

ASWD FIXTURE LIST 2019

Date	Day	Event	Time	Start Venue	Organized by	Contact	Cellphone	Email
January								
May								
01-May	Wed	Workers' Day						
01-May	Wed	Avis Run 2 Raise 3km and 10km	08:00	Tramonto Geelhoutboom - George	Nedbank RC	Elna Schwartz	083 326 1699	elna.schwartz@avis.co.za
3-4 May	Fri-Sat	SA Masters Athletics Championships	TBC	De Jager Sport Sentrum-Oudtshoorn	SWD Masters	Chris Van Wyk	082 478 8102	swdmeestersatletiek@gmail.com
04-May	Sat	ASA Elite Competition	TBC		ASA	Mehlo Hlabangane	082 990 9470	mehloh@atleticsa.co.za
04-May	Sat	Outeniqua Marathon 42.2km (ASWD Champs)	07:00	George Sports Club - George	Outeniqua Harriers	Deon de Jager	083 453 4781	ddejager@eceng.co.za
04-May	Sat	Outeniqua Marathon 21.1km and 10km	07:00	George Sports Club - George	Outeniqua Harriers	Deon de Jager	08 453 4781	ddejager@eceng.co.za
04-May	Sat	Outeniqua Marathon 3km Fun Run	07:00	George Sports Club - George	Outeniqua Harriers	Deon de Jager	083 453 4781	ddejager@eceng.co.za
09-May	Thurs	ASWD Annual General Meeting	18:30	TBC	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za
11-May	Sat	Cross Country League 1	10:00	Olympia School - Pacaltsdorp	Athletics SWD	Joe Arendse	079 501 3916	jrarendse0101@gmail.com
10-11May	Fri-Sat	CAA SR Youth & Junior Championship	TBC	Boksburg Stadium	TBC	Hezekiel Sepeng	072 687 3372	hezekiel@athleticsa.co.za
12-May	Sun	OCC Wheelchair Challenge-10km, 21km, 42.2km	08:00	York Street George	OCC	Alewijn Dipenaar	082 457 5675	dndev@nwweb.co.za
12-May	Sun	Mother's Day						
18-19May	Sat-Sun	ASA National Technical Symposium	TBC		ASA	Mehlo Hlabangane	082 990 9470	mehloh@atleticsa.co.za
25-May	Sat	Cross Country League 2	10:00	Mossel Bay, Correctional Services	Athletics SWD	Joe Arendse	079 501 3916	jrarendse0101@gmail.com
25-May	Sat	Meiringspoort 20km Trail Run	07:40	NG Church Hall	De Rust Striders	Pieter Schoeman	082 3770547	vredelus@gmail.com
25-May	Sat	Meiringspoort 9.5km Trail Run	08:00	NG Church Hall	De Rust Striders	Pieter Schoeman	082 3770547	vredelus@gmail.com
June								
01-Jun	Sat	NG Church Hoekwil Race 3km Fun Run, 10km, 21.1km (ASWD Champs)	08:00	Hoekwil NG Church	Cape Multisport Club Eden	Gayle Swanepoel	084 240 2088	face@cmce.co.za
08-Jun	Sat	Cross Country League 3	10:00	Beaufort, Amore Green	Athletics SWD	Joe Arendse	079 501 3916	jrarendse0101@gmail.com
TBC	Sat	CAA African Youth Championship	TBC	TBC		Hezekiel Sepeng	072 687 3372	hezekiel@athleticsa.co.za
09-Jun	Sun	Comrades Marathon (AIMS)		Durban		Rowyn James	079 501 0061	rowyn@comrades.com
14-Jun	Fri	School Holiday						
16-Jun	Sun	Youth Day						
16-Jun	Sun	Father's Day						
17-Jun	Mon	McDonalds Youth Day 3km (ASWD Trial 3) and 10km (ASWD RW Trial 5)	08:00	Total, Courtenay Street - George	Nedbank Running Club	Danie Raubenheim	0833767414	nbrswd@gmail.com
22-Jun	Sat	Palm Tyres 5km, 10km (ASWD RR Trial 4)	08:00	Palm Tyres, Courtney Street George	Rainbow AC	Sidwell Oktober	078 395 84899	psgeduld@za.ccsabco.com
22-Jun	Sat	ASS Annual General Meeting	TBC	Garden Court Airport	Athletics SA	Durell Jajane	076 9090 514	durellj@athletics.co.za
24-Jun	Mon	Cross Country League 4	10:00	Knysna, Loerie Park	Athletics SWD	Joe Arendse	079 501 3916	jrarendse0101@gmail.com
24-Jun	Mon	ASWD KMC Relay	TBA	KNysna	ASWD	Soraya de Reuck	044 873 0023	manager@aswd.co.za
25-Jun	Tue	ASWD & KMC Street Miles & 5km Fun Run	TBA	Knysna	ASWD	Soraya de Reuck	044 873 0023	manager@aswd.co.za
29-Jun	Sat	Knysna Forest Marathon 5km	07:30	Glebe - Knysna	Knysna Marathon Club	Wayne Kidd	081 493 6373	waynekidd@gmail.com
29-Jun	Sat	Knysna Forest Marathon 21.1km	08:00	Glebe - Knysna	Knysna Marathon Club	Wayne Kidd	081 493 6373	waynekidd@gmail.com
29-Jun	Sat	Knysna Forest Marathon 42.2km	07:00	Glebe - Knysna	Knysna Marathon Club	Wayne Kidd	081 493 6373	waynekidd@gmail.com
30-Jun	Sun	Houtkapper Trail Run 9km, 15km and 27km	08:30	Quinto Da Montanha - Rheenendal	Knysna Marathon Club	Gavin Bezuidenhout	083 502 7935	houtkappertrailrun@gmail.com
July								
06-Jul	Thu	Cross Country League 5	10:00	TBC	Athletics SWD	Joe Arendse	079 501 3916	jrarendse0101@gmail.com
09-Jul	Tue	Schools Open						
13-Jul	Sat	Madiba 3km (ASWD Champs) , 10km (ASWD RW Champs) and 21.1km (ASWD RW&RR Champs)	07:00	Unity Park - York Street George	Athletics SWD	Soraya de Reuck	044 873 0023	manager@aswd.co.za
18-Jul	Wed	Nelson Mandela Day						
20-Jul	Sat	Infantry School Madiba Race 5km Fun Run, 10km	TBC	Infantry School-Oudtshoorn	Military Sport Club	Richard Hughes	082 563 4573	hughesrichard2014@gmail.com
27-Jul	Sat	EPA ASA Half Championship Incorporating CAA SR REGION CHAMPIONSHIP		Port Elizabeth	EPA	Irene Van Eeden		irene@pe.co.za
August								
03-Aug	Sat	Cross Country League 6	10:00	Oudtshoorn	Athletics SWD	Joe Arendse	079 501 3916	TBC
03-Aug	Sat	Race Against Crime Fun Run, 15km, 21.1km	08:00	Agri Hall-Herbertsdale	Mossel Bay Harriers	Shjanneil Busch	082 698 8831	
09-Aug	Fri	Nedbank Women's Day 3km and 10km (ASWD RW Trial 6)	08:00	Rainbow Motors - Oudtshoorn	Nedbank Running Club	Danie Raubenheim	0833767414	nbrswd@gmail.com
09-Aug	Fri	National Women's Day						
14-Aug	Wed	ASWD Council Meeting & 2020 Fixture List	18:00	TBC	Athletics SWD	Soraya de Reuck	044 873 0023	manager@aswd.co.za
17-Aug	Sat	ASWD & Eden Cross Country Championships	10:00	Riversdal	Athletics SWD	Joe Arendse	079 501 3916	jrarendse0101@gmail.com
24-Aug	Sat	PetroSA Marathon 21km, 10km (ASWD RW Trials) and Fun Run	06:00	Santos Caravan Park	ASWD	Soraya de Reuck	044 873 0023	manager@aswd.co.za
25-Aug	Sun	Mandela Marathon		Pietermaritzburg		Mduduzi Nxumalo	083 559 4334	Mduduzi.Nxumalo@umdm.gov.za
31-Aug	Sat	Schoemanshoek 10km and 21.1km	08:00	Schoemanshoek- Oudtshoorn	Nedbank RC	Lampies Lamprech	726 018 189	lamemac@cyberstmart.co.za
September								
07-Sep	Sat	Madibaz George Half Marathon 21km and Fun Run	08:00	NMU Campus George	Madibaz	Hugo Loubser	082 575 1826	Hugo.loubser@nmumu.ac.za
6-7 Sep	Fri-Sat	ASA Cross Country Championships		Pretoria	ASA	Joe Arendse	079 501 3916	jrarendse0101@gmail.com
07-Sep	Sat	ASA National Cross Country Championships		AGN	ASA	Mehlo Hlabangane	082 990 9470	mehloh@atleticsa.co.za
13-14 Sep	Thurs-Sat	USSA Cross Country Champs		Mafikeng North west University		Jazz Mnyengeza	722 629 752	mnyengezarmb@tut.ac.za
13-Sep	Fri	George Herald Run with the Stars 3km and 10km	18:00	Glenwood School George	Nedbank RC	Danie Raubenheim	0833767414	thialandsberg@gmail.com
14-Sep	Sat	OCC Wheelchair Challenge-10km, 21km, 42.2km	08:00	York Street George	OCC	Alewijn Dipenaar	082 457 5675	dndev@nwweb.co.za
15-Sep	Sun	Sanlam Cape Town City Marathon (IAAF Gold Label) AIMS Incorporating the ASA Marathon Champs	TBC	Cape Town		Janet Welham	083 270 9601	janet@saige.co.za
20-Sep	Fri	Schools Close						
20-21 Sep	Fri-Sat	SASA National Schools Cross Country Championships	TBA	Limpopo		Peppi Olevano	082 550 7032	peppi@telkomsa.net

21-Sep	Sat	Strawberry festival Trail 5km and 9km Trial run	09:00	Redberry Farm	Nedbank RC	Danie Raubenheim	083 376 7414	nbrcswd@gmail.com
23-Sep	Mon	Sanlam Cape Town City Marathon(IAAF Silver Label)AIMS		Cape Town		Janet Welham	083 270 9601	janet@saiaa.co.za
24-Sep	Tue	Mountain of the Star 17km	07:00	Outeniqua park Stadium	RWFL	Chantel Steenberg	076 682 1286	george@runwalkforlife.co.za
24-Sep	Tue	Mountain of the Star 12km	07:15	Outeniqua park Stadium	RWFL	Chantel Steenberg	076 682 1286	george@runwalkforlife.co.za
24-Sep	Tue	Mountain of the Star 6km	07:30	Outeniqua park Stadium	RWFL	Chantel Steenberg	076 682 1286	george@runwalkforlife.co.za
28-Sep	Sat	ASA 10km Champs	TBC	Middleburg	ASA	Paul Bester	082 966 7767	pmbester@eskom.co.za
28-29 Sep	Sat-Sun	ASA National Technical Symposium		TBC	ASA	Mehlo Hlabangane	082 990 9470	mehloh@athleticsa.co.za
28-29 Sep	Sat-Sun	Education	TBC	TBC	Track & Field	Rosa-Linda		rosa.linda@scic.co.za
24-Sep	Tue	Heritage Day						
28-29 Sep	Sat-Sun	National Coaches Symposium	TBC	TBC	ASA	Mehlo Hlabangane	082 990 9470	mehloh@athleticsa.co.za
28-Sep	Sat	Laingsburg Running Festival 80km	06:00	J.J.Ellis Sport Grounds	Laingsburg AC	Petro Buys	073 654 1652	pbuys@laingsburg.gov.za
28-Sep	Sat	Laingsburg Running Festival 12km and 21.1km half marathon	07:00	J.J.Ellis Sport Grounds	Laingsburg AC	Petro Buys	073 654 1652	pbuys@laingsburg.gov.za
28-Sep	Sat	Laingsburg Running Festival 5km fun run	09:00	J.J.Ellis Sport Grounds	Laingsburg AC	Petro Buys	073 654 1654	pbuys@laingsburg.gov.za
29-Sep	Sun	Kurlandbrik Robberg Xpress Trail Run 10km and Fun Run	08:30	Robberg Nature Reserve- Plettenberg Ba	Plett AC	Heather Kennedy	083 252 3250	hkennedy@mweb.co.za
28Sep-6Oct	Sat-Sun	IAAF World Championships	TBC	Doha Qatar		Hezekiel Sepeng	73 687 3372	hezekiel@athleticsa.co.za
01-Oct	Tue	Schools Open						
05-Oct	Sat	Die naguil 3km and 10km	09:00	Rainbow Motors- Oudtshoorn	Nedbank RC	Petrus Le Roux	071 055 6183	petrusleroux5@gmail.com
05-Oct	Sat	Development 1	TBC	Mosselbay	Track & Field	Rosa-Linda	083 739 1768	rosa.linda@scic.co.za
12-Oct	Sat	ASA National General Meeting	TBC	Garden Court Airport	ASA	Durell jeane	076 9090 514	durellj@athleticsa.co.za
12-Oct	Sat	Meiringspoort 12.5km	07:00	Meiringspoort-De Rust	De Rust Striders	Hannerie Delport	084 403 3400	info@meiringspoort.co.za
12-Oct	Sat	Meiringspoort 21.1km	07:15	Meiringspoort-De Rust	De Rust Striders	Hannerie Delport	084 403 3400	info@meiringspoort.co.za
14-31 Oct	TBC	All Africa Games	TBC	Casablanca,Morocco		Hezekiel Sepeng	072 687 3372	hezekiel@athleticsa.co.za
16-Oct	Wed	Coastline Athletics 2 Hour TF Meeting	TBC	Olympia School - Pacaltsdorp	Coastline Athletics	Joe Arendse	079 501 3916	jrarendse0101@gmail.com
19-Oct	Sat	Race Walking Inter Provincial including 50km Champs	TBC	WPA				
19-Oct	Sat	Hartenbos Spar 4km Fun Run and 15km Spring Run	07:00	Hartenbos Library	Hartenbos Drawers	Johan Viljoen	082 940 8830	johan.viljoen@galaxyonline.co.za
23-Oct	Wed	Grant Thornton Business Relay 2km	18:00	Cotzee Pharmacy George	Nedbank RC	Danie Raubenheim	083 376 7414	nbrcswd@gmail.com
26-Oct	Sat	National Admin Workshop		Garden Court Airport	ASA	Durell jeane	076 9090 514	durellj@athleticsa.co.za
26-Oct	Sat	The Farm run 10km and 21.1km	08:00	Four Brothers Patato Shed Blanco-Georg	Nedbank RC	Danie Raubenheim	083 376 7414	thlandtsberg@gmail.com
26-Oct	Sat	SWD Invitational Athletics	TBC	De Jager Spots Centre-Oudtshoorn	SWD Masters Athletics	Chris Van Wyk	082 478 8102	swdmeestersathletiek@gmail.com
26-Oct	Sat	SWD Masters & Talent ID Championships	07:00	De Jager Spots Centre	SWD Masters	Toy Ungre	083 504 9666	toyung@telkomsa.net
November								
02-Nov	Sat	Garden Route 42.2km	06:00	TBC	Nedbank RC	Chantelle O'Brien	072 675 8887	nbrcswd@gmail.com
02-Nov	Sat	Garden Route 10km	07:00	TBC	Nedbank RC	Chantelle O'Brien	072 675 8887	nbrcswd@gmail.com
03-Nov	Sun	Old Mutual Soweto Marathon		Soweto		Danny Blumberg	082 337 1789	
06-Nov	Wed	Spur to Spur 10km	18:00	Timber Wolf Spur(Garden Route Mall)	Outeniqua Harriers	Deon de Jager	083 453 4781	ddejager@eceng.co.za
08-Nov	Fri	Athletes Representatives Workshop	TBC	Garden Court Airport	ASA	Hezekiel Sepeng	072 873 372	hezekiel@athleticsa.co.za
09-Nov	Sat	National Excellence Workshop	TBC	Garden Court Airport	ASA	Hezekiel Sepeng	072 873 372	hezekiel@athleticsa.co.za
09-Nov	Sat	ASWD Track and Field 2020 League 1	TBC	George	Track & Field	Rosa-Linda	083 739 1768	rosa.linda@scic.co.za
13-Nov	Wed	ASWD Chairpersons Meeting	TBC	TBC	Athletics SWD	Soraya de Reuck	044 873 0023	manuzer@oswd.co.za
16-Nov	Sat	Knysna Waterfront 5km,10km,21.1km	07:00	Knysna Waterfront	Knysna Marathon Club	Gavin Bezuidenhou	083 502 7935	gavbez@gmail.com
23-Nov	Nov	ASWD Track and Field 2020 League 2	TBC	Beaufort West	Track & Field	Rosa-Linda	083 739 1768	rosa.linda@scic.co.za
23-Nov	Sat	Vlakte Marathon 10.4km,21.1km,42,2km(ASWD Trial 1)	05:00	Heidelberg High	Langeberg AC	Nico Steyn	083 226 3091	langebergathletics@gmail.com
29-Nov	Fri	ASWD Annual Awards	TBC	TBC	ASWD	Soraya de Reuck	448 730 023	manuzer@oswd.co.za
December								
01-Dec	Sun	Humble Gospel Community Race 3km and 5km	09:00	Highgate-Ostrich-Farm-Oudtshooring	Nedbank RC	Petrus-Le-Roux	071-055-6183	petrusleroux5@gmail.com
04-Dec	Wed	Love Life Run 3km fun run,10km	18:00	Blue Olive Restaurant-Wilderness	Cape Multisport Cub Eden	Gayle Swanepoel		sentio.africa@gmail.com
06-Dec	Fri	Schools Close					0842402008	race@cmce.co.za
07-Dec	Sat	Palm Tyres Fun Run,10km ,21km	07:00	Palm Tyres - Ironside Street George	Outeniqua Harriers	Deon de Jager	083 453 4781	ddejager@eceng.co.za
11-Dec	Wed	Steeple to Steeple 10km	08:00	NG Kerk Moedergermeente- George	Outeniqua Harriers	Deon de Jager	083 453 4781	ddejager@eceng.co.za
14-Dec	Sat	Somerson Fun Run, 10km ,21.1km	06:00	Diaz Beach Mossel Bay	Mossel Bay Harriers	Paulus Allart	073 412 5440	Paulus.Allart@petrosa.co.za
16-Dec	Mon	Knysna Nite Race 5km and 10km	18:00	Knysna Marathon Clubhouse	Knysna Marathon Club	Gavin Bezuidenhou	083 502 7935	gavbez@gmail.com
16-Dec	Mon	Edens Streetmiles	TBC	Oudtshoorn	Oudtshoorn AC	Dave vd Walt	082 773 4901	davesus@telkomsa.net
16-Dec	Mon	Day of Reconciliation						
	TBC	Heroes Marathon	TBC	Mthatha	TBC	TBC	TBC	TBC
17-Dec	Tue	Nite Race	18:00	Correctional Service Mossel Bay	Mossel Bay Harriers	Paulus Allart	073 412 5440	Paulus.Allart@petrosa.co.za
18-Dec	Wed	Edens Streetmiles	TBC	George	Oudtshoorn AC	Dave vd Walt	082 773 4901	davesus@telkomsa.net
21-Dec	Sat	Great Brak Total Moordkuil 4km Fun Run and 15km	07:30	Fremersheim VGK Church hall- Greatbrak	Hatenbos Drawers	Johan Viljoen	082 940 8830	johan.viljoen@galaxyonline.co.za
25-Dec	Wed	Christmas Day						
26-Dec	Thu	Day of Goodwill						
26-Dec	Thu	Elroy Gelant Development Race -RR &RW 5km & 8km	18:00	Kaptein Dikkop Mission Street Pacaltsdorp	Rainbow AC	Sidwell Okober	078 395 8489	pgeduld@za.ccsabco.com
31-Dec	Mon	Oujaarsdraffie 4km Fun Run and 10km	06:00	Amfitheatre Sandriver Road- Hartenbos	Hartenbos Drawers	Johan Viljoen	082 940 8830	johan.viljoen@galaxyonline.co.za

Dates And Venues Awaited From Provincial Applications To Host

SA 10km Champs
SA 21km Champs
SA 42km Champs
SA 50km Champs

-  *Holidays*
-  *School Holidays*
-  *South Africa Schools Athletics*
-  *Comrades & Two Oceans*
-  *ASA Fixtures*
-  *Cross Country Leagues*
-  *To be discussed*
-  *Track & Field Leagues*

Website

www.aswd.co.za

www.aswd.co.za

www.aswd.co.za

www.aswd.co.za

www.aswd.co.za

www.aswd.co.za

www.aswd.co.za

www.aswd.co.za

www.aswd.co.za

www.aswd.co.za

www.entrytime.com

www.entrytime.com

www.aswd.co.za

www.aswd.co.za

www.aswd.co.za

www.knysnamarathonclub.com

www.knysnamarathonclub.com

www.knysnamarathonclub.com

www.knysnamarathonclub.com

www.aswd.co.za

www.aswd.co.za

Olympia School - Paarltdorp

www.aswd.co.za

www.entrytime.co.za

www.aswd.co.za

www.aswd.co.za

www.aswd.co.za

www.entrytime.com

www.aswd.co.za

www.entrytime.com

www.aswd.co.za
www.aswd.co.za
www.aswd.co.za
www.aswd.co.za
www.aswd.co.za
www.aswd.co.za
www.aswd.co.za
www.entrytime.com
www.aswd.co.za
www.aswd.co.za
www.aswd.co.za
www.entrytime.com
www.entrytime.com
www.entrytime.com
www.entrytime.com
www.aswd.co.za
www.aswd.co.za
www.knysmarathonclub.co.za
www.langebergathletics.co.za
www.aswd.co.za
www.entrytime.com
www.aswd.co.za
www.aswd.co.za
www.aswd.co.za
www.aswd.co.za
www.knysmarathonclub.com
www.aswd.co.za
www.aswd.co.za
www.aswd.co.za