

2009 FIXTURES – NATIONAL EVENTS – FINAL – December 2008

Date	ASA Road Running Events	Venue	Start	Dist	Organised by	Email Address	Contact No.
17 Jan. Sat	Nedbank Matha Series	Tshwane, Gauteng	NA	21.1km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
08 Feb. Sun	Nedbank SA Mar Champs	Durban	NA	42.2km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
22 Mar Sun	Nedbank Joburg City Marathon	Johannesburg	NA	42.2km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
4 Apr. Sat	Nedbank Matha Series	Kanyamazane, Nelspruit	NA	21.1km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
30 Sat	CAA SR Senior T&F Champs	Botswana	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
4 Jul. Sat	Nedbank SA ½ - Mar Champs	Motherwell, Port Elizabeth	NA	21.1km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
29 Aug Sat	Nedbank SA 10km Championships	Stellenbosch	NA	10km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
5 Sep Sat	Nedbank Matha Series	Bloemfontein	NA	21.1km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
20 Sept. Sun	Nedbank Cape Town City Mar.	Cape Town	NA	42.2km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
3 Oct. Sat	Nedbank Matha Series	Polokwane, Limpopo	NA	21.1km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
11 Oct. Sun	3rd IAAF World ½-Man Champs	TBC	NA	21.1	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
1 Nov. Sun	Nedbank Soweto Marathon	Elka Stadium, Soweto	NA	42.2km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800

Date	ASA Track and Field Events	Venue	Start	Dist	Organised by	Email Address	Contact No.
23 Jan. Fri	ASA YP Ultimate Athletics I	Potchefstroom	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
30 Jan. Fri	ASA YP Ultimate Athletics II	Tswane	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
6 Feb. Fri	ASA YP Ultimate Athletics III	Durban	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
20 Feb. Sat.	ASA YP Ultimate Athletics IV	Port Elizabeth	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
27 Feb. Fri	ASA YP Ultimate Athletics V	Stellenbosch	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
6 Mar. Fri	ASA YP Ultimate Athletics VI Final	Germiston	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
13/14 Mar	SA YP Senior T+F Championships	Stellenbosch	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
13-14 Mar	SA LSEN Schools Champs	Sasolburg	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265
27/28 Mar	SA Youth + Junior T+F Champs	Tshwane	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
29-31 Mar	SA Primary Schools Champs	Polokwane	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265
05-07 Apr	SA High Schools Championships	Durban	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265
3-4 Apr	USSA Championships	Stellenbosch	NA	NA	Maties AC	joep@sun.ac.za	Joep Loots – 021 8284694 Or 021 8084689
11 Apr	T+F Permit meeting	Zimbabwe	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
5 July Sat	50km Road Race Walking Champs	Oudtshoorn	NA	NA	Athletics South Africa	asa@athleticssa.co.za	
8-12 July	12 th IAAF World Youth Champs	Bressanone, Italy	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
15-23 Aug	12 th IAAF World Championships	Berlin, Germany	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800

Date	ASA Cross Country Events	Venue	Start	Dist	Organised by	Email Address	Contact No.
1 Mar	CAA SR Cross Country Champs	Mauritius	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
28 Mar Sat	36 th IAAF World CC Champs	Amman, Jordan	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
1 May	COSSASA Champs	Lesotho	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265
30 May Sat	ASA Cross Country Challenge	Witbank, Mpumalanga	NA	NA	Athletics South Africa	asa@athleticssa.co.za	
25-30 Jun	ISF Champs	Estonia	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265
11 Jul. Sat	ASA Cross Country Challenge	Newcastle, Kwazulu-Natal	NA	NA	Athletics South Africa	asa@athleticssa.co.za	
5 Sept	LSEN Cross Country Champs	Limpopo	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265
12 Sep. Sat	ASA Cross Country Champs	Tswane	NA	NA	Athletics South Africa	asa@athleticssa.co.za	
25/26 Sep	SA Schools Cross Country Champs	Kimberley	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265
1-12 Jul	World Student CC Champs	Forges-Les-Eaux, France	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
Dec	ISF Gymnasiade	Qatar	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265

2009 FIXTURES – BOLAND ATHLETICS EVENTS – FINAL - DECEMBER 2008

Date	BOLAND Road Running Events	Venue	Start	Dist	Organised by	Email Address	Contact No.
3 Jan. Sat.	X-terra	Kleinmond Strandmeer	07:00	10km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
8 Jan. Thu	Big Blue Beach Mile	Kleinmond Strand	18:00	1 Mile	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
9 Jan. Fri	Big Blue Festival Nite Race	Kleinmond Beach Front	18:00	10km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
9 Jan. Fri	Big Blue Festival Nite Race	Kleinmond Beach Front	18:00	5km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
7 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
7 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
13 Feb. Fri	Model Sport Valentine Night Race	Mountain Mill Mall, Worcester	18:15	10km	Worcester AC	worcloudgieters@mweb.co.za	Kosie Koopman 082 6141027/T Rossouw 082 5651342
13 Feb. Fri	Model Sport Valentine Night Race	Mountain Mill Mall, Worcester	18:15	5km	Worcester AC	worcloudgieters@mweb.co.za	Kosie Koopman 082 6141027/T Rossouw 082 5651342
14 Feb. Sat.	Swartrivier Genadendal Road Race	L. R. Schmidt PS	07:00	21.1km	Genadendal AC	gesot@telkomsa.net	Johan Wessels 028 251 8093/028 2518759
21 Feb. Sat.	Oude Molen Elgin Road Race	Oude Molen Distillery, Grabouw	07:00	21.1km	Elgin/Grabouw AC	urend@groenberg.wcape.school.za	Derrick Uren 082 707 7497
21 Feb. Sat	Oude Molen Elgin Road Race	Oude Molen Distillery, Grabouw	07: 15	10km	Elgin/Grabouw AC	urend@groenberg.wcape.school.za	
21 Feb. Sat	Oude Molen Elgin Road Race	Oude Molen Distillery, Grabouw	07: 30	5km	Elgin/Grabouw AC	urend@groenberg.wcape.school.za	
28 Feb Sat	Breede River Challenge	Riggton River Farm	07:00	21.1 km	Bonnievale AC	admin@route62.co.za	Johan Rheeders 082 558 0420
28 Feb Sat	Breede River Challenge	Riggton River Farm	07:00	10 km	Bonnievale AC	admin@route62.co.za	Johan Rheeders 082 558 0420
28 Feb Sat	Breede Fun Run	Riggton River Farm	07:00	5 km	Bonnievale AC	admin@route62.co.za	Johan Rheeders 082 558 0420
25 Feb. Wed	Gino's Night Race	Coetzenburg	18:30	10km	Maties AC	joep@sun.ac.za	Joep Loots – 021 8284694 Or 021 8084689
7 Mar. Sat.	MKB Swartland Road Race	Moorreesburg	07:00	21.1km	Altech Swartland AC	basil@mkb.co.za	Dienie Truter – 022 4331895/082 895 8395
7 Mar. Sat.	MKB Swartland Road Race	Moorreesburg	07:15	10km	Altech Swartland AC	basil@mkb.co.za	Dienie Truter – 022 4331895/082 895 8395
11 Mar Wed.	Correctional Services Road Race	Paarl, Faure Street Stadium	18:15	10km	Boland Cor. Services AC	Wiseman.soni@dcs.gov.za	D Strauss – 021 8648000 / Kp Bruinders – 021 8648000
14 Mar. Sat.	Worcester Health and Fitness	Worcester Health & Fitness Gym	07:30	10km	Worcester AC	worcloudgieters@mweb.co.za	Jenny Botha 023 347 6050 or 082 436 3572
14 Mar. Sat.	Rainbow Chicken Road Race	Worcester Health & Fitness Gym	07:15	21.1km	Worcester AC	worcloudgieters@mweb.co.za	Paul de Wet 082 800 3853, Natale Roelofse 082 771 1543
14 Mar Sat	Muldersvlei Vineyard Run	Muldersvlei Wine Estate	08:00	10km	Anna Foundation	benniestander@webmail.co.za	Bennie Stander 082 510 4140 or 021 910 1492
21 Mar. Sat	Worc East Farm Road Race	Overhex, Worcester	07:30	15km	Worcester AC	welgevind@breede.co.za	Elda van Dijk 082 331 8889, Stiaan vd Berg 083 271 2158
28 Mar. Sat.	Kleinmond Road Race	Laerskool Kleinmond	07:00	21.1km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
28 Mar. Sat.	Perdekop Road Race	Laerskool Kleinmond	10:00	10km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
28 Mar. Sat.	Perdekop Road Race	Laerskool Kleinmond	11:30	Fun	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
28 Mar. Sat.	West Coast Fun Walk	Veldrift		20km	Salkoraine AC	martha@telkomsa.net	Martha Douman Tel 022 7132923 C: 082 927 3211
18 Apr. Sat	Stellenbosch Vista Trail Run	Coetzenburg, Stellenbosch	08:00	12km	Stellenbosch AC	StellenboschVista@gmail.com	Dolf Adendorff 083 264 6289, S du Plessis 082 374 9908
18 Apr. Sat	Stellenbosch Vista Trail Run	Coetzenburg, Stellenbosch	08:15	5km	Stellenbosch AC	StellenboschVista@gmail.com	Dolf Adendorff 083 264 6289, S du Plessis 082 374 9908
20-24 Apr	RAW Africa Mountain Running	Hermanus to Stellenbosch	NA	250 km	Boland Athletics	johan@naseba.com	Johan Til (T) 021 527 2248 (F) 021 413 2232
27 Apr. Mon	Pniel Freedom Race	Drakenstein Correctional Service	07:30	21.1km	Correctional Services	pnielchurch@telkomsa.net	Matthew Cyster 021-885 1300 or 0833247691
27 Apr. Mon	Pniel Freedom Race	Bridge House School	07:45	10km	Correctional Services	pnielchurch@telkomsa.net	Matthew Cyster 021-885 1300 or 0833247691
1 May. Fri	Safari Wellington Road Race	Hugenote High School	07:00	21.1km	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
1 May. Fri	Boland ½-Marathon Champs	Hugenote High School	07:00	21.1km	Wellington AC	bolandathletics@sun.ac.za	Top Events – 021 5117130
1 May. Fri	Safari Wellington Road race	Hugenote High School	07:00	5km	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
1 May- Fri	Safari Wellington Road race	Hugenote High School	09:45	10km W	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
9 May Sat	Hermanus Wheels/Runners Race	Old Habour, Hermanus	10:00	10km	Whalers AC	kcoetzee@intekom.co.za	Karin Coetzee Cell 082 923 3201Tel 028 312 1884
16 May. Sat.	Asics Xtreme 17km Mountain Race	Avalon Springs, Montagu	08:30	17 km	Montagu AC	johan@scheepersrus.co.za	Ilse Esterhuyse 0236142880 / 0721251854
16 May. Sat.	10km Trial Run	Avalon Springs, Montagu	08:45	10km	Montagu AC	drieberge@lando.co.za	Ilse Esterhuyse 0236142880 / 0721251854
30 May. Sat.	APL Cartons De Doorns	De Doorns Sportsfield	08:00	21.1km	Hex Vallei AC	admin@touwsrivps.wcape.school.za	B du Plessis 083 324 1675, Marinda Pheiffer 082 5609024
30 May. Sat.	APL Cartons De Doorns	De Doorns Sportsfield	08:00	10km	Hex Vallei AC	admin@touwsrivps.wcape.school.za	B du Plessis 083 324 1675, Marinda Pheiffer 082 5609024
6 Jun Sat	Miles of Smiles Road Race	Robertson Winery, Robertson	08:00	21.1km	Robertson AC	johboo@langebergsek.wcape.school.za	Mr J Booysen – 083 4583237; Edward Salies 071 6322 346
6 Jun Sat	Miles of Smiles Road Race	Robertson Winery, Robertson	08:10	10km	Robertson AC	johboo@langebergsek.wcape.school.za	Mr J Booysen – 083 4583237; Edward Salies 071 6322 346
6 Jun Sat	Boland 10km Championships	Robertson Winery, Robertson	08:10	10km	Robertson AC	johboo@langebergsek.wcape.school.za	Mr J Booysen – 083 4583237; Edward Salies 071 6322 346
6 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
20 Jun. Sat.	Napier Half Marathon	Napier High School	08:30	21.1km	Bredasdorp AC	info@voetafrika.org.za	Sakkie le Roux 082 561 0345
11 Jul Sat	Freedom Run	Drakenstein Correctional Service	08:00	10km	Correctional Services AC	Wiseman.soni@dcs.gov.za	Dawid Strauss 083 980 6495, G Hammers 082 338 9115
11 Jul Sat	Long Walk	Drakenstein Correctional Service	08:30	15km	Correctional Services AC	Wiseman.soni@dcs.gov.za	Dawid Strauss 083 980 6495, G Hammers 082 338 9115

18 Jul. Sat.	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st	08:00	21.1km	Worcester AC	fkarriem@pgwc.gov.za	Faezal Karriem, 083 415 9601, Johnathan Kriel 082 349 4945
18 Jul. Sat.	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st	08:15	10km	Worcester AC	fkarriem@pgwc.gov.za	Faezal Karriem, 083 415 9601, Johnathan Kriel 082 349 4945
18 Jul. Sat.	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st	08:30	5km	Worcester AC	fkarriem@pgwc.gov.za	Faezal Karriem, 083 415 9601, Razac Abbas 023 342 2360
25 Jul. Sat.	Cape Winelands Road Race	Dwars Rivier Sport Complex	08:00	10km	Dwars River AC	chendon@pioneerfoods.co.za	Nolan Hendon 072785 6529
25 Jul. Sat.	Cape Winelands Road Race	Dwars River Sport Complex	08:00	5km	Dwars River AC	chendon@pioneerfoods.co.za	Nolan Hendon 072785 6529
1 Aug. 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
1 Aug. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	07:50	21.1km	Altech Swartland AC	karel@swwines.co.za	Karel Liebetrau – 022 4871133
1 Aug. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	08:10	10km	Altech Swartland AC	karel@swwines.co.za	Karel Liebetrau – 022 4871133
9 Aug. Sat	Totalsports Ladies Race	Stellenbosch (Die Braak)	08:00	10km	Boland Athletics	info@topevents.co.za	Top Events – 021 5117130
15 Aug. Sat	Paarlberg Mountain Race	Noord-End PS, Paarl	07:00	21.1km	Paarl AC	shirenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
15 Aug. Sat	Paarlberg Mountain Race	Noord-End PS, Paarl	07:00	10km	Paarl AC	shirenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
22 Aug. Sat.	Fynbos Road race	Ouplaas Primary School	08:30	21.1km	Bredasdorp AC	info@voetafrika.org.za	Mariaan Dunn 028 542 1326 (T/F) 028 425 1087 (T/F)
5 Sep Sat	Riebeeck Kasteel Road race	Riebeeck Kasteel	07:30	21.1km	Riebeeck Vallei AC		
5 Sep Sat	Riebeeck Kasteel Road race	Riebeeck Kasteel	08:00	10km	Riebeeck Vallei AC		
12 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
12 Sep Sat.	Kogelberg Mountain Race	Pringle Bay Central	08:00	17km	Hangklip AC	fkrije@overstrand.gov.za	Jacques Fouché 082 923 6822
19 Sep Sat	Adam Kok 15km	Paarl	08h30	15km	Athletics Alive	Freddie.Neff@dcs.gov.za	021-8775724
19 Sep Sat	Adam Kok 5km Fun Run/Walk	Paarl	08h30	5km	Athletics Alive	Freddie.Neff@dcs.gov.za	021-8775724
24 Sep Thur	Jonkershoek Road race	Maties Stellenbosch	07:00	21.1km	Maties AC	joep@sun.ac.za	Maties AC, 021-808 4684
24 Sep. Thur	Bainskloof Pass Ultra Marathon	Wellington	06:00	84.4	Wellington AC	hentas@absamail.co.za	Noel Daniels 073 778 9703
26 Sept Sat.	Total Walvis Road race	HS Hermanus	07:00	21.1km	Whalers AC	mmilne@hhadmin.co.za	Micky Milne Tel: 0834467840 or (w) 028 3123760
2 Oct. Fri.	Boland Masters Road Race	Paarl Shopping Mall	07:00	10km	Boland Masters	jbeukes@pawc.wcape.gov.za	Noel Daniels 073 778 9703
3 Oct. Sat.	Boland Masters Road Race	Paarl Shopping Mall	07:00	21.1km	Boland Masters	jbeukes@pawc.wcape.gov.za	Noel Daniels 073 778 9703
3 Oct. Sat.	Voet van Afrika Road Race	Bredasdorp Sport Complex	06:00	42.2km	Bredasdorp AC	info@voetafrika.org.za	Christine Britz 028 4251087 (Tel/Fax)
3 Oct. Sat.	Boland Marathon Championships	Bredasdorp Sport Complex	06:00	42.2km	Bredasdorp AC	info@voetafrika.org.za	Karel Liebetrau – 022 4871133
3 Oct. Sat.	Voet van Afrika Road Race	Bredasdorp Sport Complex	06:30	21.1km	Bredasdorp AC	info@voetafrika.org.za	Christine Britz 028 4251087 (Tel/Fax)
3 Oct. Sat.	Voet van Afrika Road Race	Bredasdorp Sport Complex	07:00	10km	Bredasdorp AC	info@voetafrika.org.za	Christine Britz 028 4251087 (Tel/Fax)
3 Oct. Sat.	WC 10km Inter-Prov	Bredasdorp Sport Complex	07:00	10km	Boland Athletics	bolandathletics@sun.ac.za	Karel Liebetrau – 022 4871133
9 Oct. Fri	Deetlefs Night Race	Deetlefs Estate, Rawsonville	18:00	10km	Worcester AC	info@deetlefs.com	Gert Griesel 023 349 1260
9 Oct. Fri	Deetlefs Night Race	Deetlefs Estate, Rawsonville	18:00	5km	Worcester AC	info@deetlefs.com	Gert Griesel 023 349 1260
10 Oct. Sat.	Boland Masters Road Race	Paarl Shopping Mall	07:00	10km	Boland Masters	bruiners.pieter@dcs.gov.za	Noel Daniels 073 778 9703
10 Oct. Sat.	Boland Masters Road Race	Paarl Shopping Mall	07:00	10km	Boland Masters	bruiners.pieter@dcs.gov.za	Noel Daniels 073 778 9703
17 Oct. Sat	Van Loveren Wine on the river	Van Loveren Wine Estate	07:30	10km	Bonnievale AC	Henus.Crafford@parmalat.co.za	Henus Crafford 083 386 6164
17 Oct. Sat	Ceres Fruit Juices Road Race	Ceres / Mitchells Pass	07:00	21.1km	Ceres AC	lionel.ceres@telkomsa.net	Roy Abrahams 084 5811120
17 Oct. Sat	Ceres Fruit Juices Road Race	Ceres / Mitchells Pass	07:15	10km	Ceres AC	lionel.ceres@telkomsa.net	Roy Abrahams 084 5811120
28 Oct. Wed	Coetzenburg 1 hour run	Maties Stellenbosch	18:00	NA	Maties AC	joep@sun.ac.za	Maties AC, 021-808 4684
31 Oct Sat	Rustenburg Farm Road Race	Idas Vallei PS	07:30	12km	Stellenbosch AC	hjmaree@sun.ac.za	Hano Maree 083 556 5567 Alexander Carstens 082 854 2809
7 Nov. Sat.	Dwars Rivier Valley Road race	Dwarsrivier Sport Complex	07:00	21.1km	Dwars Rivier AC	chendon@pioneerfoods.co.za	Nolan Hendon 072785 6529
7 Nov. Sat.	Dwars Rivier Valley Road race	Dwarsrivier Sport Complex	07:30	10km	Dwars Rivier AC	chendon@pioneerfoods.co.za	Nolan Hendon 072785 6529
14 Nov. Sat	Môreson Sean Dowling Run	Môreson Wine Farm Franschoek	08:00	15km	Franschoek AC	klaas.maffa@moreson.co.za	Ann Armstrong 076 672 3830, Claire Horn 082 582 1029
14 Nov. Sat	Môreson Sean Dowling Fun Run	Môreson Wine Farm Franschoek	08:00	5km	Franschoek AC	klaas.maffa@moreson.co.za	Ann Armstrong 076 672 3830, Claire Horn 082 582 1029
4 Dec. Fri	10km Summer Series	Bettysbaai	18:00	10km	Hangklip AC	aces@hangklipathletics.co.za	Organiser 0794136610
4 Dec. Fri	10km Summer Series	Bettysbaai	18:00	5km	Hangklip AC	aces@hangklipathletics.co.za	Organiser 0794136610
11 Dec. Fri	10km Summer Series	Pringlebaai	18:00	10km	Hangklip AC	aces@hangklipathletics.co.za	Organiser 0794136610
11 Dec. Fri	10km Summer Series	Pringlebaai	18:00	5km	Hangklip AC	aces@hangklipathletics.co.za	Organiser 0794136610
18 Dec. Fri	10km Summer Series	Kleinmond Lagoon	18:00	10km	Hangklip AC	aces@hangklipathletics.co.za	Organiser 0794136610
18 Dec. Fri	10km Summer Series	Kleinmond Lagoon	18:00	5km	Hangklip AC	aces@hangklipathletics.co.za	Organiser 0794136610
5 Dec. Sat.	Hangklip Road race	Betty's Bay	06:30	21.1km	Hangklip AC	aces@hangklipathletics.co.za	Organiser 0794136610
9 Dec. Wed.	Simonsvlei Road Race	Simonsvlei Wine Cellar	18:30	10km	Paarl AC	shirenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
19 Dec. Sat.	Whalers Road Race	Onrus Strand	07:00	10km	Whalers AC	carina@cegela.co.za	Carina Van Der Merwe – 082 8328632

26 Dec. Sat.	Struisbaai Strand Marathon	Struisbaai	06:00	42.2km	Bredasdorp AC	wikushanekom@absamail.co.za	Wikus Hanekom 082 787 0200, 021 887 2491
26 Dec. Sat.	Struisbaai Strand Half Marathon	Struisbaai	07:00	21.1km	Bredasdorp AC	wikushanekom@absamail.co.za	Wikus Hanekom 082 787 0200, 021 887 2491
31 Dec. Thu.	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 Track + Field Events	Venue	Start	Dist.	Organised by	Email Address	Contact No.
28 Jan Wed	T+F Summer Series	Dal Josaphat Stadium, Paarl	19:30	NA	Paarl AC	hendry@coldharvest.co.za	Hendry Mathews 083 642 0176
4 Feb Wed	T+F Summer Series	Dal Josaphat Stadium, Paarl	19:30	NA	Paarl AC	hendry@coldharvest.co.za	Hendry Mathews 083 642 0176
14 Feb Sat	Community Project – T+F League	Dal Josaphat Stadium, Paarl	09h00		Athletics Alive	Freddie.Neff@dcs.gov.za	Carmila Shaik 0833302030
18 Feb. Wed	1 Hour Meeting	Dal Josaphat Stadium, Paarl	18:00	NA	Paarl AC	brandonathletics@yahoo.com	Brandon du Plessis 076 187 7260
11 Feb. Wed	Traditional Athletics Meeting	Dal Josaphat Stadium, Paarl	NA	NA	Boland HS Schools Athletics	bolhsath@gmail.com	Raymond Julius 072 198 5407
19 Feb Thur	4M All Girls T+F Meeting	Coetzenburg Stadium	NA	NA	Paarl Girls High School	sport@paarlgirlshigh.org.za	Ms M L vd Merwe 021 872 1730
20 Feb. Fri	WC LSEN Champs	Dal Josaphat Stadium	NA	NA	Boland LSEN Schools	bolhsath@gmail.com	Melani Dirkse 082 573 3755
21 Feb. Sat	Boland HS Reg Champs	Various	NA	NA	Boland HS Athletics	bolhsath@gmail.com	Raymond Julius 072 198 5407
21 Feb. Sat	Boland Senior T+F Champs	Coetzenburg Stadium	NA	NA	Boland Athletics	fkarriem@pgwc.gov.za	Faezal Karriem, 083 415 9601
21 Feb. Sat	Boland PS Championships	TBC	NA	NA	Boland PS Schools Athletics	wlps@intekom.co.za	Pieter Lourens 083 357 4517
27/2-28/2	Boland Jnr and HS T+F Champs	Coetzenburg Stadium	NA	NA	Boland Athletics	fkarriem@pgwc.gov.za	Faezal Karriem, 083 415 9601, Johnathan Kriel 082 349 4945
7 Mar. Sat	WC PS Champs	TBC	NA	NA	Boland PS Schools Athletics	wlps@intekom.co.za	Pieter Lourens 083 357 4517
21 Mar. Sat	WC HS Champs	Coetzenburg Stadium	NA	NA	Boland HS Schools Athletics	bolhsath@gmail.com	Raymond Julius 072 198 5407
28 Mar Sat	Boland Masters	Hermanus HS	NA	NA	Whalers AC	leobenning@lantic.net	Leo Benning 028 3164960
30 Sep Wed	Coetzenburg Series	Stellenbosch	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
7 Oct. Wed	Coetzenburg Series	Stellenbosch	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
10 Oct. Sat.	Coetzenburg Series	Stellenbosch	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
14 Oct. Wed	Overberg Agri Prestige Meeting	Overberg HS, Caledon	NA	NA	Overberg HS	cma@mailbox.co.za	CM Augustyn 072 580 7403 / 028 212 3083
14 Oct. Wed	Coetzenburg Series	Stellenbosch	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
16/17 Oct	Paarl Athletics Invitational	Dal Josaphat Stadium	NA	NA	Paarl AC	Hendry@coldharvest.co.za	Hendry Mathews 083 642 0176
21 Oct. Wed	Coetzenburg Series final	Stellenbosch	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
23 Oct. Fri	Maties/Paul Roos T+F Invitation	Stellenbosch	NA	NA	Boland High Schools	jvermeu@per.wcape.school.za	JP Vermeulen 084 890 0949
24 Oct. Sat	Santam/Overberg Agri Top 10 T+F	Bredasdorp HS	NA	NA	Boland High Schools	brdh@telkomsa.net	Alerina Augustyn 028 4241210/0824269017
31 Oct. Sat	ENGEN Top Junior 10 T+F Meet	Moorreesburg HS	NA	NA	Boland High Schools	hoof@dirkieuys.co.za	Dirkie Uys HS - Annemarie Bester 022-433 2253
6 Nov. Thu	Boland Liga	Stellenbosch	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
7 Nov. Sat	Paarl Athletics Invitational	Dal Josaphat Stadium	NA	NA	Paarl AC	hendry@coldharvest.co.za	Hendry Mathews 083 642 0176
13 Nov Thu	Boland Liga	Stellenbosch	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
20 Nov Thu	Boland Liga	Stellenbosch	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
16 Dec Wed	Essops Supermarket Mile	Paarl	17h00	1 Mile	Athletics Alive	Freddie.Neff@dcs.gov.za	Freddie.Neff 021-8775724

Date	Boland Cross Country Events	Venue	Start	Dist.	Organised by	Email Address	Contact No.
27 Apr Mon	5x3km Cross Country Relay	Paarl	14h00	5x3km	Athletics Alive	Freddie.Neff@dcs.gov.za	Freddie.Neff 021-8775724
9 May Sat	League 1	Worcester		NA	Worcester AC		Owen Fortuin 082 680 4763
16 May Sat	League 2	Ceres			Ceres AC		Roy Abrahams 084 5811120
22 May Sat	Trial 1	Robertson			Robertson AC		Edward Salies 076 4805354
30 May Sat	League 3	Wellington			Wellington AC		Noël Daniels 073 7789703
6 Jun Sat	Trial 2	Stellenbosch			Maties AC		Joep Loots 082 4021103
18 July Sat	League 4	Grabouw			Elgin Grabouw AC		Jannie van der Colff 082 3760579
25 July Sat	Trial 3	Pniel			Dwarsrivier AC		Nolan Hendon 072 7856529
1 Aug Sat	Boland Cross Country Champs	Riebeeck West			Swartland		Hennie Klaase 076 9030827

Date	Boland Development Events	Venue	Start	Dist.	Organised by	Email Address	Contact No.
17 Jan Sat	Technical Officials Symposium	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Brandon du Plessis 076 187 7260 or 021 868 0007
24 Jan Sat	Swartland HS Coaching Clinic	Swartland HS	NA	NA	Swartland HS	brian@swartlandhs.org.za	Freek Stander 022 482 1469 / 084 511 9230
24 Jan Sat	Bredasdorp HS Coaching Clinic	Bredasdorp HS	NA	NA	Bredasdorp HS	brdh@telkomsa.net	Alerina Augustyn 028 4241210 / 0824269017
7 Feb Sat	Club Chairpersons Meeting	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
4 April Sat	BA Annual General Meeting	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
6 June Sat	Club Chairpersons Meeting	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
19 Sep. Sat	BA Council Meeting	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
7 Nov. Sat	Club Chairpersons Meeting	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
21 Nov. Sat	BA Referees Workshop	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
2-6 Dec	Coaching Course Level 1&2	Coetzenburg Stadium	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Mario Smith 076 186 6435 or 021 808 4684