

2011 ASA & BOLAND ATHLETICS FIXTURES LIST - FINAL – NOVEMBER 2010

2011 NATIONAL AND INTERNATIONAL EVENTS

Date	TRACK & FIELD	Venue	Start	Dist	Organised by	Email Address	Contact No.
Jan 15-31	IPC World Championships	Christchurch NZ	NA	NA	SASAPD	koos_eng@lantic.net	Koos Engelbrecht 072 664 0816
19 Feb Sat	Yellow Pages Series I	Potchefstroom	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
25 Feb Fri	Yellow Pages Series II	Pretoria	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
10 Mar Thu	Yellow Pages Series III	Stellenbosch	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Mar 11-12	SASA SA L.S.E.N. T&F Champs	Gauteng	NA	NA	SASA	peppi@telkomsa.net.co.za	Peppi Olivano 082 550 7032
Mar 17-19	SASA SA PS T&F Champs	Gauteng	NA	NA	SASA	peppi@telkomsa.net.co.za	Peppi Olivano 082 550 7032
Mar 24-26	SASA SA HS T&F Champs	Dal Josaphat Stadium	NA	NA	SASA	peppi@telkomsa.net.co.za	Peppi Olivano 082 550 7032
26 Mar Sat	Yellow Pages Inter-provincial I	Germiston	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
26/3-1/4	SASAPD National Champs	Rustenburg	NA	NA	SASAPD	koos_eng@lantic.net	Koos Engelbrecht 072 664 0816
April 2-3	ASA Junior & Youth Champs	Germiston	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
April 9-10	ASA Senior Champs - Day 1	Durban	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Apr 15/16	Southern Region Youth Champs	Namibia	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
16 Apr Sat	Yellow Pages Inter-provincial II	Belville	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Apr 16-17	African Combined Events Champs	Mauritius	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
27 Apr Wed	Yellow Pages Test Match	Rustenburg	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Apr 29 & 30	USSA SA Students T&F Champs	Stellenbosch	NA	NA	USSA	gbentley@uwc.ac.za	Glen Bentley 082 404 6212
May 12-15	CAA African Junior Championships	Botswana	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
July 2-3	CAA SR Senior Champs	Maputo, Mozambique	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
July 6-10	7th IAAF World Youth Champs	Lille, France	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Aug 12-23	Universiade	Shenzhen, China	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
27/8-4/9	IAAF World Senior T&F Champs	Daegu, Korea	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Sep 7-11	Commonwealth Youth Games	Isle of man	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Sept 12-15	All Africa Games	Maputo, Mozambique	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025

Date	CROSS COUNTRY	Venue	Start	Dist	Organised by	Email Address	Contact No.
Jan Sat 22	ASA Cross Country Trials	Potchefstroom	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Feb Sat 26	Southern Reg X-Country Champs	Zambia	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Mar 5/6	CAA African X-Country Champs	TBC	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Mar Sat 20	39 IAAF World X-Country Champs	Punta Umbria, Spain	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Sept Sat 10	ASA Cross Country Champs	TBC	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Sept 23/24	LSEN Cross Country Champs	White River	NA	NA	SASA	peppi@telkomsa.net.co.za	Peppi Olivano 082 550 7032
Sep 23-24	SASA Nat Cross Country Champs	White River	NA	NA	SASA	peppi@telkomsa.net.co.za	Peppi Olivano 082 550 7032

Date	ROAD RUNNING	Venue	Start	Dist	Organised by	Email Address	Contact No.
Feb Sun 13	ASA Marathon Champs	George	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
May Sun 22	ASA 10km Champs	Johannesburg	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Jul 2 or 24	ASA Half Marathon Champs	TBC	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Aug 6 Sat	SR Half Marathon Champs	Swaziland	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Aug TBC	IAAF World Marathon Champs	Daegu, Korea	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Aug Sat 6	Southern Region Half Mar Champs	Swaziland	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Oct: TBC	20th IAAF World Half Mar Champs	TBC	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025

Date	RACE WALKING	Venue	Start	Dist	Organised by	Email Address	Contact No.
TBA	SA 50km Champs	TBA	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025
Apr 16-17	African Race Walking Champs	Mauritius	NA	NA	ASA	morganm@athleticssa.co.za	Morgan Matholeni 011 880 5800 x 2025

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2011 BOLAND PROVINCIAL, CLUB AND SCHOOL EVENTS

Date	TRACK & FIELD	Venue	Start	Dist	Organised by	Email Address	Contact No.
Jan 15 Sat	Paarl Summer Series	Dal Josaphat	NA	NA	Paarl AC	brandonathletics@yahoo.com	Brandon Du Plessis 076 187 7260
Jan 26 Wed	Paarl Summer Series	Dal Josaphat	NA	NA	Paarl AC	brandonathletics@yahoo.com	Brandon Du Plessis 076 187 7260
Feb 2 Wed	US First year athletics	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684
Feb 11 Fri	Maties Club Champs	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684
Feb 19 Sat	Maties Legends – Invitational	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684
Feb 2-19	Boland Regional PS T&F Champs	Various	NA	NA	Boland PS Athletics	swartbergps@overnet.co.za	Terrance Fortuin : 082 812 7868
Feb Sat 26	Boland Regional HS T&F Champs	Various	NA	NA	Boland HS Athletics	bolhsath@gmail.com	Melanie Dirkse : 082 573 3755
Feb Sat 26	Boland PS T&F Champs	Dal Josaphat	NA	NA	Boland Schools	bolhsath@gmail.com	Adam Bekeur 0843208590
Mar 4-5	Boland Youth/Junior & HS Champs	Dal Josaphat	NA	NA	Boland Athletics & Schools	bolhsath@gmail.com	Melanie Dirkse : 082 573 3755
Mar 4-5	WECASA PS T&F Champs	Dal Josaphat	NA	NA	Boland PS Athletics	swartbergps@overnet.co.za	Terrance Fortuin : 082 812 7868
Mar 11-12	WECASA HS T&F Champs	Dal Josaphat	NA	NA	Boland HS Athletics	bolhsath@gmail.com	Melanie Dirkse : 082 573 3755
Mar Sat 19	Boland Senior T+F Champs	Dal Josaphat	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Richard Stander 021 868 0007
Oct 5 Wed	Maties Hostels League	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684
Oct 12 Wed	Maties Hostels League	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684
Oct 18 Wed	Maties Hostels League	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684
Oct 21 Fri	Paul Roos/Maties Junior Invitation	Coetzenburg	NA	NA	Paul Roos Gymnasium	jpvermeu@prg.wcape.school.za	JP Vermeulen 084 890 0949
Nov 4 Fri	Maties Summer Series	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684
Nov 8 Tue	Paarl Summer Series	Dal Josaphat	NA	NA	Paarl AC	brandonathletics@yahoo.com	Brandon Du Plessis 076 187 7260
Nov 11 Fri	Maties Summer Series	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684
Nov 18 Fri	Maties Summer Series	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684
Nov 22 Tues	Paarl Summer Series	Dal Josaphat	NA	NA	Paarl AC	brandonathletics@yahoo.com	Brandon Du Plessis 076 187 7260
Nov 25 Fri	Maties Summer Series	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684
Dec 5 Mon	Maties 1 hour race	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684
Dec 9 Wed	Maties Athletics Festival	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684

Date	CROSS COUNTRY	Venue	Start	Dist	Organised by	Email Address	Contact No.
23 Apr Sat	X-Country Relay	Allandale Correctional Centre, Paarl	10:00	5x3km Relay	Athletics Alive Athletics Club	Freddie.Neff@dcs.gov.za	Freddie Neff Tel : 021-8775724 / Cell : 076 303 9367
3 May Thu	Maties X-Country Time Trial	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
7 May Sat	Boland X-Country Trial 1	Robertson	10:00	Various	Robertson Athletics Club Boland North Schools	edwsal@langebergsek.wcape.school.za	Edward Salies 071 632 2346 H Josephs 083 497 1141
10 May Thu	Maties X-Country Time Trial	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
14 May Sat	Boland X-Country Trial 2	Victoria Stadium Ceres	10:00	Various	Ceres Athletics Club Witzenberg Schools	roy@wolsley.wcape.school.za	Roy Abrahams 084 581 1120
17 May Thu	Maties X-Country Time Trial	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
21 May Sat	Boland X-Country Trial 3	Brandvlei Correctional Centre, Worcester	10:00	Various	Worcester Athletics Club & Boland North Schools	deputy@deafcare.co.za	Natale Roelofse 082 771 1543 Owen Fortuin 082 680 4763
17 May Thu	Maties X-Country Time Trial	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
17 May Thu	Schools X-Country Challenge	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
24 May Thu	Maties X-Country Time Trial	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
28 May Sat	Boland X-Country Trial 4	Allandale Correctional Centre, Paarl	10:00	Various	Boland Correctional Ser. AC Boland Central Schools	Basil.jantjies@dcs.gov.za	Basil Jantjies
31 May Thu	Maties X-Country Time Trial	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
13-17 Jun	Maties X-Country Training Camp	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655

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16 Jun Thu	Maties Youth Day X-Cross Country	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
18 Jul Sat	Inter-Prov./ Boland Inter District Cross Country Champs	Coetzenburg	10:00	Various	Paarl Athletics Club Boland Central Schools	welligtonprep@telkomsa.net gric02@telkomsa.net	Etheresia Thomas 082 475 6070 Gerry Ricketts 082 561 4926
19 Jul Thu	Maties X-Country Time Trial	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
19 Jul Thu	Maties X-Country Time Trial	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
19 Jul Thu	Schools X-Country Challenge	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
16 July Sat	Boland X-Country Trial 5	Dwarsrivier Sports Complex, Pniel	10:00	Various	Dwarsrivier Valley AC Boland Central Schools	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529 Clarence Adams 083 335 7747
23 July Sat	Boland X-Country Trial 6	Groenberg High School, Grabouw	10:00	Various	Groenberg High School Boland South Schools		Thomas Davids 072 982 4149 Jannie van der Colff 082 3760579
26 Jul Thu	Schools X-Country Challenge	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
30 July Sat	Boland X-Country Trial 7	Stellenzicht High School Stellenbosch	10:00	Various	Stellenbosch Athletics Club Boland Central Schools	cq.combrinck@absamail.co.za admin@lynedochps.wcape.school.za	Clarence Combrinck 0827758910 Grantham Jansen 082 591 7592
2 Aug Thu	Maties X-Country Time Trial	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
2 Aug Thu	Maties Hostels League 1	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
3 Aug Wed	Schools X-Country Challenge	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
9 Aug Thu	Maties X-Country Time Trial	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
9 Aug Thu	Maties Hostels League 2	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
16 Aug Thu	Maties X-Country Time Trial	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
16 Aug Thu	Maties Hostels League 3	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
26 Aug Thu	Maties Intersarsity X-Country	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
26 Aug Thu	Maties Hostels League 4	Coetzenburg	17:30	TBC	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
13 Aug Sat	Boland X-Country & Boland Schools X-Country Champs	Da Josaphat Stadium, Paarl	10:00	Various	Paarl Athletics Club Boland Central Schools	welligtonprep@telkomsa.net gric02@telkomsa.net	Etheresia Thomas 082 475 6070 Gerry Ricketts 082 561 4926
27 Aug Sat	Western Cape X-Country Champs	TBC	TBC	Various	WCDCAS	admin@lynedochps.wcape.school.za	Grantham Jansen 082 591 7592

Date	ROAD RUNNING	Venue	Start	Dist	Organised by	Email Address	Contact No.
7 Jan. Fri	Big Blue Beach Mile	Kleinmond Strand	16:00	1 Mile	Hangklip AC	aces@hangklipathletics.co.za	Organiser 0794136610
7 Jan. Fri	Big Blue Festival Nite Race	Kleinmond Beach Front	18:00	10km	Hangklip AC	aces@hangklipathletics.co.za	Organiser 0794136610
7 Jan. Fri	Big Blue Festival Nite Race	Kleinmond Beach Front	18:00	5km	Hangklip AC	aces@hangklipathletics.co.za	Organiser 0794136610
29 Jan Sat	Elgin Grabouw Groenberg Race	Groenberg SS	07:00	21.1km	Elgin Grabouw	derrickuren@gmail.com	Derrick Uren 082 7077497 Veronica V Niekerk 082 7894897
29 Jan Sat	Elgin Grabouw Groenberg Race	Groenberg SS	07:30	10km	Elgin Grabouw	derrickuren@gmail.com	Derrick Uren 082 7077497 Veronica V Niekerk 082 7894897
29 Jan Sat	Elgin Grabouw Groenberg Race	Groenberg SS	08:00	5km	Elgin Grabouw	derrickuren@gmail.com	Derrick Uren 082 7077497 Veronica V Niekerk 082 7894897
5 Feb Sat	Prison to Prison Road Race	Worcester Gevangenis	07:00	21.1km	Brandvlei Cor. Services	Wiseman.soni@dcs.gov.za	Kosie Botha 083 991 3915
5 Feb Sat	Prison to Prison Road Race	Worcester Gevangenis	07:00	6km	Brandvlei Cor. Services	Wiseman.soni@dcs.gov.za	Kosie Botha 083 991 3915
11 Feb Fri	Model Sport Valentine Night Race	Mountain Mill Mall, Worcester	18:15	10km	Worcester AC	jackie.spreeth@fnbinb.co.za	T Rossouw 082 5651342
11 Feb Fri	Model Sport Valentine Night Race	Mountain Mill Mall, Worcester	18:15	5km	Worcester AC	sukses1@vodamail.co.za	Kosie Koopman 082 6141027 T Rossouw 082 5651342
12 Feb. Sat	Freedom Race	Drakenstein Prison	07:00	27km	Correctional Services AC	Hammers.godfrey@dcs.gov.za	Pieter Bruiners 0829610723 Godfrey Hammers 0823389115
12 Feb. Sat	Freedom Race	Drakenstein Prison	07:10	10km	Correctional Services AC	Hammers.godfrey@dcs.gov.za	Pieter Bruiners 0829610723 Godfrey Hammers 0823389115
12 Feb. Sat	Freedom Race	Drakenstein Prison	07:15	5km	Correctional Services AC	Hammers.godfrey@dcs.gov.za	Pieter Bruiners 0829610723 Godfrey Hammers 0823389115
12 Feb. Sat	Freedom Wheel Chair Race	Drakenstein Prison	07:15	10km	Correctional Services AC	Hammers.godfrey@dcs.gov.za	Pieter Bruiners 0829610723 Godfrey Hammers 0823389115
23 Feb Wed	Gino's Night Race (10Km)	Coetzenburg	18:00	10km	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
5 Mar. Sat	MKB Swartland Half Marathon	Gene Louw Sportgronde	07:00	21.1km	Altech Autopage Swartland	basil@mkb.co.za	Denie Truter 022-4331895/082 895 8395
5 Mar. Sat	MKB Swartland 10 Km	Gene Louw Sportgronde	07:15	10km	Altech Autopage Swartland	basil@mkb.co.za	Denie Truter 022-433 1895/082 895 8395
5 Mar. Sat	MKB Swartland Pretdraf	Gene Louw Sportgronde	07:30	5km	Altech Autopage Swartland	basil@mkb.co.za	Denie Truter 022-433 1895/082 895 8395
9 Mar Wed.	Correctional Services Road Race	Paarl, Faure Street Stadium	18:15	10km	Drakenstein Corr.Services	bruiners.pieter@dcs.gov.za	D Strauss – 083 9806 495/ KP Bruiners – 082 9610 723
12 Mar Sat	Worcester Rainbow	National Institute for the Deaf	06:30	30km	Worcester AC	natale@nid.org.za	Natale Roelofse 082 7711543 Paul de Wet 082 800 3853

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12 Mar. Sat	Worcester Rainbow	National Institute for the Deaf	07:00	10km	Worcester AC	worcloudgieters@rmweb.co.za	Natale Roelofse 082 7711543 Paul de Wet 082 800 3853
12 Mar Sat	Worcester Rainbow	National Institute for the Deaf	07:00	5km	Worcester AC	natale@nid.org.za	Natale Roelofse 082 7711543 Paul de Wet 082 800 3853
12 Mar. Sat	Constantia Village WP	Constantia Village	06:15	15	VOB		
13 Mar Son	Argus Cycle Tour WP	Cape Town					
19 Mar. Sat	Weskus Fun Run WP	Langebaan, West Coast N/ park	08:00	5	L/baan Strandlopers	weskusmarathon@strandlopers.co.za	074 233 8865
19 Mar. Sat	Weskus Halfmarathon WP	Langebaan, West Coast N/ park	07:30	21,1	L/baan Strandlopers	weskusmarathon@strandlopers.co.za	074 233 8865
19 Mar. Sat	Weskus Marathon WP	Langebaan, West Coast N/ park	07:00	42,2	L/baan Strandlopers	weskusmarathon@strandlopers.co.za	074 233 8865
19 Mar Sat	Beesloop Farm Race	Overhex, Worcester	07:30	15km	Worcester AC	eldavd@gmail.com	Elda van Dijk 082 331 8889 Stiaan vd Berg 083 271 2158
19 Mar Sat	Beesloop Farm Race	Overhex, Worcester	07:30	5km	Worcester AC	eldavd@gmail.com	Elda van Dijk 082 331 8889 Stiaan vd Berg 083 271 2158
21 Mar. Mon	Bain's Veldloop	Welvanpas Farm, Wellington	08:00	12km	Wellington AC	pvanwyk@bits.co.za	Pieter van Wyk 0828573180
21 Mar. Mon	Bain's Veldloop	Welvanpas Farm, Wellington	08:10	7km	Wellington AC	pvanwyk@bits.co.za	Pieter van Wyk 0828573180
2 Apr. Sat.	Kleinmond Road Race	Laerskool Kleinmond	07:30	21.1km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
2 Apr. Sat.	Perdekop Road Race	Laerskool Kleinmond	10:30	10km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
2 Apr. Sat.	Perdekop Road Race	Laerskool Kleinmond	12:00	5km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
2 Apr. Sat	2 Oseane 56 Km						
2 Apr. Sat	2 Oseane 21,1 Km						
16 Apr. Sat	Eendracht Hotel Vista Trail Run	Coetzenburg, Stellenbosch	07:30	12km	Stellenbosch AC	StellenboschVista@gmail.com	Hennie Roos 084-952-5412, W Venter 082-337-9669
16 Apr. Sat	Eendracht Hotel Vista Fun Run	Coetzenburg, Stellenbosch	07:35	5km	Stellenbosch AC	StellenboschVista@gmail.com	Hennie Roos 084-952-5412, W Venter 082-337-9669
30 Apr. Sat	Delta Draf Farm Race	Solms-Delta farm	08h00	10km	Dwarsrivier valley AC	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529
30 Apr. Sat	Delta Draf 5km Fun Run/walk	Solms-Delta farm	08h15	5km	Dwarsrivier valley AC	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529
2 May Mon	Safari Wellington Road Race	Hugenote High School	07:00	21.1km	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
2 May Mon	Safari Wellington Road race	Hugenote High School	07:00	5km	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
2 May Mon	Safari Wellington Road race	Hugenote High School	09:45	10km W	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
7 May Sat	Hermanus Wheels/Runners Race	Old Harbour, Hermanus	10:00	10km	Whalers AC	kcoetzee@intekom.co.za	Karin Coetzee Cell 082 923 3201 Tel 028 312 1884; kcoetzee@intekom.co.za
14 May Sat.	Asics Xtreme 17km Mountain Race	Avalon Springs, Montagu	08:30	17 km	Montagu AC	johan@scheepersrus.co.za	Ilse Esterhuysen 0236142880 / 0721251854
14 May Sat.	10km Trial Run	Avalon Springs, Montagu	08:45	10km	Montagu AC	drieberge@lando.co.za	Ilse Esterhuysen 0236142880 / 0721251854
21 May Sat	APL Cartons De Doorns	De Doorns Sportsfield	08:00	21.1km	Worcester AC	bendup1@gmail.com	B du Plessis 083 324 1675, Marinda Pheiffer 082 5609024
21 May Sat	APL Cartons De Doorns	De Doorns Sportsfield	08:00	10km	Worcester AC	mpheiffer@breedevallei.gov.za	B du Plessis 083 324 1675, Marinda Pheiffer 082 5609024
29 May. Son	Comrades						
4 Jun Sat	Miles of Smiles Road Race	Robertson Winery, Robertson	08:00	21.1km	Robertson AC	edwsal30@ovi.com	Edward Salies 071 632 2346
4 Jun Sat	Miles of Smiles Road Race	Robertson Winery, Robertson	09:00	10km	Robertson AC	edwsal30@ovi.com	Edward Salies 071 632 2346
4 Jun Sat	Miles of Smiles Fun Run	Robertson Winery, Robertson	09:00	5km	Robertson AC	edwsal30@ovi.com	Edward Salies 071 632 2346
11 Jun Sat	Boland Correctional Services	Dal Josaphat Stadion	07:00	21.1km	Correctional Services AC	Wiseman.soni@dcs.gov.za	Dawid Strauss 083 980 6495, G Hammers 082 338 9115
11 Jun Sat	Boland Correctional Services	Dal Josaphat Stadion	07:00	21.1km	Correctional Services AC	Wiseman.soni@dcs.gov.za	Dawid Strauss 083 980 6495, G Hammers 082 338 9115
18 Jun. Sat.	Napier Half Marathon	Napier High School	08:30	21.1km	Bredasdorp AC	engelaambrose@absamail.co.za bredasdorpathletics@isat.co.za	Tom Ambrose 082 978 1971 Faks 086 274 8456
18 Jun. Sat.	Napier Half Marathon	Napier High School	08:30	6km	Bredasdorp AC	engelaambrose@absamail.co.za bredasdorpathletics@isat.co.za	Tom Ambrose 082 978 1971 Faks 086 274 8456
18 Jul Sat	Worcester Voorsieners Hospice	Worc. Voorsieners Durbanstraat	08:00	21.1km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601 Razac Abbas 023 342 2360
18 Jul Sat	Worcester Voorsieners Hospice	Worc. Voorsieners Durbanstraat	08:00	10km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601 Razac Abbas 023 342 2360
18 Jul Sat	Worcester Voorsieners Hospice	Worc. Voorsieners Durbanstraat	08:15	5km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601 Razac Abbas 023 342 2360
18 Jul. Sat.	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st	08:00	21.1km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601, Razac Abbas 023 342 2360
18 Jul. Sat.	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st	08:00	10km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601, Razac Abbas 023 342 2360
18 Jul. Sat.	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st	08:15	5km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601, Razac Abbas 023 342 2360
30 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	07:30	42.2km	Altech Swartland AC	vlokhennie@intekom.co.za	Ilse Vlok 022 448 1565, 079 523 5145
30 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	08:00	21.1km	Altech Swartland AC	karel@swwines.co.za	Karel Liebetrau – 022 4871133
30 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	08:30	10km	Altech Swartland AC	karel@swwines.co.za	Karel Liebetrau – 022 4871133
30 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	08:45	5km	Altech Swartland AC	karel@swwines.co.za	Karel Liebetrau – 022 4871133
9 Aug. Tues	Totalsports Ladies Race	Stellenbosch (Die Braak)	08:00	10km	Boland Athletics	info@topevents.co.za	Top Events – 021 5117130

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13 Aug. Sat	Paarlberg Mountain Race	McCarthy Toyota	07:00	21.1km	Paarl AC	shireenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
13 Aug. Sat	Paarlberg Mountain Race	McCarthy Toyota	07:10	10km	Paarl AC	shireenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
27 Aug Sat	Jonkershoek Half Marathon	Maties Stellenbosch	07:00	21.1km	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
03 Sep Sat	Zoetendal Akad Lente preddraf	L'Agulhas	08:00	12km	Bredasdorp AC	zoetendalacademie@telkomsa.net bredasdorpathletics@isat.co.za	Yolanda de Waal 072 186 0349 (T/F) 028 435 6556
03 Sep Sat	Zoetendal Akad Lente preddraf	L'Agulhas	08:00	5km	Bredasdorp AC	zoetendalacademie@telkomsa.net bredasdorpathletics@isat.co.za	Yolanda de Waal 072 186 0349 (T/F) 028 435 6556
3 Sep Sat	Riebeeck Kasteel Road race	Riebeeck Kasteel	07:30	21.1km	Riebeeck Vallei AC		
3 Sep Sat	Riebeeck Kasteel Road race	Riebeeck Kasteel	08:00	10km	Riebeeck Vallei AC		
10 Sep Sat	Hexkoel Orchard PS Road Race	Orchard PS	08:00	10km	Correctional Services AC	Admin@orchardps.wcape.school.za	DJ Blom, 023-354 8840, T. Benjamin 072 222 6925
10 Sep Sat.	Kogelberg Mountain Race	Pringle Bay Community Hall	07:30	21.1km	Hangklip AC	race@hangklipathletics.co.za	Organiser 0794136610
10 Sep Sat.	Kogelberg Mountain Race	Pringle Bay Community Hall	10:30	10km	Hangklip AC	race@hangklipathletics.co.za	Organiser 0794136610
10 Sep Sat.	Kogelberg Mountain Race	Pringle Bay Community Hall	12:00	5km	Hangklip AC	race@hangklipathletics.co.za	Organiser 0794136610
17 Sep. Sat	HIV/VIGS 10km Road Race	Hawequa Prison	07:30	10km	Correctional Services AC	bruiners.pieter@dcs.gov.za	Jenny Petersen 021-8645800 Peter Davids 021- 8645800
17 Sep. Sat	HIV/VIGS 5km Road Race	Hawequa Prison	07:30	5km	Correctional Services AC	bruiners.pieter@dcs.gov.za	Jenny Petersen 021-8645800 Peter Davids 021- 8645800
24 Sep Sat	Bainskloof Pass Ultra Marathon	Wellington	06:00	63.3km	Wellington AC	estelle@paarrocktours.co.za	Estelle Kellerman 021 8731838, 0832320532
24 Sep Sat	Bainskloof Pass Ultra Marathon	Wellington	07:00	21.1km	Wellington AC	estelle@paarrocktours.co.za	Estelle Kellerman 021 8731838, 0832320532
24 Sep Sat	Bainskloof Pass Ultra Marathon	Wellington	09:00	10 km	Wellington AC	estelle@paarrocktours.co.za	Estelle Kellerman 021 8731838, 0832320532
25 Sep Sun	Cape Town Marathon						
1 Oct. Sat.	Total Whale Half Marathon	HS Hermanus	07:00	21.1km	Whalers AC	mmilne@hhdmin.co.za	Micky Milne Tel: 0834467840 or (w) 028 3123760
1 Oct. Sat	Zomerlust Spar Adam Kock 10km	Main Street, Paarl.	08:00	10km	Athletics Alive AC	Carmila@vodamail.co.za	Carmila Shaik : Tel 021-8621285 / Cell : 0833302030
1 Oct. Sat	Zomerlust Spar 5km Fun Run/Walk	Main Street, Paarl	08:00	5km	Athletics Alive AC	Freddie.Neff@dcs.gov.za	Freddie Neff : Tel : 021-8775724 / 0763039367
7 Oct Fri	Deetlefs Night Race	Deetlefs Estate, Rawsonville	18:00	10km	Worcester AC	info@deetlefs.com	Gert Griesel 023 349 1260
7 Oct Fri	Deetlefs Night Race	Deetlefs Estate, Rawsonville	18:00	5km	Worcester AC	info@deetlefs.com	Gert Griesel 023 349 1260
7 Oct. Fri	Deetlefs Night Race	Deetlefs Estate, Rawsonville	18:00	10km	Worcester AC	info@deetlefs.com	Gert Griesel 023 349 1260
7 Oct. Fri	Deetlefs Night Race	Deetlefs Estate, Rawsonville	18:00	5km	Worcester AC	info@deetlefs.com	Gert Griesel 023 349 1260
15 Oct. Sat	Ceres Fruit Juices Road Race	Ceres / Mitchells Pass	07:00	21.1km	Ceres AC	lionel.ceres@telkomsa.net	Roy Abrahams 084 5811120
15 Oct. Sat	Ceres Fruit Juices Road Race	Ceres / Mitchells Pass	07:15	10km	Ceres AC	lionel.ceres@telkomsa.net	Roy Abrahams 084 5811120
22 Oct. Sat.	Voet van Afrika Road Race	Bredasdorp Sport Complex	06:00	42.2km	Bredasdorp AC	bredasdorpathletics@isat.co.za	086 274 8456 (Fax)
22 Oct. Sat.	Voet van Afrika Road Race	Bredasdorp Sport Complex	07:00	21.1km	Bredasdorp AC	bredasdorpathletics@isat.co.za	086 274 8456 (Fax)
22 Oct. Sat.	Voet van Afrika Road Race	Bredasdorp Sport Complex	07:00	10km	Bredasdorp AC	bredasdorpathletics@isat.co.za	086 274 8456 (Fax)
27 Oct. Thur	Coetzenburg 1 hour run	Maties Stellenbosch	18:00	NA	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
29 Oct Sat	Simons Challenge	Idas Valley PS	07:00	21km	Stellenbosch AC		
29 Oct Sat	Rustenburg Farm Race	Idas Vallei PS	07:30	12km	Stellenbosch AC	info@stellenboschatletiekklub.co.za	Alexander Carstens 082 854 2809
29 Oct Sat	Rustenbergrun Fun Run	Idas Valley PS	07:45	4km	Stellenbosch AC		
29 Oct Sat	Rustenburg Farm Race	Idas Vallei PS	07:30	12km	Stellenbosch AC	info@stellenboschatletiekklub.co.za	Alexander Carstens 082 854 2809
29 Oct Sat	Rustenburg Farm Fun Run	Idas Vallei PS	07:30	4km	Stellenbosch AC	info@stellenboschatletiekklub.co.za	Alexander Carstens 082 854 2809
30 Oct Sun	Simon's Challenge Extreme trail run	Idas Vallei PS	07:00	21km	Stellenbosch AC	info@stellenboschatletiekklub.co.za	Alexander Carstens 082 854 2809
5 Nov. Sat.	Dwarsrivier Half Marathon, Pniel	Dwarsrivier Sports Complex	07:00	21.1km	Dwarsrivier valley AC	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529
5 Nov. Sat.	Dwarsrivier 10km, Pniel	Dwarsrivier Sports Complex	07:15	10km	Dwarsrivier valley AC	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529
5 Nov. Sat	School Challenge 5km fun run/walk	Dwarsrivier Sports Complex	07:30	5km	Dwarsrivier valley AC	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529
6 Nov. Sun	SOWETO Marathon						
19 Nov Sat	Fish Eagle Marathon	Voorberg Correctional	7:00	21km	Voorberg Athletic Club	Rita.Adams@dcs.gov.za	Rita Adams 022 931 8039 (0832332173 after 15h00)
19 Nov Sat	Fish Eagle Marathon	Voorberg Correctional	07:10	10 km	Voorberg AC	Retha.Brundyn@dcs.gov.za	Retha Brundyn 022 931 8007 (0833180481)
19 Nov Sat	Fish Eagle Fun walk/run	Voorberg Correctional	07:30	5 km	Voorberg AC	Vanessa.De.Beer@dcs.gov.za	Vanessa De Beer 022 931 8146
19 Nov Sat	WP Marathon Kampioenskappe	Markotter S/Gronde S/Bosch	06:00	42,2km	WP Atletiek		
19 Nov Sat	Boland Marathon Kampioenskap	Markotter S/Gronde S/Bosch	06:00	42.2km	Boland Atletiek	basil@mkb.co.za	Basil Nieuwoudt 022-433-8338/082-878-9110
19 Nov Sat	Wynland Marathon	Markotter S/Gronde S/Bosch	05:30	42,2 km	Helderberg Harriers		

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19 Nov Sat	Wynland Half Marathon	Markotter S/Gronde S/Bosch	05:45	21,1km	Helderberg Harriers		
19 Nov Sat	Wynland Prettdraf	Markotter S/Gronde S/Bosch	06:00	5 km	Helderberg Harriers		
10 Dec. Sat	SAPS Walk Against Abuse	Kleinmond Tennis Club House	07:00	15km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
14 Dec. Wed	Paarl Road Race	Faure Street, Paarl	18:30	10km	Paarl AC	shireenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
17 Dec. Sat.	Whalers Road Race	Onrus Strand	07:00	10km	Whalers AC	carina@cegela.co.za	Carina Van Der Merwe – 082 8238632
21 Dec. Wed	Supa Quik/ST Motors Beach Miles	Kleinmond Lagoon	16:00	1 mile	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
21 Dec. Wed	Supa Quik/ST Motors 5km	Kleinmond Lagoon	18:00	5km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
21 Dec. Wed	Supa Quik/ST Motors Beach Miles	Kleinmond Lagoon	18:00	10km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
26 Dec Mon	Betty's Bay Half	Betty's Bay Boat Club, Stony Point	07:00	21.1km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
26 Dec. Mon	Betty's Bay Half	Betty's Bay Boat Club, Stony Point	07:20	10km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
26 Dec. Mon	Betty's Bay Half	Betty's Bay Boat Club, Stony Point	08:00	5km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
31 Dec. Sat.	Dangerpoint Road race	Hoofstraat, Gansbaai	07:00	21.1km	Whalers AC	kotnel@mweb.co.za	Mariaan Bothma 083 294 2191 or 028 384 3915

Date	Boland Development Events	Venue	Start	Dist.	Organised by	Email Address	Contact No.
15 Jan Sat	Technical Officials Symposium	Dal Josaphat Stadium	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Brandon du Plessis 076 187 7260 or 021 868 0007
22 Jan Sat	Coaching Clinic	Swartland HS	NA	NA	Swartland HS	brian@swartlandhs.org.za	Freek Stander 022 482 1469 / 084 511 9230
22 Jan Sat	Coaching Clinic	Bredasdorp HS	NA	NA	Bredasdorp HS	brdh@telkomsa.net	Alerina Augustyn 028 4241210 / 0824269017
14 May Sat	BA Annual General Meeting	Dal Josaphat Stadium	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
6 Aug. Sat	BA Council Meeting	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
21 Oct. Fri	Coca Cola 5-Star Achiever Awards	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
22 Oct. Sat	Club Chairpersons Meeting	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
26 Nov. Sat	BA Referees Workshop	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
7-10 Dec	Coaching Course Level 1&2	Coetzenburg	NA	NA	Maties AC	bms@sun.ac.za	Mario Smith 021 808 4684