



ASA Lejweleputswa Cross Country

LEJWELEPUTSWA CHAMPIONSHIPS

(LEAGUE 6)

2026



FRIDAY, 24 JULY 2026



RIEBEECKSTAD



STARTS AT 12:30



ENTRY FEE R20 PER ATHLETE



MEDALS FOR THE TOP 3 ATHLETES



PARTICIPATION IS COMPULSORY

FOR ALL ATHLETES WISHING TO BE CONSIDERED
FOR SELECTION TO THE ASA LEJWELEPUTSWA TEAM
FOR THE FREE STATE CROSS COUNTRY CHAMPIONSHIPS.



ASA Lejweleputswa Cross Country

Championships 2026 (Program)

12:30	• Youth Girls u/16 – u/17 (2009 – 2010) • Junior Women u/18 – u/19 (2007 – 2008) • Senior Women u/ 20 – u/34 (1992 – 2006) • Youth Boys u/16 – u/17 (2009 – 2010) • Junior Men u/18 – u/19 (2007 – 2008) • Senior Men u/ 20 – u/34 (1992 – 2006)			2km
13:00	Seuns / Boys Dogters / Girls	u/08	(2020 ; 2019 ; 2018)	1km
13:10	Seuns / Boys Dogters / Girls	u/09	(2017)	2km
13:25	Seuns / Boys Dogters / Girls	u/10	(2016)	2km
13:30	MEDAL PRESENTATION – U/08 ; U/09			
13:40	Seuns / Boys Dogters / Girls	u/11	(2015)	3km
14:00	Seuns / Boys Dogters / Girls	u/12	(2014)	3km
14:10	MEDAL PRESENTATION – U/10 ; U/11			
14:20	Seuns / Boys Dogters / Girls	u/13 u/13	(2013)	4km 3km
14:50	• Youth Girls u/16 – u/17 (2009 – 2010) • Junior Women u/18 – u/19 (2007 – 2008) • Senior Women u/ 20 – u/34 (1992 – 2006) • Youth Boys u/16 – u/17 (2009 – 2010) • Junior Men u/18 – u/19 (2007 – 2008) • Senior Men u/ 20 – u/34 (1992 – 2006)			2km

Chairperson: D. Meuter | **Vice Chairperson:** C. Gagiano | **Secretary:** C. van Zyl | **Treasurer:** C. Weydeman |
Additional members: Technical – B. Mkwani (**TIME**) | A. Badenhorst (**PLACE**) | T. Choane (**PLACE**) |
 Technical – F. Vivier (**TECHNICAL MANAGER**) | W. Fourie (**TECHNICAL**) | E. Molelekoa (**TO**) | L. Khoaelane (**TO**)

15:00	Seuns / Boys Dogters / Girls	u/14 and u/15	(2012 ; 2011)	4km
15:10	MEDAL PRESENTATION – U/12 ; U/13			
15:30	Seuns / Boys Dogters / Girls	u/16 and u/17	(2010 ; 2009)	6 km 4 km
16:10	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	10 km
	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
	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
16:10	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	10 km
	Men (35 – 39) (VET)	35 – 39 years	1987 – 1991	8 km

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	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
	Men (60+) (MASTERS)	60 years +	1966 and older	6 km
16:15	MEDAL PRESENTATION – U/14 ; U/15 ; U/16 ; U/17			
17:30	MEDAL PRESENTATION – 2KM ; MEN (JUNIORS/SENIORS) ; WOMEN (JUNIORS/SENIORS)			

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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Technical – F. Vivier (TECHNICAL MANAGER) | W. Fourie (TECHNICAL) | E. Molelekoa (TO) | L. Khoaelane (TO)