

ATHLETICS FREE STATE ACTIVITY LIST: 2017

JANUARY 2017

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PROVINCE	DISTRICT	CATEGORY
TRACK AND FIELD												
16	Mon	NLC Development Clinic /Competition		18:00	MAS	AFS T&F Commission	AFS Office	051-4303251	admin@athleticsfs.co.za	FS	Mangaung	T&F
18	Wed	First Years Meeting			Peliespark	Kovsie Athletics Club	Sarina Cronje	836408073	cronjesi@ufs.ac.za	FS	Mangaung	T&F
18	Wed	First Years Meeting			Peliespark	Kovsie Athletics Club	Sarina Cronje	836408073	cronjesi@ufs.ac.za	FS	Mangaung	T&F
19	Thu	HS Fichardtpark House Meeting		07:15	MAS	HS Fichardtpark	Louw Prinsloo	845000093	louw@fpark.co.za	FS	Mangaung	T&F
20	Fri	St Michael's School Athletics Day		08:00	Free State Stadium	St Michaels School	Michelle Bridger	829538031	michelleb@stms.co.za	FS	Motheo	T&F
23	Mon	Grey Inter house		14:00	MAS	Grey College Sec. School	Pieter Viljoen	0846800066	piet@gc.co.za	FS	Motheo	T&F
26	Mon	NLC Development Clinic /Competition		18:00	MAS	AFS T&F Commission	AFS Office	051-4303251	admin@athleticsfs.co.za	FS	Mangaung	T&F
29	Mon	NLC Development Clinic /Competition		18:00	MAS	AFS T&F Commission	AFS Office	051-4303251	admin@athleticsfs.co.za	FS	Mangaung	T&F
ROAD RUNNING												
09	Sat	Mielie Pap Fees	10km/FR	06H00	Ventersburg Stadsaal	Goudveld Multi Sport	Kieth Rhode	0828829496	louis@massyn.net	FS	Lejwele	RR
18	Wed	Bloem Striders Night Race	10km FR Kids 600m	18:30 18:45 18:15	Langenhoven Park, Boeremark c/o Boerneef - and Jochem Van Bruggen Street	Bloemfontein Striders	Jaco Grobbelaar or Leana Esterhuizen	082 416 6779 or 082 573 7222	bloemstriders@gmail.com	FS	Mangaung	RR
21	Sat	Mielie Marathon	42.2km 21.1km 10km	5H30 6H00 6H00	THS Sports Grounds	Goudveld Multi Sport Club	Marizanne Philip Mc Laren Ian Logan	722650141 0824524569 0846528025	marizannejacobs@yahoo.com	FS	Lejwele	RR
COURSES & CLINICS												
		Coaching Course Level 1 & 2 and Clinic		08:00	MAS	AFS		051-4303251	admin@athleticsfs.co.za	FS	Mangaung	Course
HOLIDAYS												
01	Son	NEW YEARS DAY										
11	Wed	SCHOOLS OPEN										

FEBRUARY 2017

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PROVINCE	DISTRICT	CATEGORY
TRACK AND FIELD												
04	Sat	Motheo/Xhariep High Schools Zone 2		07:00	MAS	Motheo/Xhariep H/S	Nico v Rensburg	083229-2976	nico@sentraal.co.za	FS	MX	
04	Sat	Young Development Coaching Clinics	T & F	9h00	Selosesha Stadium	Nedbank Fast Leg Running Club	Pretty Booysen	832042973	fastlegsrn74@gmail.com	FS	Mangaung	T & F
07	Tue	Motheo Xhariep PS Zone A		08:00	MAS	Motheo/Xhariep P/S	Johan du Preez	822009349	dupreez@fichies.co.za	FS	MX	T&F
08	Wed	Motheo Xhariep PS Zone C		08:00	MAS	Motheo/Xhariep P/S	Johan du Preez	822009349	dupreez@fichies.co.za	FS	MX	T&F
09	Thu	Motheo Xhariep PS Zone B (Botshabelo)		08:00	Mmabana	Motheo/Xhariep P/S	Johan du Preez	822009349	dupreez@fichies.co.za	FS	MX	T&F
10	Fri	Motheo Xhariep PS Zone D (Thaba Nchu)		08:00	Mmabana	Motheo/Xhariep P/S	Johan du Preez	082 200 9349	dupreez@fichies.co.za	FS	MX	
10	Fri	Sentraal Top 20		14:00	MAS	Sentraal H/S	Nico v Rensburg	083229-2976	nico@sentraal.co.za	FS		
11	Sat	Motheo/Xhariep High Schools Zone 1		07:00	MAS	Motheo/Xhariep H/S	Mamus van Wyk	761872115	mvanwyk@gc.co.za	FS	MX	T&F
13	Mon	Inter Residence Meeting		17:30	Peliespark	Kovsie Athletics Club	Sarina Cronje	836408073	cronjesi@ufs.ac.za	FS		
15	Wed	Sandveld Regional Athletics Meeting		07:00	Mangaung Stadium	Sandveld	André Brand	714856088	brandandree@gmail.com	FS	Lejweleputswa	T&F
16	Thu	Thaba Nchu High Schools Zone		7:00	Mmabana	Motheo/Xhariep H/S	Albert Botha	082 200 4457		FS	MX	T&F
17	Fri	Botshabelo H/S Zone		7:00	Mmabana	Motheo/Xhariep H/S	Albert Botha	082 200 4457		FS	MX	T&F
17	Fri	Ladybrand H/S Zone		7:00	Ladybrand	Motheo/Xhariep H/S						
17	Fri	Fichardtpark PS Invitational		15:00	MAS	Fichardtpark P/S	Michael v/d Walt	082 928 9063	info@fichies.co.za	FS		
20	Mon	Inter Residence Meeting		17:30	Peliespark	Kovsie Athletics Club	Sarina Cronje	836408073	cronjesi@ufs.ac.za	FS		
22	Wed	FS LSEN Schools Athletics			MAS	FS LSEN Schools				FS	Fezile Dabi	T&F
24	Fri	HTS Invitational			MAS	Louis Botha	Amos vd Westhuizen	083 280 136	amos@htslouisbotha@gmail.com	FS		T&F
25	Sat	Motheo Xhariep Primary Schools		08:00	MAS	Motheo/Xhariep P/S	Johan du Preez	082 200 9349	dupreez@fichies.co.za	FS	MX	T&F
26	Mon	NLC Development Clinic /Competition		18:00	MAS	AFS T&F Commission	AFS Office	051-4303251	admin@athleticsfs.co.za	FS	Mangaung	T&F
ROAD RUNNING												
04	Sat	SASOL Marathon	42.2km; 21.1km; 10km; Fun Run	06:00	DP de Villiers Std Sasolburg	Sasolburg AC	Dolf BINNEMAN Haig FOURIE	073-3396809 083-3119722	dolf.binneman@sasol.com. haigf@cw-wire.co.za	FS	Fezile Dabi	RR
11	SAT	KLOPPERS MARATHON	M/HM/10KM/FR	05:30/6:00/7:00/7:30	BFN ACHILLES	BFN ACHILLES	BEVERLEY OLIVIER GORDON VAN WYK	0718953183 0833022784	bloemachilles@gmail.com gordonvw7@gmail.com	FS	Mangaung	RR
17	Sat	Jubel fees	HM 10km FR	07:00 07:30 08:00	Sentraal Volksskool	Tasol Kroonstad	Marita Serfontein	562 122 388	marita@semick.co.za	FS	Lejwele	RR
25	SAT	SWASAP ULTRA MARATHON	M/HM/10KM/FR	05:30/6:00/7:00/7:30	BFN ACHILLES	BFN ACHILLES	BEVERLEY OLIVIER GORDON VAN WYK	0718953183 0833022784	bloemachilles@gmail.com gordonvw7@gmail.com	FS	Mangaung	RR

MARCH 2017

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PROVINCE	DISTRICT	CATEGORY
TRACK AND FIELD												
03	Fri	Motheo/Xhariep High Schools Championships		07:00	MAS	Motheo/Xhariep H/S	Corrie Venter	083 258 5376	corriev@schoolink.co.za	FS	MX	
04	Sat	Motheo/Xhariep High Schools Championships		07:00	MAS	Motheo/Xhariep H/S	Corrie Venter	083 258 5376	corriev@schoolink.co.za	FS	MX	T&F
10 - 11	Fri-Sat	Free State Track and Field Open Championship			MAS	AFS T&F Commission	AFS Office	051-4303251	admin@athleticsfs.co.za	FS	Provincial	T&F
11	Sat	Free State Primary Schools		09:00	Sasolburg	Free State P/S	Johan du Preez	082 200 9349	dupreez@fichies.co.za	FS	Free State	T&F
17	Fri	Free State High School Championships			MAS	Free State H/S	Wimpie Lodewyk	836297064	wlodewyk@lantic.net	FS	Provincial	T&F
18	Sat	Free State High School Championships			MAS	Free State H/S	Wimpie Lodewyk	836297064	wlodewyk@lantic.net	FS	Provincial	T&F
27	Tue	NLC Development & Preparation Competition		18:00	MAS	AFS T&F Commission	AFS Office	051-4303251	admin@athleticsfs.co.za	FS	Mangaung	T&F
30	Wed	NLC Development & Preparation Competition		18:00	MAS	AFS T&F Commission	AFS Office	051-4303251	admin@athleticsfs.co.za	FS	Mangaung	T&F
ROAD RUNNING												
04	Sat	Surrender Hill Marathon	10,21,42km	06:00	President Plein, Clarens	Bethlehem Marathon	Comel Muller	0832946420	limodoevents@gmail.com	FS	Thabo Mof	RR
04	Sat	Human Race	4.8 & 15km	07:30	HTS	Real Lions	Sam	076 5791 442	ssditshoane@gmail.com	FS	Lejweleputswa	RR
10	Fri	Water-Wise Race	15km	18:00	Sedibeng Water, Balkfontein	Bothaville Marathon Club	Melanie de Bruyn Johann de Bruyn	0731833487 0721177266	melaniedebryun@outlook.com	FS	Lejwele	RR
11	Sat	Rose Run	32/10km	6:00	Emoya Estate	Pentagon Pistols	MC Brink	0827758196	mbrink@siu.org.za	FS	Mangaung	RR
11	SAT	Louis Massyn Aldam Ultra	50km 42.2km 32km 21.1 10km 5km fun	06:00 06:00 06:00 06:30 06:30 07:00	Aldam Estate, Ventersbueg	Goudveld Multi Sport	Marizanne Philip Mc Laren Louis Massyn	722650141 0824524569 071-4609536	marizannejacobs@yahoo.com	FS	Lejwele	RR
HOLIDAYS												
21	Tue	HUMAN RIGHTS DAY										
31	Fri	SCHOOLS CLOSE										

APRIL 2017

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PROVINCE	DISTRICT	CATEGORY
TRACK AND FIELD												
17	Tue	NLC Development & Preparation Competition		18:00	MAS	AFS T&F Commission	AFS Office	051-4303251	admin@athleticsfs.co.za	FS	Mangaung	T&F

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PROVINCE	DISTRICT	CATEGORY
ROAD RUNNING												
22	Sat	Campus 2 Campus Marathon	42,21km 10,5km fun run	06:30	Goldfields TVET College	Goldfields TVET	MC Lithuge	710050115	mcilithuge@gmail.com	FS		
29	Sat	Potato Pride - Wilge Marathon	42,2km, 21,1km; 10km	07:00	GH Human Sportsgrounds Frankfort	Sasolburg AC	Christoff Jacobs	082-5612982	ngkfft@telkomsa.net	FS	Fezile Dabi	RR

DATE	DAY	EVENT
HOLIDAYS		
14	Fri	GOOD FRIDAY / EASTER WEEKEND
17	Mon	EASTER MONDAY / FAMILY DAY
18	Tue	SCHOOLS OPEN
27	Thu	FREEDOM DAY
28	Fri	SCHOOL HOLIDAY

MAY 2017

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PROVINCE	DISTRICT	CATEGORY
CROSS-COUNTRY, MOUNTAIN AND TRAIL RACES												
05	Fri	AFS Cross Country League 1		14:30	UFS X-Country Track	AFS Cross Country Com	AFS Office	0514303251	admin@athleticsfs.co.za	FS	Motheo	CC
12	Fri	AFS Cross Country League 2		14:30	UFS X-Country Track	AFS Cross Country Com	AFS Office	0514303251	admin@athleticsfs.co.za	FS	Motheo	CC
26	Fri	AFS Cross Country League 3		14:30	UFS X-Country Track	AFS Cross Country Com	AFS Office	0514303251	admin@athleticsfs.co.za	FS	Motheo	CC
ROAD RUNNING												
01	Mon	Sol Plaatjie Marathon	42km	06:00	Dihlabeng / Sol Plaatjie	Bethem Marathon Club	Enslin VAN BLERK	829205997	eblerk@xsinet.co.za	FS	Thaba Mof	RR
06	SAT	INTERSTATE BUS LINES GLEN HALF MARATHON	HM	07:00	TIELMAN ROOS STREET	BFN ACHILLES	BEVERLEY OLIVIER GORDON VAN WYK	0718953183 0833022784	bloemachilles@gmail.com gordonvw7@gmail.com	FS	Mangaung	RR
06	Sat	NG Kerk Vaalpark	21.1km & 10km; Fun Run	08:00	D/R Church, Keiskama st, Vaalpark, Sasolburg	Sasolburg AC	Danie Pretorius	072-5801866		FS	Fezile Dabi	RR
13	Sat	Zio Cash & Carry	21.1km & 10km; Fun Run	07:00	Flavius Mareka College Sport Stadium Sasolburg	Sasolburg AC	Dolf BINNEMAN Haig FOURIE	073-3396809 083-3119722	dolf.binneman@sasol.com haigf@cw-wire.co.za	FS	Fezile Dabi	RR
14	Sun	OR Tambo Free State Provincial Marathon	42,2km 21,1km 10km	05:30 06:00	FSSI Bloemfontein	FS Department of Sport / FS RR Com	Martin YAWA	082-9049816	thuthu@sacr.fs.gov.za	FS	Thabo	RR
20	Sat	Town to Town Off Road	25km / 5km	8h00	Kaizer Sebothelo Stadium(Botshabelo)	Nedbank Fast Legs Running Club	Pretty Booyesen	832042973	fastlegsrn74@gmail.com	FS	Mangaung	RR
HOLIDAYS												
01	Mon	WORKERS DAY										

JUNE 2017

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PROVINCE	DISTRICT	CATEGORY
CROSS-COUNTRY, MOUNTAIN AND TRAIL RACES												
02	Fri	AFS Cross Country League 4		14:30	UFS X-Country Track	AFS Cross Country Com	AFS Office	0514303251	admin@athleticsfs.co.za	FS	Motheo	CC
HOLIDAYS												
16	Fri	YOUTH DAY										
30	Fri	SCHOOLS CLOSE										

JULY 2017

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PROVINCE	DISTRICT	CATEGORY
CROSS-COUNTRY, MOUNTAIN AND TRAIL RACES												
28	Fri	AFS Cross Country League 5		14:30	UFS X-Country Track	AFS Cross Country Com	AFS Office	0514303251	admin@athleticsfs.co.za	FS	Motheo	CC
ROAD RUNNING												
18	Tue	Madiba 67	5 Fun 10km	17:30	Goldfields Mall Welkom	Goudveld Multisport	Dulcie	748994164	theatre@internext.co.za	FS	Lejweleputswa	RR
HOLIDAYS												
24	Mon	SCHOOLS OPEN										

AUGUST 2017

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PROVINCE	DISTRICT	CATEGORY
CROSS-COUNTRY, MOUNTAIN AND TRAIL RACES												
04	Fri	AFS Cross Country League 6		14:30	UFS X-Country Track	AFS Cross Country Com	AFS Office	0514303251	admin@athleticsfs.co.za	FS	Mangaung	CC
12	Sat	Free State Cross Country Championships		09:00	UFS X-Country Track	AFS Cross Country Com	AFS Office	0514303251	admin@athleticsfs.co.za	FS	Mangaung	CC
23	Wed	Inter-Residence Cross-Country	2km	17:00	Cross-Country Course	Kovsie Athletics Club	Kesa Molotsane	0791750023	molotsanekc@ufs.ac.za	FS	Mangaung	CC
30	Wed	Inter-Residence Cross-Country	2km	17:00	Cross-Country Course	Kovsie Athletics Club	Kesa Molotsane	0791750023	molotsanekc@ufs.ac.za	FS	Mangaung	CC
ROAD RUNNING												
12	Sat	IBL Sun to Sun Half Marathon	21,1km/10km 10KM	8h00 19:00	Black Mountain	Nedbank Fast Leg Running Club	Pretty Booyesen	832 042 973	fastlegsrn74@gmail.com	FS	Mangaung	RR
18	FRI	MEDICLINIC ESKOM ATHLETIC CLUB FS	5km ladies 1,6km child & wheelchair 100m toddler	18:00 17:30	Mediclinic Welkom	ESKOM ATHLETIC CLUB FS	Hilde du Plessis -Org Anton Coetzee-Chairperson	0 724992602 0 722207193	duplessis@polka.co.za CoetzePA@eskom.co.za	FS	Lejwel	RR
18	Fri	Kovsie Streetmile	1.6km	17:00	Pelliespark	Kovsie Athletics Club	Sarina Cronje	836408073	cronjesj@ufs.ac.za	FS	Mangaung	RR
COURSES & CLINICS												
25-26	Fri-Sat	Fichardpark P/S Coaching Clinic		14:00	MAS	Fichardpark P/S	Jan BRITS	084-6133720	sattmichael@gmail.com	FS	Mangaung	Clinic
HOLIDAYS												
09	Wed	NATIONAL WOMANS DAY										

SEPTEMBER 2017

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PROVINCE	DISTRICT	CATEGORY
TRACK AND FIELD												
06	Tue	NLC Development Clinic /Competition		18:00	MAS	AFS T&F Commission	AFS Office	051-4303251	admin@athleticsfs.co.za	FS	Mangaung	T&F
13	Wed	NLC Development Clinic /Competition		18:00	MAS	AFS T&F Commission	AFS Office	051-4303251	admin@athleticsfs.co.za	FS	Mangaung	T&F
16	Sat	Real Lions	Track events	08:00	HTS	Real Lions	Sam	076 5791 442	ssdlshoane@gmail.com	FS	Lejwel	Track
CROSS-COUNTRY, MOUNTAIN AND TRAIL RACES												
06	Wed	Inter-Residence Cross-Country	2km	17:00	Cross-Country Course	Kovsie Athletics Club	Kesa Molotsane	0791750023	molotsanekc@ufs.ac.za	FS		
13	Wed	Inter-Residence Cross-Country	2km	17:00	Cross-Country Course	Kovsie Athletics Club	Kesa Molotsane	0791750023	molotsanekc@ufs.ac.za	FS		
16	Sat	2-River Trail Run	9km / 16km	07:00	Bothaville Laerskool	Bothaville Marathon Club	Melanie de Bruyn Johann de Bruyn	0731833487 0721177266	melaniedebryun@outlook.com	FS	Lejwel	Trail Run
ROAD RUNNING												
02	SAT	TWIZZA ALAN FERGUSON ROUND NAVAL HILL RACE	HM/10K/FR 10km	6:30/7:00/7:30 07:30	BFN BOWLING CLUB UNION AVE. HAMILTON PARK	BFN ACHILLES	BEVERLEY OLIVIER GORDON VAN WYK	0718953183 0833022784	bloemachilles@gmail.com gordonvw7@gmail.com	FS	Mangaung	RR
09	Sat	Bloempark SWEET & EET 10km	FR Kids 600m	07:40 08:45	Bloempark Church, Charlie Sutton Street, Fichardpark, Behind Southern Shopping Centre	Bloemfontein Striders	Jaco Grobbelaar or Leana Esterhuizen	082 416 6779 or 082 573 7222	bloemstriders@gmail.com	FS	Mangaung	RR

