



ATHLETICS

SWD

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20 August 2024

Dear Club Representatives/Coaches

Re: 2024 ASA 5 km and 1 Mile (1.6km) Championships

Kindly note that we are in a process of selecting a team for the ASA 5km and 1 Mile (1.6km) Championships that's taking place on Saturday, 25 October 2024 in Bloemfontein.

We hereby invite your athletes to participate at the following trials.

This is an excellent opportunity to showcase your talent and secure your place for the Championships.

Trials Details:

- **Venue:** Nedbank Clubhouse, Meent Street Heather Park George
- **Dates:** August 27, 2024, and September 10, 2024
- **Time:** 17:30
- **Running Gear:** Club or School Colours

Please note that an ASWD timing chip is required to be worn on your shoes for accurate timing.

We look forward to seeing you at the trials and wish you best of luck in qualifying for the championships!

For any further information kindly contact Johann Du Preez at 084 501 0168.

Yours sincerely

(Not signed due to electronic sending)

Soraya de Reuck
(ASWD-General Manager)