

2022: ATHLETICS FREE STATE ACTIVITY LIST

APPLICATION TO HOST EVENTS

CLUB: **SASOLBURG ATHLETIC CLUB**

ACTIVITY & LEVEL	DATE & MONTH	DAY	EVENT	VENUE	EVENT ORGANISER CLUB & PERSON	CONTACT INFO CELL & E-MAIL
RR/Club	08 May	Sun	Run for Mum - 5km, 10km	Sasolburg AC DP de Villiers Stadium HF Verwoerd Street Sasolburg	James Language Lindiwe Mthombeni Miekie Grobler	082 771 4597 james.language@gmail.com 083 470 7569 lindiwe.mthombeni2@sasol.com 083 630 0440 miekiegrobler5@gmail.com
RR/Club	19 Jun	Sun	Run for Dad – 5km, 10km	Sasolburg AC DP de Villiers Stadium HF Verwoerd Street Sasolburg	James Language Tseko Sebege Miekie Grobler	082 771 4597 james.language@gmail.com 084 282 1563 Tseko.sebege@sasol.com 083 630 0440 miekiegrobler5@gmail.com
RR/Club	Every Tuesday		Time Trials – 3km, 5km, 8km	Sasolburg AC DP de Villiers Stadium HF Verwoerd Street Sasolburg	James Language Tseko Sebege Miekie Grobler	082 771 4597 james.language@gmail.com 084 282 1563 Tseko.sebege@sasol.com 083 630 0440 miekiegrobler5@gmail.com

Add more rows if needed

The document must be submitted in the original Word format.

How to complete the application

CLUB:	Complete the name of the Club, no abbreviations
ACTIVITY & LEVEL:	Indicate only the activity and level, for instance; RR Club ; (Track & Field = T&F / Cross Country = CC / Road Running = RR / Trail Running = TR / Mountain Running = MR / Race Walking = RW / Course / Clinic / Work Shop = WS / Training Camp = TC)
DATE & MONTH:	Only the date and month not the year, for instance; 02 Feb
DAY:	Only the abbreviation of the day, for instance; Sat
EVENT:	Full description of event with distances, etc, for instance; My race 5km FR, 10km, HM, M, etc
VENUE:	Full description of venue or start with admin desk and town, for instance; Your place, Bloemfontein
EVENT ORGANISER CLUB & PERSON:	Club and event organiser name, for instance; Why and AC, Jan WHOM
CONTACT INFO CELL & E-MAIL:	Event organiser cell no and e-mail address, for instance; 012-3456789, janwhom@abcde.za

The document must be submitted in the original Word format.