

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	Tramoto 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@athleticsa.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	18:00	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@nweb.co.za
12-May	Sun	Mother's Day						
18-19May	Sat-Sun	ASA National Technical Symposium	TBC		ASA	Mehlo Hlabangane	082 990 9470	mehloh@athleticsa.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	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 jejane	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	waynepkidd@gmail.com
29-Jun	Sat	Knysna Forest Marathon 21.1km	08:00	Glebe - Knysna	Knysna Marathon Club	Wayne Kidd	081 493 6373	waynepkidd@gmail.com
29-Jun	Sat	Knysna Forest Marathon 42.2km	07:00	Glebe - Knysna	Knysna Marathon Club	Wayne Kidd	081 493 6373	waynepkidd@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 RR/RW Champs) and 21.1km (ASWD RW 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	Education Workshop (T&F, RW, CC, RR)	TBC	Pietermaritzburg	Track & Field	Rosa-Linda	083 739 1768	rosa.linda@sjsc.co.za
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 and Fun Run (ASWD RW Trials)	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	jameymac@cybermart.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@nmu.ac.za
6-7 Sep	Fri-Sat	ASA Cross Country Championships		Pretoria	ASA	Joe Arendse	079 501 3916	jarendse0101@gmail.com
07-Sep	Sat	ASA National Cross Country Championships		AGN	ASA	Mehlo Hlabangane	082 990 9470	mehloh@athleticsa.co.za
13-14 Sep	Thurs-Sat	USSA Cross Country Champs		Mafikeng North west University		Jazz Mnyengeza	722 629 752	mnyengezamb@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@nweb.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(AAF Silver Lable)AIMS		Cape Town		Janet Welham	083 270 9601	janet@scia.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
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	JJ.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	JJ.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	JJ.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	petrusroux5@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	clurellj@athletics.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 Drawwers	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	clurellj@athletics.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	thalandberg@gmail.com
26-Oct	Sat	SWD Invitational Athletics	TBC	De Jager Spots Centre-Oudtshoorn	SWD Masters Athletics	Chris Van Wyk	082 478 8102	swdmeestersatletiek@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 RG	Chantelle O'Brueen	072-675-8887	nbrcswd@gmail.com
02-Nov	Sat	Garden-Route-10km	07:00	TBC	Nedbank RG	Chantelle O'Brueen	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	18:00	TBC	Athletics SWD	Soraya de Reuck	044 873 0023	rsoraya@aswd.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	rsoraya@aswd.co.za
December								
01-Dec	Sun	Humble-Gospel-Community-Race-3km-and-5km	08:00	Highgate-Ostrich-Farm-Oudtshooring	Nedbank RG	Petrus-Le-Roux	071-055-6183	petrusroux5@gmail.com
04-Dec	Wed	Love Life Run 3km fun run,10km	18:00	Blue Olive Restaurant-Wilderness	Cape Multisport Cub Eden	Gayle Swanepoel		sentia.africa@gmail.com
06-Dec	Fri	Schools Close					0842402008	race@cmc6.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 Moedergemeente- 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 Drawwers	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 Pacaltsdo	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 Drawwers	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

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www.entrytime.com

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www.knysnamarathonclub.com

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Olympia School - Pacaltsdorp

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