by die byeenkoms nie. Indien moontlik, laat jou atlete klaar by die skool aantrek en die toilet geriewe gebruik voor hulle na die baan kom. / *We do not have enough toilet facilities for all the athletes at the leagues. If possible, please let your athletes dress at school and use the toilet facilities there.*
- Elke afrigter is verantwoordelik vir sy atlete op die sportterrein. Maak seker hulle tel al die rommel op daar waar hulle sit. Jy moet tog 'n voorbeeld stel. / *Each coach is responsible for their own athletes. Make sure that they clean up after themselves where they were sitting at the event. You are supposed to set an example.*
- Indien atlete die terrein beskadig gaan ons die betrokke skool verantwoordelik hou vir die skade. / *If any of your athletes vandalise anything on the premises, your school will be responsible to pay for the damage.*
- Indien daar navraag is omtrent 'n atleet se deelname, moet die spanbestuurder 'n "apél vorm" voltooi en binne 30 minute na die insident die vorm en R500.00 by die kantoor inhandig. Ondersoek sal ingestel word. Indien u apél suksesvol is, sal die R500.00 aan u terug betaal word, andersins word dit verbeur. / *If there is a query regarding an athlete's race, the team manager may complete an appeal form. All appeals must be made in writing on the appeal form, which can be obtained from the office. This form and R500.00 must be submitted within 30 minutes after the incident occurred will be reimbursed.*

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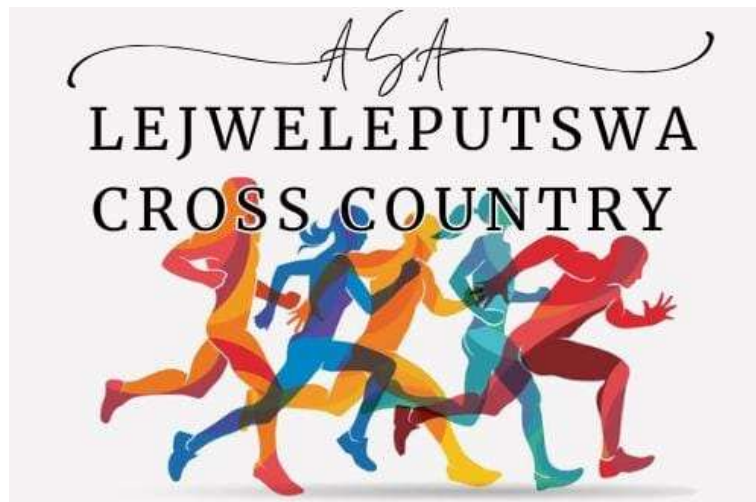
- Elke skool/klub moet 'n leër met afskrifte van hulle atlete se geboortesertifikate/ID's by die landloop kantoor inhandig tydens liga 1. *Schools/clubs must submit a file with copies of all their athlete's birth certificates/ID's at the Lejweleputswa office, at league 1.*
- Uitslae sal opgeplak word teen die "uitslae-muur", +- 20 minute na die wedloop. / Results will be pasted on the "results wall", +- 20 minutes after the race.

Volledige uitslae sal aan skole gemail word, na die byeenkoms. Kry ook die uitslae op Facebook en ons webblad. / Results will be emailed to schools, after the event. Also find the results on Facebook and our website.

- A motivation form must be filled in when an athlete gets injured during a race or when an athlete didn't complete the race. Motivation forms for medical certificates must also be filled in. Fill in **ALL** the information about the athlete and attach the medical certificate. (Motivation forms will be available at the office and will also be mailed to the schools/clubs.)
- There will be medics at every league. Please make use of them!!
- When learners / athletes leave the competition arena to where the cars/busses are parked, then it is the team manager's responsibility to make sure the athletes are safe. Please look out for the cars/busses!! Don't let your athletes play in the parking lot, the road, the area in front of the bathrooms or in the bathrooms! Please look after your athletes.

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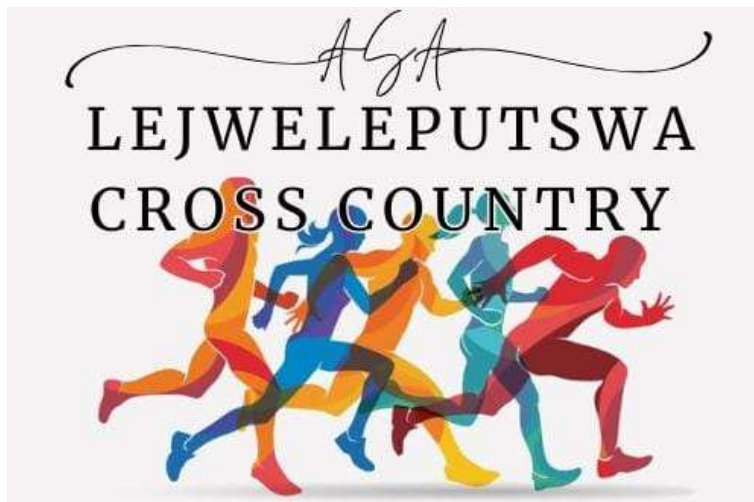


### Lisensienommers: / License numbers:

- Al die atlete moet met 'n lisensienommer hardloop by liga 3, die Vrystaatkampioenskappe en die SA kampioenskappe. Atlete mag steeds deelneem sonder lisensienommers by liga 1 en 2. GEEN lisensienommer – Hierdie deelname word gesien as 'n “fun run”. / *All the athletes must run with a license number at league 3, the Free State championships and the SA championships. Athletes may still participate without a licence number at league 1 and 2. NO license number – These races will be regarded as a fun run.*
- Permanente lisensienommers kan by die Vrystaatkantoor (AFS) in Bloemfontein gekoop word. / *Permanent license numbers can be bought at the Free State office (AFS) in Bloemfontein. **Affiliation must be paid to AFS also (R500.00 – Junior Clubs) to obtain license numbers.***
- Athletes MUST participate in their school's/club's athletics attire. NO CASUAL CLOTHES. If a school/club doesn't have athletics attire yet, then neutral clothing must be worn (white shirt with black/blue pants or ski-pants) until they get their attire. YOU MUST PARTICIPATE WITH YOUR SCHOOL'S/CLUB'S ATTIRE AT THE FS CHAMPIONSHIPS.
- License numbers must be worn in front and at the back. The participants' ticket (number) must be visible when entering the tunnel for the place judges. This number is given to athletes by the office and only this number will be recorded by the place judges – NOT the license numbers – seeing that the participants' number contains ALL of his/her information when it is entered into the computer.
- AGE TAGS MUST BE WORN!!

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**INSKRYWINGS VAN ATLETE OP DIE DATABASIS: / ENTRIES OF ATHLETES ON THE DATA BASIS:**

**INSKRYWINGS SLUIT OP WOENSDAG, 15 APRIL 2026.**

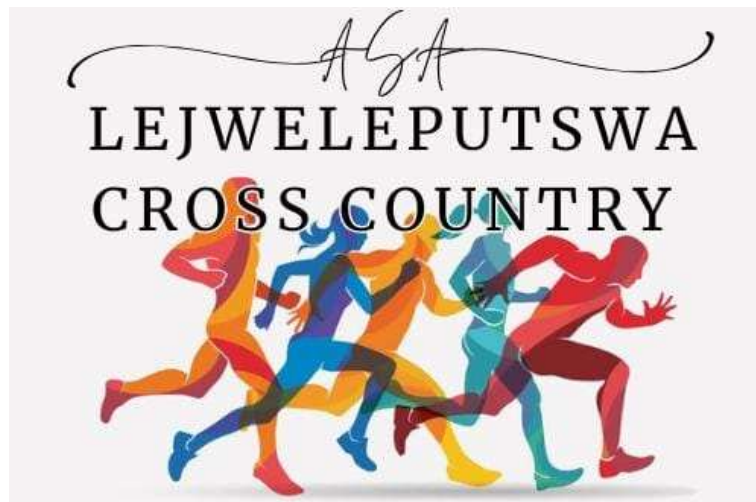
**CLOSING DATE FOR ENTRIES IS ON WEDNESDAY, 15 APRIL 2026.**

- **NB:** ALLE INSKRYWINGS MOET ELEKTRONIES OP DIE EXCEL VORM GEDOEN WORD.  
GEEN INSKRYWINGS OP WORD, JPEG OF PDF GAAN AANVAAR WORD NIE. (MOET DIT ASB. NIE MET DIE HAND SKRYF NIE).  
**NB:** ALL ENTRIES MUST BE DONE ELECTRONICALLY ON THE EXCEL SHEET.  
NO ENTRIES IN WORD, JPEG OR PDF WILL BE ACCEPTED. (ENTRIES SHOULDN'T BE HAND WRITTEN PLEASE).

Hoe dit werk: / How it works:

- Alle inskrywings moet ge-epos word na [asalejweleputswaxcountry@gmail.com](mailto:asalejweleputswaxcountry@gmail.com) .  
/ All entries must be emailed to [asalejweleputswaxcountry@gmail.com](mailto:asalejweleputswaxcountry@gmail.com) .
- Registreer al die atlete wat julle dink hierdie seisoen gaan deelneem. / Register all the athletes that you think would participate in cross country this season.
- Maak seker jy registreer jou atlete onder die regte ouderdomsgroepe (sien Kategorieë vir deelname). / Ensure that you enter your athletes under the correct age groups. (see Categories of participation).
- INSKRYWINGS MOET ALLES IN **HOOFLETTERS** WEES. / ENTRIES MUST BE DONE IN **CAPITAL LETTERS**.

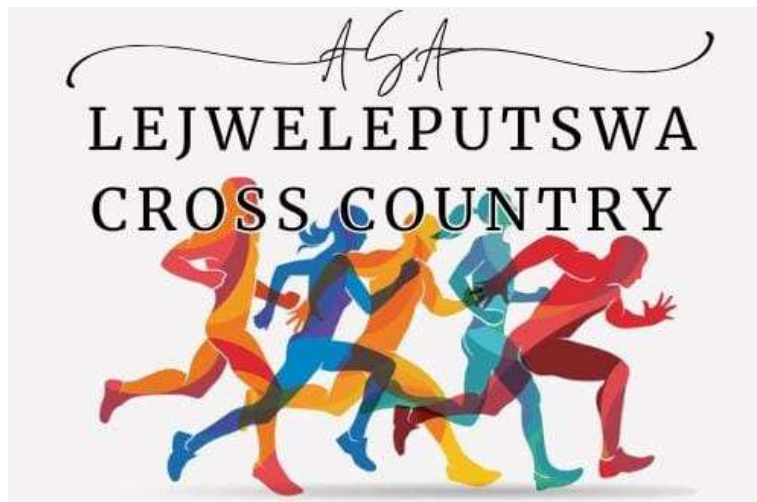
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- **NB: Elke atleet se ID-nommer moet ingevul word – NIE net die geboortedatum nie. / Make sure you fill in the athlete's ID numbers fully and not just the date or birth.**
- *VUL SLEGS OP DIE DIGITALE EXCELVORM IN. / ONLY USE THE DIGITAL EXCEL FORM TO TYPE YOUR ENTRIES.*
- Maak seker dat julle atlete se inligting korrek is die eerste keer, want die atlete se inligting kan nie verander word na die 1ste liga nie. / *You will have to make sure that your athlete's information is correct because after the first league we cannot change the athlete's information anymore.*
- Indien 'n atleet later by landloop inval kan sy afrigter slegs hom dan net individueel registreer – ten minste 3 dae voor liga. (Nie later as die Woensdag van daardie week nie). Moet nie 'n lys van die hele span stuur nie. Slegs die nuwe atlete se inligting op die excel vorm. / *If you have an athlete that joins the cross country after the first league, you can just enter them individually – must be at least 3 day before the next league. (Not later than the Wednesday of that week). Do not send the list of the whole team again. Only fill in the information of the new athlete on the excel form.*
- Elke atleet word 'n nommer toegeken wat sy/haar nommer vir die res van die seisoen gaan wees. Hy/sy moet elke wedloop met hierdie nommer hardloop, want dit is hierdie nommer wat in die rekenaar ingelees gaan word sodra die atleet oor die wenstreep gaan. / *Each athlete is going to receive a specific number at the first league. This number will be his/her number for the rest of the season. He/she must run every race with that number because only that number will be read into the computer – not his/her name/surname.*
- Nommers moet tydens Liga 1 by die Klubhuis afgehaal word. / *Numbers must be collected at League 1 at the clubhouse.*

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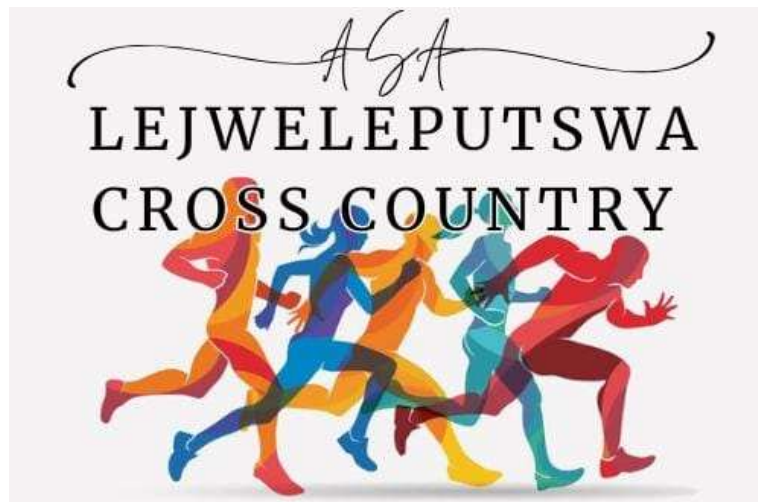


- Maak seker dat julle atlete nie met iemand anders se nommer hardloop nie, want indien hy/sy uitgevang word, dan gaan hy/sy sowel as die atleet wie se nommer hy/sy gebruik het, gediskwalifiseer word. / *Please make sure that your athletes do not run with someone else's number because that athlete as well as the athlete whose number was used, will be disqualified.*

#### **Kies van Spanne: / Selection of Teams:**

- Om vir die Lejweleputswa span in ag geneem te word kan slegs 2 van die 6 ligas gemis word. Liga 1, 2 en 6 is verpligtend! / *To be included in the Lejweleputswa team, you can only skip 2 out of the 6 leagues. League 1, 2 and 6 is compulsory!*
- Liga 6 is die Lejweleputswa Kampioenskappe en is verpligtend as 'n atleet in aanmerking geneem wil word vir die Vrystaat kampioenskappe. / *League 6 is the Lejweleputswa Championships. If an athlete wants to be considered to go to Free State Champs, it is compulsory to participate in league 6.*
- Liga 7 is slegs vir die atlete wat gekies is vir die Lejweleputswa span wat Vrystaat Kampioenskappe toe gaan om seker te maak dat hulle fiks en gereed is vir die Vrystaat Kampioenskappe. LIGA 7 IS NIE DEEL VAN DIE 60% (4 uit 6 ligas) DEELNAME NIE. / *League 7 is only for the athletes selected for the Lejweleputswa team that will go to the Free State Championships to ensure that they are fit and ready for the Free State Championships. LEAGUE 7 IS NOT PART OF THE 60% (4 out of 6 leagues) PARTICIPATION.*
- Slegs 'n doktersbrief sal aanvaar word as atleet siek was met enige van die ligas of 'n amptelike brief van die skool as die atleet by ander wintersport se **provinsiale proewe** deelgeneem het. Daar sal egter net EEN brief aanvaar word as verskoning. / *Only a doctor's letter will be accepted if an athlete was sick during a league or an official letter from the school to state that the athlete participated in any other winter sports **provincial trails**. We will only accept ONE letter per athlete.*

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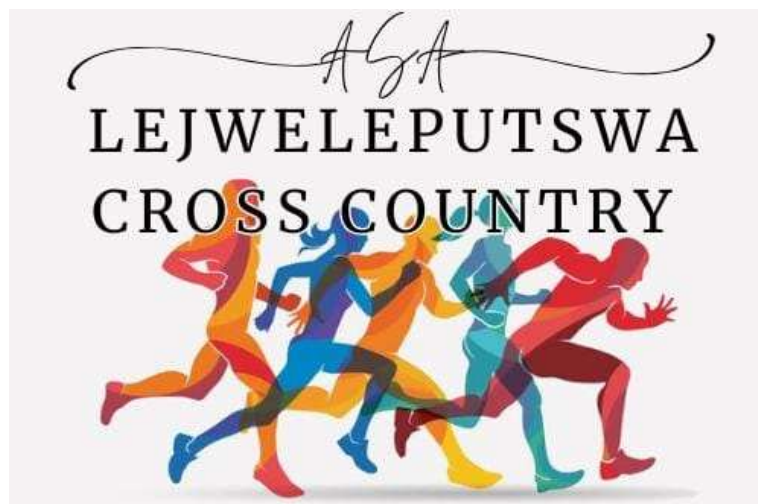


- Keurders – Die kies van die Vrystaat span na die ASA Kampioenskappe word gedoen aan die hand van die volgende: *Selectors – The selection of the Free State team to the ASA Championships will be done according to the following:*
- Om te kan kwalifiseer om aan die Vrystaat Kampioenskappe te mag deelneem moet 'n atleet aan 60% van sy streek se ligas deelgeneem het. (4 van die 6 ligas). / *To qualify to participate at the Free State Championships, an athlete had to participate in 60% of the league meetings of his/her region. (4 out of 6 leagues).*
- Dit word van atlete verwag om aan die laaste 2 ligas (6 & 7) deel te neem om fiksheid en statistiek nader aan die VS Kampioenskappe te verseker. / *It will be expected from athletes to participate in the last 2 leagues (6 & 7) to help with fitness and statistics nearer to the FS Championships.*
- Liga 7 is dus verpligtend vir die verkose Lejweleputswa span. / *League 7 is therefore mandatory for the chosen Lejweleputswa team.*
- Spanbestuuders moet 'n motiverings vorm voltooi indien 'n atleet nie 'n wedloop kon voltooi nie, weens mediese redes. Hierdie vorm kan by die kantoor gekry word en weer daar ingedien word. Hierdie vorm sal in aanmerking geneem word wanneer die Lejweleputswa span gekies word. Geen fooi betaalbaar nie. / *Team managers must complete a motivation form (obtained from the Lejweleputswa office) if an athlete was unable to finish the race due to medical reasons. Submit this letter at the office. This form will be considered at the team selection. No fee payable.*

**Deelname aan die Vrystaat Kampioenskappe: / Participation in the Free State Championships:**

- Mediese sertifikate moet VOOR die wedloop by die keurders self ingehandig word. / *Medical certificates must be handed in BEFORE the race, directly at the selectors.*

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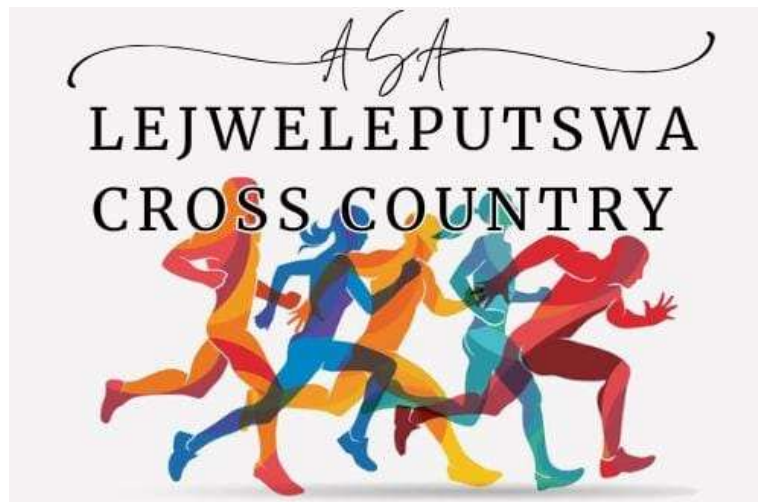


- As daar geen ID-nommer of lisensienommer beskikbaar is van die atleet tydens die Vrystaat Kampioenskappe nie, dan word die atleet nie gekies vir die span nie. / *If an athlete's ID number or license number is not available at the Free State Championships, those athletes will not be considered for the team.*
- Maak seker u atlete se inligting is 100% korrek teen Liga 3. / *Make sure your athletes' information is 100% correct before League 3.*

#### **Ligas 2026: / Leagues 2026:**

<b>Dag /Day:</b>	<b>Datum/Date:</b>	<b>Liga/League:</b>	<b>Venue:</b>	<b>Officials (teachers): (2/3 per school)</b>
Vry/Fri	8 May 2026	Liga 1 / League 1	R/stad Sport grounds	Koppie Alleen (3) Odensia (3)
Vry/Fri	15 May 2026	Liga 2 / League 2	R/stad Sport grounds	Voluit (2) , Henties (2) , Riebeeckstad PS (2)
Vry/Fri	22 May 2026	Liga 3 / League 3	R/stad Sport grounds	Moremaphofu (2) , Khotsong (2) , Naudeville (2)
Vry/Fri	29 May 2026	Liga 4 / League 4	R/stad Sport grounds	Lemotso (3) , Malebaleba (3)
Vry/Fri	5 June 2026	Liga 5 / League 5	R/stad Sport grounds	Welkom Volksskool (4) , Allanridge (2)
Sat/Sat	<b>27 June 2026</b>	<b>Inter Region</b>	<b>TBA (Bethlehem)</b>	
Vry/Fri	<b>24 July 2026</b>	<b>Liga 6 / League 6 Lejweleputswa Champs</b>	<b>R/stad Sport grounds</b>	Brandwag (3) , Wessel Maree (2) , Hennenman (2) , TVET College (4)
Vry/Fri	31 July 2026	Liga 7 / League 7	R/stad Sport grounds	Real Lions (2) , Eskom (2), CUT (2)
Sat/Sat	<b>15 August 2026</b>	<b>FS Championship</b>	<b>UFS CC Track Bloemfontein</b>	
Sat/Sat	<b>5 September 2026</b>	<b>SA Championships</b>	<b>TBA (Pretoria) [Tshwane]</b>	

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Die volgende program sal by Liga 1 tot 5 en liga 7 gebruik word. / The following program will be used at league 1 to 5 and league 7.

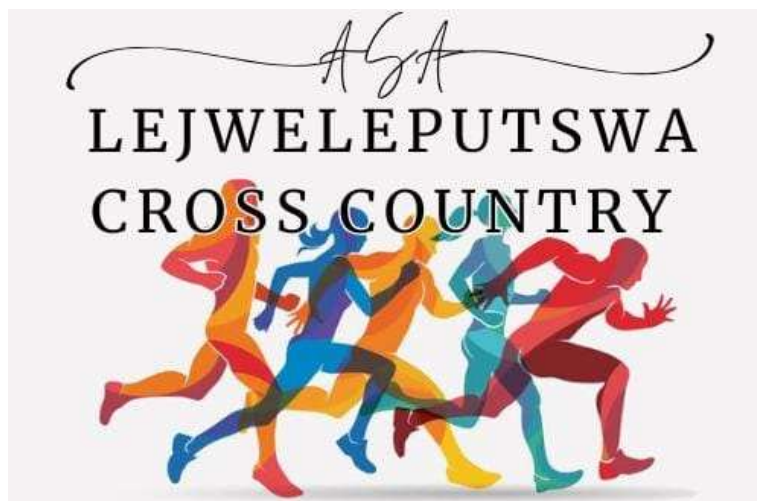
- Die program vir Liga 6 (Lejweleputswa Kampioenskappe) sal nader aan die tyd volg. / The program for League 6 (Lejweleputswa Championships) will follow closer to the time.

### Program 2026

<b>12:30</b>	<ul style="list-style-type: none"> <li>• Youth Girls u/16 – u/17 (2009 – 2010)</li> <li>• Junior Women u/18 – u/19 (2007 – 2008)</li> <li>• Senior Women u/ 20 – u/34 (1992 – 2006)</li>   <li>• Youth Boys u/16 – u/17 (2009 – 2010)</li> <li>• Junior Men u/18 – u/19 (2007 – 2008)</li> <li>• Senior Men u/ 20 – u/34 (1992 – 2006)</li> </ul>			2km
<b>13:00</b>	Seuns / Boys Dogters / Girls	u/08	(2020 ; 2019 ; 2018)	1km
<b>13:10</b>	Seuns / Boys Dogters / Girls	u/09	(2017)	2km
<b>13:25</b>	Seuns / Boys Dogters / Girls	u/10	(2016)	2km
<b>13:40</b>	Seuns / Boys Dogters / Girls	u/11	(2015)	3km
<b>14:00</b>	Seuns / Boys Dogters / Girls	u/12	(2014)	3km
<b>14:20</b>	Seuns / Boys Dogters / Girls	u/13 u/13	(2013)	4km 3km

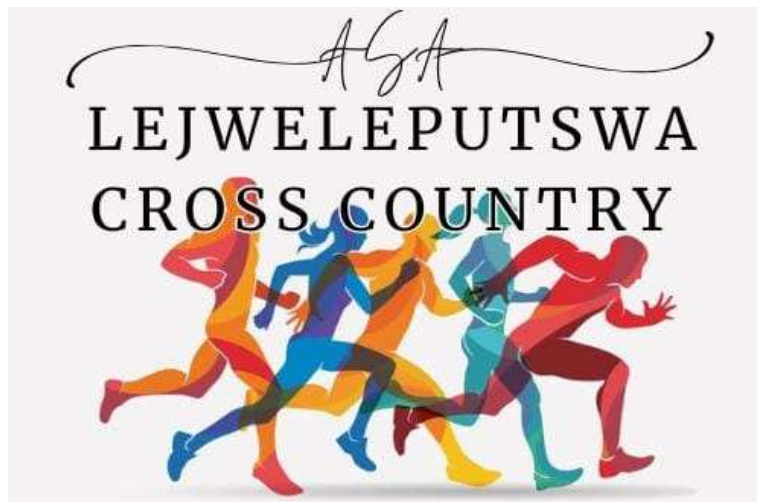
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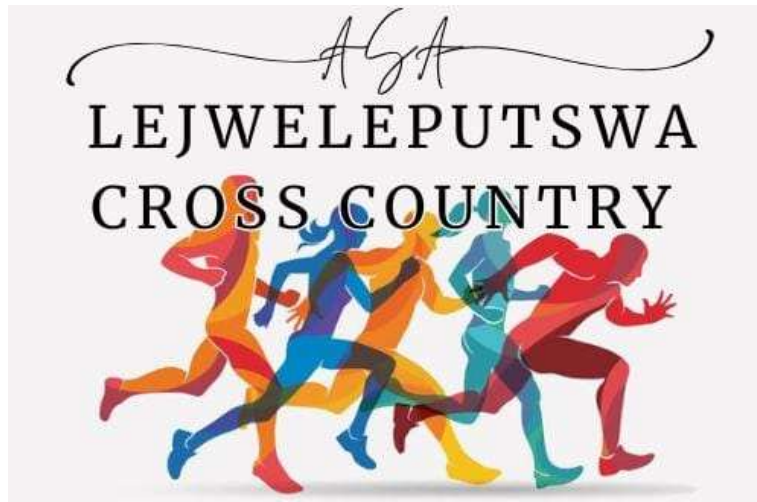
<b>14:50</b>	<ul style="list-style-type: none"> <li>• <b>Youth Girls</b> u/16 – u/17 (2009 – 2010)</li> <li>• <b>Junior Women</b> u/18 – u/19 (2007 – 2008)</li> <li>• <b>Senior Women</b> u/ 20 – u/34 (1992 – 2006)</li>   <li>• <b>Youth Boys</b> u/16 – u/17 (2009 – 2010)</li> <li>• <b>Junior Men</b> u/18 – u/19 (2007 – 2008)</li> <li>• <b>Senior Men</b> u/ 20 – u/34 (1992 – 2006)</li> </ul>			2km
<b>15:00</b>	Seuns / Boys Dogters / Girls	u/14 and u/15	(2012 ; 2011)	4km
<b>15:30</b>	Seuns / Boys Dogters / Girls	u/16 and u/17	(2010 ; 2009)	6 km 4 km
<b>16:10</b>	Junior Women	0/18 & 0/19	(2008 ; 2007)	6 km
	Women 22	0/20 ; 0/21 ; 0/22	2004 – 2006	4 km
	Senior Women	23 – 34 years	1992 – 2003	4 km
	Senior Women	23 – 34 years	1992 – 2003	<b>10 km</b>
	Women (35 – 39) (VET)	35 – 39 years	1987 – 1991	4 km
	Women (40 – 44) (VET)	40 – 44 years	1982 – 1986	4 km
	Women (45 – 49) (VET)	45 – 49 years	1977 – 1981	4 km

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	Women (50 – 54) (VET)	50 – 54 years	1972 – 1976	4 km
	Women (55 – 59) (VET)	55 – 59 years	1967 – 1971	4 km
	Women (60+) (MASTERS)	60 years +	1966 and older	4 km
<b>16:10</b>	Junior Men	0/18 & 0/19	(2008 ; 2007)	8 km
	Men 22	0/20 ; 0/21 ; 0/22	2004 – 2006	4 km
	Senior Men	23 – 34 years	1992 – 2003	4 km
	Senior Men	23 – 34 years	1992 – 2003	<b>10 km</b>
	Men (35 – 39) (VET)	35 – 39 years	1987 – 1991	8 km
	Men (40 – 44) (VET)	40 – 44 years	1982 – 1986	8 km
	Men (45 – 49) (VET)	45 – 49 years	1977 – 1981	8 km
	Men (50 – 54) (VET)	50 – 54 years	1972 – 1976	8 km
	Men (55 – 59) (VET)	55 – 59 years	1967 – 1971	8 km

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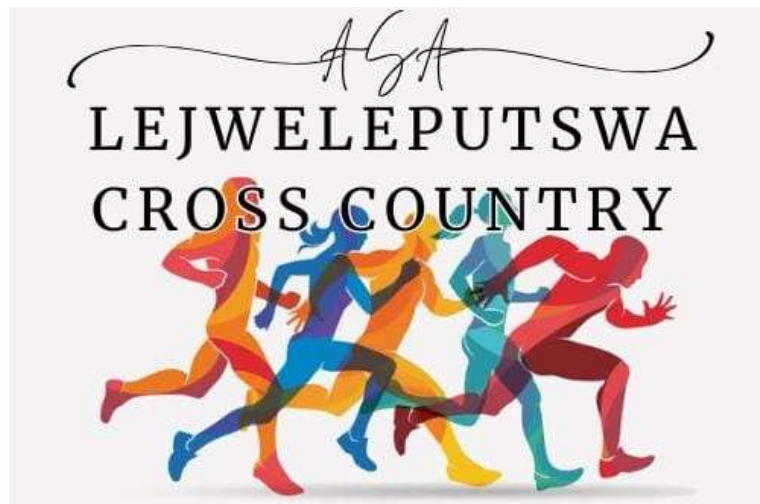


Men (60+) (MASTERS)	60 years +	1966 and older	6 km
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**VETERAN/MASTER** ages are taken as **on day of race**.

**BEGINNERS – U/22** are taken as the age you will be turning in 2026 (the age the athlete will be on 31 December 2026).

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Indien daar enige navrae is, dan kan u my gerus per epos kontak.

*You can contact me if there are any further enquiries.*

[asalejweleputswacountry@gmail.com](mailto:asalejweleputswacountry@gmail.com) / [dawid5298@gmail.com](mailto:dawid5298@gmail.com)

#### **LANDLOOP GROETE / CROSS COUNTRY GREETINGS**

**Dawid Meuter**

ASA Lejweleputswa Cross Country Chairperson

060 378 2291

[dawid5298@gmail.com](mailto:dawid5298@gmail.com)

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