

## ASWD FIXTURE LIST 2024 TRACK and FIELD

Date	Day	Event	Time	Start Venue	Organized by	Contact	Cellphone
- 13 Jan 20	2 Fri-Sat	Track & Field Combine Events	TBC	Outeniqua High School	ASWD Track & Field	Reginald Mitchell	849 199 506
20-Jan	Sat	Track & Field (U12 & U14)	TBC	De Jagers Stadium, Oudtshoorn	ASWD Track & Field	Reginald Mitchell	849 199 506
31-Jan	Wed	Track & Field League 4	TBC	Olympia School / Van Kervel	ASWD Track & Field	Reginald Mitchell	849 199 506
07-Feb	Wed	Track & Field League 5	TBC	TBC	ASWD Track & Field	Reginald Mitchell	849 199 506
09-10 Feb	Fri-Sat	Eden Schools District Trials Prim and Sec	07:30	Various Stadiums in Eden	Eden Schools	Andre du Preez	798 846 675
16-17 Feb	Fri-Sat	Eden High Schools Championships	TBC	De Jagers Stadium, Oudtshoorn	Track & field	Reginald Mitchell	849 199 506
24-Feb	Sat	Eden Primary Schools Championships	07:00	De Jagers Stadium, Oudtshoorn	Track & field	Andre du Preez	798 846 675
1-2 Mar	Fri-Sat	ASWD Provincial Championships	TBC	De Jagers Stadium, Oudtshoorn	Track & field	Reginald Mitchell	849 199 506
09-Mar	Sat	WCSA Primary Schools Championships	TBC	TBC	WCSA		
15-16 Mar	Fri-Sat	WCSA High Schools & LSEN	TBC	TBC	WCSA		
1-23 Mar	Thu-Sat	ASA U/16, U/18 , U/20 , U/23	TBC	Pilditch Stadium, Pretoria West	ASA	Thabang Maleka	076 13 6131
18-21 Apr	Thu-Sun	ASA Senior Track & Field National	TBC	Msunduzi Athletics Stadium, Natal	ASA	Thabang Maleka	076 13 6131
21-Sep	Sat	Throws Competition	08:00	Van Riebeeck Stadium	Nedbank RC	Jannie Nel	832650798
09-Oct	Wed	Coastline Athletics 2 Hour TF Meeting	15:00	Olympia School - Pacaltsdorp	Coastline Athletics	Joe Arendse	795 013 916
19-Oct	Sat	ASWD & Masters Talent ID Championships	07:00	De Jagers Stadium, Oudtshoorn	SWD Masters	Heleen Knoble	721021646
26-Oct	Sat	Track & Field 2hour Event	TBC	Oudtshoorn	FCA Athletics Club	Fikile Blauw	793 944 923
15-Nov	TBC	ASWD Chairpersons Meeting	18:00	TBC	Athletics SWD	Soraya de Reuck	448 730 023

## ASWD FIXTURE LIST 2024 CROSS COUNTRY

Date	Day	Event	Time	Start Venue	Organized by	Contact	Cellphone
04-May	Sat	Cross Country League 1	10:00	Olympia School - Pacaltsdorp	Athletics SWD	Joe Arendse	795 013 916
18-May	Sat	Cross Country League 2	10:00	TBC	Athletics SWD	Joe Arendse	795 013 916
08-Jun	Sat	Cross Country League 3	10:00	Oudtshoorn	Athletics SWD	Joe Arendse	795 013 916
24-Jun	Mon	Cross Country League 4	10:00	Loerie Park,Knysna	Athletics SWD	Joe Arendse	795 013 916
06-Jul	Sat	Cross Country League 5	10:00	Beaufort West	Athletics SWD	Joe Arendse	795 013 916
20-Jul	Sat	Cross Country League 6	10:00	Riversdale	Athletics SWD	Joe Arendse	795 013 916
03-Aug	Sat	ASWD Cross Country Championships	10:00	Oudtshoorn	Athletics SWD	Joe Arendse	795 013 916
21-Aug	Wed	ASWD Council Meeting & 2024 Fixture List	18:00	TBC	Athletics SWD	Soraya de Reuck	448 730 023
31-Aug	Sat	ASWD Cross Country Training Camp	TBC	Olympia School - Pacaltsdorp	Athletics SWD	Joe Arendse	795 013 916
07-Sep	Sat	ASA Cross Country Championships	TBC	Athletics Vaal Triangle Venue: TBC	ASA	Thabang Maleka	076 13 6131

## ASWD FIXTURE LIST 2024 ROAD RUNNING

Date	Day	Event	Time	Start Venue	Organized by	Contact	Cellphone
17-Jan	Wed	Spur to Spur 10km	18:00	Geronimo Spur( York Street)	Outeniqua Harriers	Johann Du Preez	845 010 168
26-Jan	Fri	Top Gear Run 5km & 10km	18:00	Top Gear, Mead Street-George	Rainbow AC	Elmo Botha	662 275 501
03-Feb	Sat	De Dekke Spar 4km, 10, 21.1km	07:00	De Dekke Spar Greatbrakriver	Hartenbos Drawwers	Johan Viljoen	829 408 830
10-Feb	Sat	Two Lagoons 3km fun run, 10, 30km	07:00	Libertas Guest Farm, Hoekwil	Cape Multi Sport	Helena Savage	765 939 636
16-Feb	Fri	Hope Church Night Trail Run,3, 5, 10km	18:30	Botanical Gardens-George	Nedbank RC	Danie Raubenheimer	833 767 414
23-Feb	Fri	Infantry School Cango 5km, 9km Trail	17:00	Infantry School,Ou Tol and Cango	Military Sport Club	Richard Hughes /Joan M	0625634575/0757524740
24-Feb	Sat	Infantry School Cango 21,1 42.2km	06:00	Infantry School,Ou Tol and Cango	Military Sport Club	Richard Hughes /Joan M	0625634575/0757524740
02-Mar	Sat	Knysna Heads Marathon 5km,10km	06:00	Thesen Island	Knysna Marathon Club	Barry Danvers	832 921 580
02-Mar	Sat	Knysna Heads Marathon 21.1km, 42.2 km	06:00	Thesen Island	Knysna Marathon Club	Barry Danvers	832 921 580
07-Mar	Thur	Timbercity Klein Karoo Sake Aflos	18:00	Baron van Reede Street Oudtshoorn	Oudtshoorn AC	Dave van der Walt	827 734 901
09-Mar	Sat	Tortoise 3km Fun Run ,23km Trail Run	07:00	NG Church Sedgfield	Sedgfield Striders	Sarie Exton	818 955 285
09-Mar	Sat	Tortoise Tuff 10km RR& RW,30km	07:00	NG Church Sedgfield	Sedgfield Striders	Sarie Exton	818 955 285
16-Mar	Sat	Kleine Loerie 5km Fun Run,10, 12,1km	07:00	Klipheuwel Kleinbrak	Nedbank RC	Alta Zeelie	TBC
21-Mar	Thu	Chandelier Trail Run 5, 10, 21km	07:00	Oudtshoorn	Nedbank Running Club	Adri Raubenheimer	823 816 680
23-Mar	Sat	Volstruiswedloop 10km, 21km	07:00	Wesbank Primary School-Oudtshoorn	Oudtshoorn AC	David McKinnon	823 748 632
25-Mar	Mon	FCA Relay Road Race 30km	TBC	Oudtshoorn	FCA Athletics Club	Fikile Blauw	793 944 923
06-Apr	Sat	Paasnaweek 4km,15km	07:00	Klipheuwel Restaurant, Kleinbrak	Hartenbos Drawwers	Ferdie Nel	832 942 640
20-Apr	Sat	Greatbrak Fun Run,10km	07:00	Laer Skool Vorentoe Sportgronde	Mossel Bay Harriers	Paulus Allart	734 125 440
27-Apr	Sat	Outeniqua Marathon 42.2km	07:00	Outeniqua Park	Outeniqua Harriers	Esme Boshoff	844997753
27-Apr	Sat	Outeniqua Marathon 21.1km	08:00	Garden Route Dam	Outeniqua Harriers	Esme Boshoff	844997753
27-Apr	Sat	Outeniqua Marathon 10km	08:00	Wilderness Commun Age	Outeniqua Harriers	Esme Boshoff	844997753
11-May	Sat	Hoekwil Race 3km Fun Run,10km,21.1km	07:30	NG Church, Hoekwil	Cape Multi Sport	Helena Savage	765 939 636
18-May	Sat	Meiringspoort 12.5km,20km Trail Run	08:00	NG Church Hall	De Rust Striders	Pieter Schoeman	823 770 547
15-Jun	Sat	Palm Tyres 5km,10km	08:00	Palm Tyres, Courtney Street George	Rainbow AC	Elmo Botha	662 275 501
17-Jun	Mon	McDonalds to Mcdonalds Youth Day 10km	08:00	McDonalds Garden Route Mall	Nedbank Running Club	Melvin Koopman	847 722 451
22-Jun	Sat	Knysna Forest Marathon 21.1, 42,2km	07:00	Glebe - Knysna Forest	Knysna Marathon Club	Wayne Kidd	814 936 373
23-Jun	Sun	Houtkapper Trail Run 9km, 15km and 27km	08:30	Quinta Da Montanha - Rheenendal	Knysna Marathon Club	Gavin Bezuidenhoutn	835 027 935
13-Jul	Sat	PetroSA 10km Race	07:00	Foodlovers Parking ,Mossel Bay	PetroSA RC	Johnny Dhlamini	837356468
03-Aug	Sat	Race Against Crime Fun Run,15km ,21.1km	08:00	Agri Hall-Herbertsdale	Mossel Bay Harriers	Paulus Allart	734 125 440
09-Aug	Fri	Chandelier Trail Run 5km,10km, 21.1km	07:30	Oudtshoorn	Nedbank Running Club	Adri Raubenheimer	823 816 680
17-Aug	Sat	Themba Kasi Run 5km fun run ,10km,15km	08:00	Inkcubeko Youth and Science Centre	Thembaletu WC	Siviwe Pikelela	735 134 213
30-Aug	Fri	Race Walking Event 5km,8km	TBC	Oudtshoorn	FCA Athletics Club	Fikile Blauw	793 944 923
31-Aug	Sat	Beaufort West 5, 10, 21.1, 42.2km	06:30	Beaufort West	Beaufort West Drawwers	Ngwanathole Nong	812 686 391

### ASWD FIXTURE LIST 2024 ROAD RUNNING

Date	Day	Event	Time	Start Venue	Organized by	Contact	Cellphone
07-Sep	Sat	Madibaz George Forest Run 10km , 21km	08:00	NMU Campus George	Madibaz	Hugo Loubser	825 751 826

13-Sep	Fri	Kwagga 5km fun run,10km	18:00	Outeniqua High School	Outeniqua Harriers	Johann Du Preez	845 010 168
21-Sep	Sat	32GI 4km fun run ,15km	07:00	Van Riebeeck Stadium,Mossel Bay	32Gi	Maryke Sass	825 685 490
24-Sep	Tue	Heritage Day Run 10km,21km	07:00	George Showgrounds	Thembaletu WC	Andiswa Sam	787837555
28-Sep	Sat	Laingsburg Running 5, 12, 80km	06:00	J.J.Ellis Sport Grounds	Arlington AC	Wilfred van Niekerk	710539683
05-Oct	Sat	Mossel Bay Sport Festival Run 4km,15km	06:30	Hartenbos Library	Hartenbos Drawwers	Johan Viljoen	829 408 830
12-Oct	Sat	Meiringspoort 12.5, 21.1km	07:00	Meiringspoort-De Rust	De Rust Striders	Hannerie Delport	844 033 400
19-Oct	Sat	Daniel Maritz Memorial Race 4, 10km	07:00	Rosemoor Stadium	Rainbow AC	Elmo Botha	662 275 501
26-Oct	Sat	Radio Algoa Cancer Big Walk 5km	08:00	George Golf Club	Nedbank RC	Danie Raubenheimer	833 767 414
02-Nov	Sat	Waterhunters 10km and Fun Run	07:00	George Riding Club	ASWD	Soraya de Reuck	448730023
09-Nov	Sat	Knysna Waterfront 5km.10km,21.1km	06:00	Knysna Waterfront	Knysna Marathon Club	Barry Danvers	832 921 580
16-Nov	Sat	FCA Fun Run / Walk 5km ,8km	TBC	TBC	FCA Athletics Club	Fikile Blauw	793944923
23-Nov	Sat	Vlakte Marathon 10.4km,21.1km,42,2km	05:00	Heidelberg High	Langeberg AC	Nico Steyn	832 263 091
07-Dec	Sat	Palm Tyres 10km ,21km	06:00	Palm Tyres - Courtney Street George	Outeniqua Harriers	Esme Boshoff	844 997 753
11-Dec	Wed	Love Life Run 5km fun run,10km	18:00	Fairy Knowe Hotel,Wilderness	Cape Multi Sport	Helena Savage	765939636
14-Dec	Sat	Kwanonqaba Kasi Run 5km,10km	07:00	Kwanonqaba Community Hall	Bayethe Multisport	William Bennett	783 504 802
16-Dec	Mon	Knysna Nite Race 5km and 10km	18:00	Knysna Marathon Clubhouse	Knysna Marathon Club	Peter Szeili	815 645 889
16-Dec	Mon	Eden Street Mile Series	TBC	Oudtshoorn	Oudtshoorn AC	Dave vd Walt	827 734 901
18-Dec	Wed	Eden Street Mile Series	TBC	George	Oudtshoorn AC	Dave vd Walt	827 734 901
20-Dec	Fri	Eden Street Mile Series	TBC	ATKV Hartenbos	Oudtshoorn AC	Dave vd Walt	827 734 901
21-Dec	Sat	Somerson Fun Run, 10km ,21.1km	06:00	Diaz Beach Mossel Bay	Mossel Bay Harriers	Paulus Allart	073 4125 44
28-Dec	Thu	Plettenberg Bay 5km Fun Run &10km		Plettenberg bay	Plettenberg Bay AC	Byron Momsen	827 833 138
31-Dec	Tue	Oujaarsdraffie 4km Fun Run and 10km	06:30	ATKV Hartenbos	Hartenbos Drawwers	Ferdie Nel	832 942 640