

## ASWD FIXTURE LIST 2020

Date	Day	Event	Time	Start Venue	Organized by	Contact	Cellphone	Website
<b>January</b>								
01-Jan	Wed	<b>New Year's Day</b>						
11-Jan	Sat	<b>Montaque-Pass-Trail-Run-15 km &amp; 30km</b>	07:00	Witfontein	Outeniqua Harriers	J-Dupreez	084 501 0168	
15-Jan	Wed	<b>Schools Open</b>						
25-Jan	Sat	<b>ASWD Technical Symposium</b>	TBC	Pacaltsdorp High School	Track & field	George de Reuck	083 634 7611	
18-Jan	Sat	Montaque Pass Trail Run 15 km & 30km	07:00	Witfontein	Outeniqua Harriers	J Dupreez	084 501 0168	
24-Jan	Fri	Top Gear Run 5km & 10km <b>(ASWD RR Trial 1)</b>	18:00	Top Gear Mead Street-George	Rainbow AC	Sidwell Oktober	071 995 5346	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
25-Jan	Sat	ASWD Track & Field League	TBC	Mosselbay	Track & field	Chris van Wyk		
<b>February</b>								
01-Feb	Sat	De Dekke Spar 4km	06:45	De Dekke Spar Greatbrakriver	Hartenbos Drawwers	Johan Viljoen	082 940 8830	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
01-Feb	Sat	De Dekke Spar 10km	06:30	De Dekke Spar Greatbrakriver	Hartenbos Drawwers	Johan Viljoen	082 940 8830	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
01-Feb	Sat	De Dekke Spar 21,1km <b>(ASWD RR Trial 1)</b>	05:30	De Dekke Spar Greatbrakriver	Hartenbos Drawwers	Johan Viljoen	082 940 8830	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
07-Feb	Fri	Hope Church Night Trail Run	18:30	Botanical Gardens-George	Nedbank RC	Danie Raubenheimer	083 376 7414	<a href="http://www.entrytime.com">www.entrytime.com</a>
08-Feb	Sat	ASWD Track & Field League	TBC	Riversdale	Track & field	Rosa-Linda	083 739 1768	
12-Feb	Wed	ASWD Track & Field League	TBC	George	Track & field	George Kock	083 651 5533	
<b>TBC</b>	Sat	Beaufort West Municipality Half Marathon 10km	06:00	Beaufort West	Beaufort West Drawwers	Selma murray	023 148 149	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
<b>TBC</b>	Sat	Beaufort West Municipality Half Marathon 21.1km	06:00	Beaufort West	Beaufort West Drawwers	Selma murray	023 148 149	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
<b>TBC</b>	Sat	Beaufort West Municipality Half Marathon 42.2km	06:00	Beaufort West	Beaufort West Drawwers	Selma murray	023 148 149	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
15-Feb	Sat	OCC Wheelchair Challenge-10km, 21km, 42.2km	08:00	TBC	OCC	Alewijn Dipenaar	824 575 675	
21-Feb	Fri	Infantry School Cango Marathon 5km	17:00	Infantry School-Oudtshoorn	Military Sport Club	Lethogonolo Monakedi	073 732 1740	
22-Feb	Sat	Infantry School Cango Half Marathon 21.1km <b>(ASWD RR Trial 2)(ASWD RW Trial 1)</b>	06:00	Infantry School-Oudtshoorn	Military Sport Club	Lethogonolo Monakedi	073 732 1740	
22-Feb	Sat	Infantry School Cango Marathon 42.2km <b>(ASWD RR Trial 2)</b>	06:00	Infantry School-Oudtshoorn	Military Sport Club	Lethogonolo Monakedi	073 732 1740	
21-22-Feb	Fri-Sat	SWD & High Schools Provincial Championships	TBC	Oudtshoorn	Track & field	Rosa-Linda	083 739 1768	
<b>March</b>								
02-Mar	Mon	Timbercity Klein Karoo Sake-Aflos	18:00	Spur,Baron van Reede Rd	Oudtshoorn AC	Dave van der Walt	082 773 4901	
08-Mar	Sun	Knysna Heads Marathon 5km,10km	06:00	Thesen Island	Knysna Marathon Club	Dani Brown	084 503 9093	<a href="http://www.knysnamarathonclub.co.za">www.knysnamarathonclub.co.za</a>
08-Mar	Sun	Knysna Heads Marathon 21.1km <b>(ASWD RR Trial 3) (ASWD RW Trial 2)</b> , 42.2 km <b>(ASWD RR Trial 3)</b>	06:00	Thesen Island	Knysna Marathon Club	Barry Danvers	083 292 1580	<a href="http://www.knysnamarathonclub.co.za">www.knysnamarathonclub.co.za</a>
13-14 Mar	Thu-Sat	<b>SASA Provincial High Schools Championships</b>	TBC	9 Provinces	TBA	Peppi Olevano	082 550 7032	
14-Mar	Sat	Tortoise Tuff 3km <b>(ASWD RW Trial 1)</b>	07:30	Sedgefield Primary school	Sedgefield Striders	Eric Roper	082 804 0348	
14-Mar	Sat	Tortoise Tuff 10km Run <b>(ASWD RR Trial 2)</b> , 10km Walk <b>(ASWD RW Trial 1)</b>	07:15	Sedgefield Primary school	Sedgefield Striders	Eric Roper	082 804 0348	
14-Mar	Sat	Tortoise Tuff 30km Run	07:00	Sedgefield Primary school	Sedgefield Striders	Eric Roper	082 804 0348	
14-Mar	Sat	Tortoise Tuff 30km Walk	06:00	Sedgefield Primary school	Sedgefield Striders	Eric Roper	082 804 0348	
14-Mar	Sat	Tortoise Tuff 23km Trail Run	07:10	Sedgefield Primary school	Sedgefield Striders	Eric Roper	082 804 0348	
20-Mar	Fri	<b>Schools Holiday</b>						
21-Mar	Sat	<b>Human Rights Day</b>						
21-Mar	Sat	<b>Die Poort -5km Fun-Run,10km,21-1km</b>	08:00	Show Grounds -Uniondale	Outeniqua Harriers	Kosie Zondagh	824 877 157	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
28-Mar	Sat	KKI Volstruiswedloop 10km, 21km <b>(ASWD RR Trial 4)</b>	07:00	Wesbank Primary School	Oudtshoorn AC	David McKinnon	082 374 8632	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
26-28 Mar	Sat	2019 ASA U16/ U/18 (Youth) and U/20 (Junior) T&F Championships		Paarl-Dal Josephat Stadium	ASA	Mehlo Hlabangane	082 990 9470	
TBC	TBC	ASA Provincial T&F Championships		17 Provinces	ASA	TBC		
31-Mar	Tues	<b>Schools Open</b>						
<b>April</b>								
02-04 Apr	Fri-Sat	USSA Track & Field Champs		Bloemfontein -University of Free State	ASA	Jazz Mnyengeza	072 262 9752	
10-Apr	Fri	<b>Good Friday</b>						
11-Apr	Sat	Old Mutual Two Oceans Ultra Marathon 56km (AIMS)	TBC	Cape Town	Boland	Debra Barnes	083 456 6720	
13-Apr	Mon	<b>Family Day</b>						
18-Apr	Sat	Greatbrak 3km <b>(ASWD RW Trial 2)</b> , 10km <b>(ASWD RW Trail 2)</b>	07:00	Laer Skool Voentoe Sportgronde	Mossel Bay Harriers	Paulus Allart	073 412 5440	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
23-25 Apr	Thurs-Sat	ASA Senior T&F Combined Events Champs		Pretoria -Pilditch Stadium	ASA	Mehlo Hlabangane	082 990 9470	
25-Apr	Sat	Outeniqua Marathon 42.2km <b>(ASWD RR Champs)</b>	07:00	George Sports Club - George	Outeniqua Harriers	Chandre Boshoff	072 644 1142	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
25-Apr	Sat	Outeniqua Marathon 21.1km and 10km	08:00	George Sports Club - George	Outeniqua Harriers	Chandre Boshoff	072 644 1142	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
25-Apr	Sat	Outeniqua Marathon 3km Fun Run	08:00	George Sports Club - George	Outeniqua Harriers	Chandre Boshoff	072 644 1142	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
27-Apr	Mon	<b>Freedom Day</b>						
<b>May</b>								
01-May	Fri	<b>Workers' Day</b>						
01-May	Fri	Avis Run 2 Raise 3km, 10km,21,1km	08:00	Tramonto Geelhoutboom	Nedbank RC	Elna Schwartz	083 326 1699	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
02-03 May	Sat-Sun	IAAF World Race Walking Team Championships		Minsk Belarus	ASA	Hezekiel Sepeng	072 364 1030	
TBC	TBC	COSSASA Championships		TBC	ASA	Peppi Olevano	082 550 7032	
09-May	Sat	Two Lagoons 5km, 10km, 30km	07:00	Wilderness Hotel	Cape Multisport Club	Gayle Swanepoel	084 240 2088	<a href="http://www.cmssc.co.za">www.cmssc.co.za</a>
09-May	Sat	Cross Country League 1	10:00	Olympia School - Pacaltsdorp	Athletics SWD	Joe Arendse	079 501 3916	<a href="http://www.aswd.co.za">www.aswd.co.za</a>
10-May	Sun	<b>Mother's Day</b>						
17-May	Sun	FNB Cape Town 12 ONE RUN ( IAAF Bronze Status)		Cape Town	ASA	Agne Du Plessis	082 517 4799	

16-May	Sat	ASWD Annual General Meeting	18:00	TBC	Athletics SWD	ASWD Office	044-8730023	www.aswd.co.za
23-May	Sat	Cross Country League 2	10:00	Barkhuizen Plaas	Athletics SWD	Joe Arendse	079 501 3916	www.aswd.co.za
23-May	Sat	Meiringspoort 20km Trail Run	07:40	NG Church Hall	De Rust Striders	Pieter Schoeman	082 3770547	www.aswd.co.za
23-May	Sat	Meiringspoort 9.5km Trail Run	08:00	NG Church Hall	De Rust Striders	Pieter Schoeman	082 3770547	www.aswd.co.za
30-May	Sat	Laingsburg Vloed Marathon	06:30	JJ Ellis Sportgrounds-Laingsburg	Arlingon AC	Wilfred van Niekerk	071 053 9862	www.aswd.co.za
<b>June</b>								
06-Jun	Sat	NG Church Hoekwil Race 3km Fun Run,10km(ASWD RR Trial 3),21.1km(ASWD RR Champs)	08:00	Hoekwil NG Church	Cape Multisport Club Eden	Gayle Swanepoel	084 240 2088	www.cmssc.co.za
06-Jun	Sat	Cross Country League 3	10:00	Beaufort, Amore Green	Athletics SWD	Joe Arendse	079 501 3916	www.aswd.co.za
12-Jun	Fri	School Holiday						
14-Jun	Sun	Comrades Marathon (AIMS)		Durban		Rowyn James	079 501 0061	
16-Jun	Tues	Youth Day						
16-Jun	Tues	McDonalds to Mcdonalds Youth Day 3km,10km(ASWD RR Trial 4)	08:00	Total, Courtenay Street	Nedbank Running Club	Danie Raubenheimer	083 376 7414	www.entrytime.com
20-Jun	Sat	Palm Tyres 5km,10km(ASWD RR Champs)	08:00	Palm Tyres, Courtney Street	Rainbow AC	Sidwell Oktober	071 995 5346	www.entrytime.com
20-Jun	Sat	ASA Annual General Meeting	TBC	Garden Court Airport	Athletics SA	Durell jejane	076 909 0514	
21-Jun	Sun	Father's Day						
29-Jun	Mon	Cross Country League 4	10:00	Knysna,Loerie Park	Athletics SWD	Joe Arendse	079 501 3916	www.aswd.co.za
29-Jun	Mon	ASWD KMC Relay	TBA	KNysna	ASWD	Soraya de Reuck	044 873 0023	www.aswd.co.za
30-Jun	Tue	ASWD & KMC Street Miles & 5km Fun Run	TBA	KNysna	ASWD	Soraya de Reuck	044 873 0023	www.aswd.co.za
<b>July</b>								
04-Jul	Sat	Knysna Forest Marathon 5km	07:30	Glebe - Knysna	Knysna Marathon Club	Wayne Kidd	081 493 6373	www.knysnamarathonclub.co
04-Jul	Sat	Knysna Forest Marathon 21.1km	08:00	Glebe - Knysna	Knysna Marathon Club	Wayne Kidd	081 493 6373	www.knysnamarathonclub.co
04-Jul	Sat	Knysna Forest Marathon 42.2km	07:00	Glebe - Knysna	Knysna Marathon Club	Wayne Kidd	081 493 6373	www.knysnamarathonclub.co
04-Jul	Sat	Cross Country League 5	10:00	Mossel Bay	Athletics SWD	Joe Arendse	079 501 3916	www.aswd.co.za
05-Jul	Sun	Houtkapper Trail Run 9km, 15km and 27km	08:30	Quinto Da Montanha - Rheenendal	Knysna Marathon Club	Gavin Bezuidenhout	083 502 7935	www.knysnamarathonclub.co
07-Jul	Tue	Schools Open						
07-12 Jul	Tue-Sun	IAAF world U20 CHAMPIONSHIPS		Kenya		Hezekiel Sepeng	072 364 1030	
12-Jul	Sat	ASA 10km Champs	TBC	Durban	TBC	TBC		
18-Jul	Sat	Madiba 3km), 10km (ASWD RW Trial 3)and 21.1km (ASWD RW Champs)	07:00	Unity Park - York Street George	Athletics SWD	Soraya de Reuck	044 873 0023	www.aswd.co.za
18-Jul	Sat	Nelson Mandela Day						
25-Jul	Sat	ASA Half Championship Incorporating CAA SR REGION CHAMPIONSHIP		Port Elizabeth	EPA	Irene Van Eeden		
<b>August</b>								
01-Aug	Sat	Cross Country League 6	10:00	Stibbaai	Athletics SWD	Joe Arendse	079 501 3916	
01-Aug	Sat	Race Agains Crime Fun Run,15km,21.1km	08:00	Agri Hall-Herbertsdale	Mossel Bay Harriers	Shjanneil Busch	082 698 8831	www.aswd.co.za
09-Aug	Sun	National Women's Day						
10-Aug	Mon	Public Holiday						
10-Aug	Mon	Nedbank Women's Day 3km(ASWD RW Trial 4) and 10km (ASWD RW Trial 5)	08:00	Rainbow Motors - Oudtshoorn	Nedbank Running Club	Lampies Lamprecht	072 601 8189	www.entrytime.co.za
09-10 Aug	Sat-Sun	ASA National Technical Symposium	TBC	ASA	ASA	Mehlo Hlabangane	082 990 9470	
12-Aug	Wed	ASWD Council Meeting & 2020 Fixture List	18:00	TBC	Athletics SWD	Soraya de Reuck	044 873 0023	www.aswd.co.za
15-Aug	Sat	Five To Ten, Fun Run, 10km	07:30	Inkubeko Youth and Science Centre	Thembaletu WC	Siboniso Mabaso	082 951 6425	www.aswd.co.za
22-Aug	Sat	PetroSA Marathon, 5km,10km (ASWD RW Champ),21km (ASWD RW Trial 3) 42,2km	06:00	Santos Caravan Park	ASWD	Soraya de Reuck	044 873 0023	www.aswd.co.za
29-Aug	Sat	Schoemanshoek 10km and 21.1km	08:00	Schoemanshoek- Oudtshoorn	Nedbank RC	Lampies Lamprecht	072 601 8189	www.entrytime.com
<b>September</b>								
04-05 Sept	Fri-Sat	SASA Provincial Primary Shools Championships	TBA	9 Provinces		Peppi Olevano	082 550 7032	
05-Sep	Sat	Madibaz George Half Marathon Fun Run,21km	08:00	NMU Campus George	Madibaz	Hugo Loubser	082 575 1826	www.aswd.co.za
05-Sep	Sat	ASA National Cross Country Championships	TBC	Amanzimtoti KZN	ASA	Jazz Mnyengeza	083 270 9601	
11-Sep	Fri	George Herald Run with the Stars 3km and 10km	18:00	Glenwood School George	Nedbank RC	Danie Raubenheimer	083 376 7414	www.entrytime.com
18-Sep	Fri	Schools Close						
19-Sep	Sat	Mugg'n Bean 10km	08:00	Mugg'n Bean -Garden Route Mall	Nedabank	Danie Raubenheimer	083 376 7414	www.entrytime.com
19-Sep	Sat	Laingsburg Running Festival 80km	06:00	JJ.Ellis Sport Grounds	Laingsburg AC	Petro Buys	073 654 1652	www.aswd.co.za
19-Sep	Sat	Laingsburg Running Festival 12km and 21.1km half marathon	07:00	JJ.Ellis Sport Grounds	Laingsburg AC	Petro Buys	073 654 1652	www.aswd.co.za
19-Sep	Sat	Laingsburg Running Festival 5km fun run	09:00	JJ.Ellis Sport Grounds	Laingsburg AC	Petro Buys	073 654 1654	www.aswd.co.za
18-19 Sep	Thu-Sat	USSA Cross Country Champs		George- Mandela University		Jazz Mnyengeza	0722629752	
18-19 Sep	Fri-Sat	SASA National Primary Shools Championships	TBA	TBA		Peppi Olevano	0825507032	
22-23 Sep	Sat-Sun	National Coaches Symposium	TBA	TBC		Mehlo Hlabangane	0825507032	
26-Sep	Sat	Strawberry festival Trail 5km and 9km Trial run	09:00	Redberry Farm	Nedbank RC	Danie Raubenheimer	083 376 7414	
27-Sep	Sun	Kurlandbrik Robberg Xpress Trail Run, Fun Run,10km	08:10	Robberg Nature Reserve	Plett AC	Byron Momsen	082 783 3138	www.aswd.co.za
24-Sep	Thur	Heritage Day						
29-Sep	Tue	Schools Open						
<b>October</b>								
03-Oct	Sat	Naquill 3km,5km	09:00	Rainbow Motors - Oudtshoorn	Nedbank	Petrus le Roux	071 055 6783	
03-Oct	Sat	Talent ID & Masters Track & Field Meeting	07:00	TBC	Track & Field	Rosa-Linda	084 501 0168	
10-Oct	Sat	ASA National General Meeting & Election	TBC	Garden Court Airport	ASA	Durell jejane	076 9090 514	
10-Oct	Sat	Meiringspoort 12.5km	07:00	Meiringspoort-De Rust	De Rust Striders	Hannerie Delpoort	084 403 3400	www.aswd.co.za
10-Oct	Sat	Meiringspoort 21.1km	07:15	Meiringspoort-De Rust	De Rust Striders	Hannerie Delpoort	084 403 3400	www.aswd.co.za

14-Oct	Wed	Coastline Athletics 2 Hour TF Meeting	TBC	Olympia School - Pacaltsdorp	Coastline Athletics	Joe Arendse	079 501 3916		
17-Oct	Sat	Hartenbos Spar 4km Fun Run and 15km Spring Run	07:00	Hartenbos Library	Hartenbos Drawers	Hettie Lotterin	082 411 7926	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
18-Oct	Sun	ASA Marathon Championships as part of Sanlam Cape Town City Marathon(IAAF Silver Label)AIMS		Cape Town		<b>Janet Welham</b>	<b>083 270 9601</b>		
21-Oct	Wed	PKF Business Relay 2km	18:30	York Street George	Nedbank	Danie Raubenheimer	083 876 7414	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
24-Oct	Sat	National Admin Workshop		Garden Court Airport	ASA	Durell jejane	076 9090 514		
24-Oct	Sat	Garden Route Marathon 10km	08:00	Outeniqua Rugby Stadium	Nedbank	Chantelle O'Brien	072 675 8887	<a href="http://www.entrytime.com">www.entrytime.com</a>	
24-Oct	Sat	Garden Route Marathon 42km	06:00	Outeniqua Rugby Stadium	Nedbank	Chantelle O'Brien	072 675 8887	<a href="http://www.entrytime.com">www.entrytime.com</a>	
24-Oct	Sat	T&F League	TBC	Thembalethu	Track & Field	TBC			
31-Oct	Sat	Farm Run 10km,21,1km	07:00	Four Brothers Patato Shed Blanco	Nedbank	Jackie	084 591 3497	<a href="http://www.entrytime.com">www.entrytime.com</a>	
<b>November</b>									
01-Nov	Sun	Old Mutual Soweto Marathon		Soweto		Danny Blumberg	082 337 1789		
04-Nov	Wed	Spur to Spur 10km	18:00	Timber Wolf Spurr (GR Mall)	Outeniqua Harriers	J Dupreez	084 501 0168	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
07-Nov	Fri	Athletes Representatives Workshop	TBC	Garden Court Airport	ASA	Hezekiel Sepeng	072 873 372		
08-Nov	Sat	National Excellence Workshop	TBC	Garden Court Airport	ASA	Hezekiel Sepeng	072 873 372		
07-Nov	Sat	ASWD Track and Field League	08:00	George	Track & Field	Overton November	073 505 9547		
11-Nov	Wed	Love Life Run 3km fun run,10km	18:00	Blue Olive Restaurant-Wilderness	Cape Multisport Cub Eden	Gayle Swanepoel	084 240 2088	<a href="http://www.cmssc.co.za">www.cmssc.co.za</a>	
13-Nov	Fri	<b>ASWD Chairpersons Meeting</b>	18:00	TBC	<b>Athletics SWD</b>	<b>Soraya de Reuck</b>	<b>044 873 0023</b>	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
14-Nov	Sat	Knysna Waterfront 5km,10km,21.1km	07:00	Knysna Waterfront	Knysna Marathon Club	Danie Brown	845039093	<a href="http://www.knysnamarathonclub.co">www.knysnamarathonclub.co</a>	
21-Nov	Sat	ASWD Track and Field League	09:00	Beaufort West	Track & Field	Ricky Prins	076 503 4611		
21-Nov	Sat	Vlakte Marathon 10.4km,21.1km,42,2km(ASWD RR Trial 1)	05:00	Heidelberg High	Langeberg AC	Nico Steyn	083 226 3091	<a href="http://www.langebergathletics.co.z">www.langebergathletics.co.z</a>	
TBC	TBC	<b>ASWD Annual Awards</b>	TBC	TBC	<b>ASWD</b>	<b>Soraya de Reuck</b>	<b>448 730 023</b>	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
<b>December</b>									
02-Dec	Wed	<b>Schools Close</b>							
05-Dec	Sat	Palm Tyres Fun Run,10km ,21km	06:00	Palm Tyres - Courteny Street	Outeniqua Harriers	J Dupreez	845 010 168	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
09-Dec	Wed	Steeple to Steeple 10km	18:00	NG Kerk Moedergemeente	Outeniqua Harriers	J Dupreez	845 010 168	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
12-Dec	Sat	Somerson Fun Run, 10km ,21.1km,	06:00	Diaz Beach Mossel Bay	Mossel Bay Harriers	Paulus Allart	073 412 5440	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
14-Dec	Mon	Edens Streetmiles	TBC	Oudtshoorn	Oudtshoorn AC	Dave vd Walt	082 773 4901		
15-Dec	Tue	Nite Race 5km Fun Run ,10km	18:00	Correctional Service Mossel Bay	Mossel Bay Harriers	Shjannel Busch	073 412 5440		
16-Dec	Wed	Edens Streetmiles	TBC	George	Oudtshoorn AC	Dave vd Walt	082 773 4901		
16-Dec	Wed	Knysna Nite Race 5km and 10km	18:00	Knysna Marathon Clubhouse	Knysna Marathon Club	Danie Brown	845039093	<a href="http://www.knysnamarathonclub.co">www.knysnamarathonclub.co</a>	
16-Dec	Wed	<b>Day of Reconciliation</b>							
18-Dec	Fri	Edens Streetmiles	TBC	Hartenbos	Oudtshoorn AC	Dave vd Walt	082 773 4901		
18-Dec	Fri	Die Gourits-hond Wedloop-10km,5km Fun Run	07:00	Community Hall,Gouritsmond	Hartenbos Drawers	Koos Smit	076 8741 814	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
19-Dec	Sat	Great Brak Total Moordkuil 4km Fun Run and 15km	07:00	Fremersheim VGK- Greatbrak River	Hatenbos Drawers	Johan Viljoen	082 940 8830	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
20-Dec	Sun	<b>Cape Multisport-Eden-Ultra -50km</b>	05:15	<b>Hope &amp; Courteny Street</b>	<b>Cape Multisport-Cub-Eden</b>	<b>Gayle Swanepoel</b>	<b>084 240 2088</b>	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
23-Dec	Thu	Elroy Gelant Development Race -RR &RW 5km & 8km	18:00	Kaptein Dikkop -Pacaltsdorp	Rainbow AC	Sidwell Okober	071 995 5346	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	
25-Dec	Fri	<b>Christmas Day</b>							
26-Dec	Sat	<b>Day of Goodwill</b>							
31-Dec	Thu	Oujaarsdraffie 4km Fun Run and 10km	06:00	Amphi Theatre -Hartenbos	Hartenbos Drawers	Barend vd Merwe	082 901 1290	<a href="http://www.aswd.co.za">www.aswd.co.za</a>	

**Dates And Venues Awaited From Provincial Applications To Host**

SA 10km Champs  
SA 21km Champs  
SA 42km Champs  
SA 50km Champs  
SA 100km Champs

	Holidays
	School Holidays
	South Africa Schools Athletics
	Comrades & Two Oceans
	ASA Fixtures
	Cross Country Leagues
	Amendments/AWSD Trials
	Track & Field Leagues
	ASWD Meetings

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