

ATHLETICS SWD FIXTURE LIST 2017

Date	Day	Event	Time	Start Venue	Organize By	Contact	Cellphone	Email	Website
January									
1-Jan	Sun	New Year's Day							
SCHOOLS OPEN									
14-Jan	Sat	GTR-Trailrun 6km;15km	TBC	Outeniqua Harriers-Learskool Denneoord	Outeniqua Harriers	Johann du Prezz	845010168	Duppie@george.org.za	www.aswd.co.za
21-Jan	Sat	Schoemanshoek 10km and 21.1km	6:00	Schoemanshoek-Oudtshoorn	Nedbank Running Club	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.com
27-Jan	Fri	Top Gear 5km &10km	18:00	Top Gear- George	Rainbow AC	Sidwell Oktober	078 395 8489	pgeduld@za.ccsabco.com	www.aswd.co.za
FEBRUARY									
TBC		CAA SR Cross Country Championship	TBA						
3-Feb	Fri	Hope Church Nite Race 3km,5km and 10km	18:30	Botanical Gardens George	Nedbank Running Club	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.com
4-Feb	Sat	De Dekke Spar -4km,10km, 42km	6:00	De Dekke Grootbrakrivier	Hartenbos Drawers	Ernest Viviers	079 531 0713	ev@lumenrock.co.za	www.aswd.co.za
8-Feb	Wed	Clicks 8km	18:00	Clicks Pick Pay-4de Straat-George	Rainbow AC	Sidwell Oktober/Johan	078 395 8489/072 762 6959		www.aswd.co.za
11-Feb	Sat	The King's Challenge 3km ;8km	TBC	Outeniqua Harriers	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
11-Feb	Sat	27km for Freedom (AIMS)	TBA	Boland		Boland			
TBC		SA Marathon Championship	TBA	TBC					
18-Feb	Sat	ASWD Youth , Junior & Senior T&F Championships and High School Meeting	7:00	De Jager Stadium-Oudtshoorn	Athletics SWD	Soraya de Reuck	044 873 0023	manager@aswd.co.za	www.aswd.co.za
19-Feb	Sun	Cape Peninsula Marathon (AIMS)	TBA	Cape Town		WPA			
TBC	Sun	Maritzburg City Marathon (AIMS)	TBA	Pietermaritzburg		KZNA			
Feb week 4	Midweek	ASA 1hour Elite Comp + IAAF Champs 10000m Qualifier	TBA	TBC		ASA/Prov			
24-Feb	Fri	Cango Marathon Fun Run 5km	18h00	Infantry School	Military Sport Club	Richard Hughes	082 563 4573	hughesrichard2014@gmail.com	www.aswd.co.za
25-Feb	Sat	Cango Marathon Fun Run 21.1km and 42.2km	6:00	Infantry School	Military Sport Club	Richard Hughes	082 563 4573	hughesrichard2014@gmail.com	www.aswd.co.za
March									
3-Mar	Fri	USSA Varsity Sport Athletics	TBA	Potchefstroom					
4-Mar	Sat	Uniondale Poort Race Fun Run and 10km	8:00	NG Kerk Uniondale	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
8-Mar	Wed	ASA 1hour Elite Comp+Qualifier IAAF World Relay	TBA	MAS, Bloemfontein		AFS			
10-11 -Mar	Fri/Sat	AFS & T&F Open Championships	TBA	MAS, Bloemfontein		AFS			
Mar week 3	Midweek	ASA1hour Elite Comp + Qualifier IAAF World Relay	TBA	TBC					
Mar week 4	Midweek	ASA 1 hour Elite Comp + Qualifier IAAF World Relay	TBA	TBC					
11-Mar	Sat	Tortoise Tuff 30km Walk	6:00	Sedgefield Primary	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cardinsa.co.za	www.aswd.co.za
11-Mar	Sat	Tortoise Tuff 30km Run	7:00	Sedgefield Primary	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cardinsa.co.za	www.aswd.co.za
11-Mar	Sat	Tortoise Tuff 21km Trail Run	7:10	Sedgefield Primary	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cardinsa.co.za	www.aswd.co.za
11-Mar	Sat	Tortoise Tuff 10km RR and RW	7:15	Sedgefield Primary	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cardinsa.co.za	www.aswd.co.za
11-Mar	Sat	Tortoise Tuff 2.5km Fun Run	8:00	Sedgefield Primary	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cardinsa.co.za	www.aswd.co.za
18-Mar	Sat	Penny Pinchers 5km & 10km	8:00	Penny Pinchers- George	Rainbow AC	Sidwell Oktober	078 395 8489	pgeduld@za.ccsabco.com	www.aswd.co.za
21-Mar	Tue	Humans Rights Day							
23- 25 Mar		SASA National Primary Schools Track & Field Championships	TBA	Potchefstroom		SASA			
25-Mar	Sat	ASWD Annual General Meeting	18:00	George Civic Centre	Athletics SWD	Soraya de Reuck	044 873 0023	manager@aswd.co.za	www.aswd.co.za
26-Mar	Sun	Krystna Heads Marathon 10km,21.1km and 42.2km	7:00	Thesen Island	Krystna Marathon Club	Gavin Bezuidenhout	083 502 7935	gavbez@gmail.com	www.krystnamarathonclub.co.za
26-Mar	Sun	IAAF World Cross Country Champs	TBA	Kampala, Uganda		IAAF			
29 Mar-01 Apr		SASA/LSEN National high School Track& Field Championships	TBA	Durban		SASA			
31-Mar	Fri	USSA Varsity Sport Athletics	TBA	Tuks Pretoria		USSA			
TBC		SASAPD Track & Field Championship	TBA	Bloemfontein					
APRIL									
1-Apr	Sat	Two Lagoons 30km,10km	7:00	Libertas Guest Farm,Hoekwil	Cape Multi Sport Club	Gerrit du Toit	072 282 7995	cmsceden@gmail.com	www.aswd.co.za
2-4 Apr		2017 Nedbank National Championships for the Physical Disabled	TBA	Port Elizabeth		SASAPD			
7-8 Apr		2017 ASA U/18 (Youth)& U/20 (Junior)T&F Championships-IAAF event only	TBA	Cape Town		ASA/WPA			
8-Apr	Sat	KKI Volstruiswedloop-Fun Run, 10km ,21km	7:00	Wesbank Primary-Oudtshoorn	Oudtshoorn AAC	David McKinnon	082 374 8632	kelmck@mweb.co.za	www.aswd.co.za
9-Apr	Sun	Durban City Marathon incorporating the ASA Marathon Championships	TBA	Durban		ASA/KZNA			
15-Apr	Sat	Old Mutual Ultra Two Oceans Marathon 56km (AIMS)	TBA	Cape Town					
15-Apr	Sat	Greatbrak- Fun Run,4.8km and 10km	7:00	Vorentoe Sports Grounds- Greatbrak	Mossel Bay Harriers	Paulus Allart	073 412 5440	Paulus.allart@petrosa.co.za	www.aswd.co.za
20-22 April		SA Senior T&F and Combined Events Championships	TBA	Potchefstroom		ASA/ACNW			
22-Apr	Sat	Karoo Fees 10km;5km Run	TBC	JJ Ellis Sportgronde	Laingsburg AC	Petro Buys	023 551 1019	pbuys@laingsburg.gov.za	www.aswd.co.za
22-23 Apr		IAAF World Relays	TBA	Nassau Bahamas					
27-Apr	Thu	Freedom Day							
28-29 Apr		USSA Athletics T&F Championships	TBA	TBC					
29-Apr	Sat	Outeniqua Marathon 42.2km	7:00	George Sport Club and Garden Route Dan	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
29-Apr	Sat	Outeniqua Marathon 21.1 km and 10km	8:00	George Sport Club and Garden Route Dan	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
29-Apr	Sat	Outeniqua Marathon Fun Run	9:00	George Sport Club and Garden Route Dan	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
TBC		SAPS Cross Country Championship	TBA	TBC					
TBC		SAPS Track & Field Championship	TBA	TBC					
May									

1-May	Mon	Workers Day								
1-May	Mon	Run 2 Raise 5km and 10km	8:00	Avis Van Rental,Industrial George	Nedbank Running Club	Elna Schwartz	083 326 1699	Elna.Schwartz@avis.co.za	www.entrytime.com	
6-May	Sat	Northern Provinces Inter-Provincial Cross Country Championship	TBA	Durban		ASA/KZNA				
13-May	Sat	Northern Prov's versus Southern prov's T&F Challenge	TBA	MAS, Bloemfontein		ASA/AFS				
13-May	Sat	Habelgraan- Fun Run 4.8km and 10km	7:00	Sao Bras Secondary School	Mossel Bay Harriers	Jacob Karelse	073 081 7484			
20-May	Sat	Inter-Provincial Cross Country Meeting	TBA	Kimberley		AGW				
20-May	Sat	Hoekwil Run 3km,10km,21.1km	8:00	NG Church Die Vleie Hoekwil	Cape Multi Sport Club	Gerrit du Toit	072 282 7995	cmsceden@gmail.com	www.aswd.co.za	
27-May	Sat	Meiringspoort 20km and 10km Trail Run		NG Church Hall	De Rust Striders	Pieter Schoeman	082 377 0547		www.aswd.co.za	
27-May	Sat	ASWD & Decti RTB Cross Country League 1	TBA	Olympia School - Pacaltsdorp		Joe Arendse	082 907 1296	j.arendse0101@gmail.com	www.aswd.co.za	
TBC	TBC	CAA African Youth Championships	TBA	Oran, Algeria		CAA				
TBC	TBC	CAA African Youth Championships	TBA	Bata, Equatorial Guinea		CAA				
		June								
3-Jun	Sat	Sports centre 3km and 10km	8:00	Van Kervel School George	Nedbank Running Club	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.com	
3-Jun	Sat	ASWD & Decti RTB Cross Country League 2	TBA	Mossel Bay		Joe Arendse	082 907 1296	j.arendse0101@gmail.com	www.aswd.co.za	
4-Jun	Sun	Comrades Marathon (AIMS)	TBA	Pietermaritzburg		KZNA				
Jun		World Trail Running Championships	TBA	Bad Prataglia, Italy		IAU				
10-Jun	Sat	Steeple to Steeple 10km	8:00	NG Church George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za	
10-Jun	Sat	Steeple to Steeple Fun Run	8:10	NG Church George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za	
TBC	TBC	Northern Provinces Inter-Provincial Cross Country Championship	TBA	Emalahleni (Witbank)						
16-June	Fri	Youth Day								
16-Jun	Fri	Total Youth Day 3km and 10km	8:00	Total Courtenay Street George	Nedbank Running Club	Thia Landsberg	083 477 47980	thialandsberg@gmail.com	www.aswd.co.za	
17-Jun	Sat	ASWD & Decti RTB Cross Country League 3	TBA	van Riebeeck Gardens - George		Joe Arendse	082 907 1296	j.arendse0101@gmail.com	www.aswd.co.za	
24-Jun	Sat	McDonald's 2 McDonald's 10km	8:00	McDonald's Garden Route Mall George	Nedbank Running Club	Thia Landsberg	083 477 47980	thialandsberg@gmail.com	www.aswd.co.za	
24-Jun	Sat	ASA National Half Mar Champs +Fitness Test IAAF Mar Team	TBA	Port Elizabeth		ASA/EPA				
Jun	Week 1,2,3	Qualifier/fitness test ASA Youth Team to IAAF World Youth Champs	TBA	TBC						
		July								
3-Jul	Mon	ASWD & Decti RTB Cross Country League 4	TBA	Knysna		Joe Arendse	082 907 1296	j.arendse0101@gmail.com	www.aswd.co.za	
8-Jul	Sat	Palm Tyres 5km,10km,21km	8:00	Palm Tyres-George	Rainbow AC	Sidwell Oktober	078 395 8489	pge@duld.za.ccsabco.com	www.aswd.co.za	
10-Jul	Mon	ASWD & KMC Relays	TBA	Knysna	Athletics SWD	Soraya de Reuck	044 873 0023	manager@aswd.co.za	www.aswd.co.za	
11-Jul	Tue	ASWD & KMC Street Miles	TBA	Knysna	Athletics SWD	Soraya de Reuck	044 873 0023	manager@aswd.co.za	www.aswd.co.za	
12-16 July		IAAF World Youth Championships -Note:To be discontinued by IAAF after 2017	TBA	Nairobi, Kenya						
15-Jul	Sat	Momentum Knysna Forest Marathon 42.2km	7:00	Glebe Knysna	Knysna Marathon Club	Marianne Brown	076 195 4832	kmc@telkomsa.net	www.aswd.co.za	
15-Jul	Sat	Momentum Knysna Forest Marathon 5km	7:30	Glebe Knysna	Knysna Marathon Club	Marianne Brown	076 195 4832	kmc@telkomsa.net	www.aswd.co.za	
15-Jul	Sat	Momentum Knysna Forest Marathon 21.1km	8:00	Glebe Knysna	Knysna Marathon Club	Marianne Brown	076 195 4832	kmc@telkomsa.net	www.aswd.co.za	
16-Jul	Sun	Houtkapper Trail Run 9km,15km and 27km	8:30	Quinta Da Montanha-Rheendal	Knysna Marathon Club	Mihan Roos	082 537 6167	houtkappertrailrun@gmail.com	www.aswd.co.za	
22-Jul	Sat	Madiba 3km, 10km and 21.1km (ASWD RW Champs 10 and 21km)	8:00	Unity Park - George	Athletics SWD	Soraya de Reuck	044 8730023	manager@aswd.co.za	www.aswd.co.za	
22-Jul	Sat	ASWD & Decti RTB Cross Country League 5	TBA	Beaufort-West		Joe Arendse	082 907 1296	j.arendse0101@gmail.com	www.aswd.co.za	
29-Jul	Sat	Inter-Provincial Cross Country Relay Meeting	TBA	Kimberley						
		August								
04-13 Aug		IAAF World Championship in Athletics	TBA	London, GB						
5-Aug	Sat	Race Against Crime Fun Run 4.8km,15km and 21km	8:00	Herbertsdale Agri Hall Herbertsdale	Mossel Bay Harriers	Dianne Oosthuizen	084 369 2731		www.aswd.co.za	
5-Aug	Sat	ASWD & Decti RTB Cross Country League 6	TBA	Hesseque		Joe Arendse	082 907 1296	j.arendse0101@gmail.com	www.aswd.co.za	
9-Aug	Wed	National Woman's Day								
9-Aug	Wed	Oudtshoorn Woman's Day 10km	8:00	Agri Mark.Park Avenue Oudtshoorn	Nedbank Running Club	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.aswd.co.za	
12-Aug	Sat	ASWD Council Meeting & 2017 Fixture List	9:00	George Civic Centre		Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	
20-25 Aug		World Student Games	TBA	Taipei City						
26-Aug	Sat	ASWD & Decti RTB Cross Country Championships	TBA	Olympia School - Pacaltsdorp		Athletics SWD	Joe Arendse	082 907 1296	j.arendse0101@gmail.com	
TBC	TBC	Mandela Day Marathon (AIMS)	TBA	Pietermaritzburg						
		SEPTEMBER								
1-Sep	Fri	George Herald Run with the Stars 3km and 10km	18:00	Glenwood House George	Nedbank Running Club	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.aswd.co.za	
2-Sep	Sat	Sportsmans Warehouse Trail Run 9km,18km	8:30	Glenwood House George	Cape Multi Sport Club	Malinda Roux	083 578 6857	cmsceden@gmail.com	www.myactive.co.za	
9-Sep	Sat	ASA Cross Country Championships (IAAF Events Only)	TBA	Potchefstroom						
17-Sep	Sun	Sanlam Cape Town City Marathon (IAAF Silver Label)	TBA	Cape Town		ASA/WPA				
23-Sep	Sat	PetroSA Marathon	TBA	Santos Caravan Park	Athletics SWD	Soraya de Reuck	044 873 0023	manager@aswd.co.za	www.aswd.co.za	
24-Sep	Sun	Heritage Day								
29-30 Sept		USA Cross Country Championship	TBA	Kimberley		USSA				
29-30 Sept		SASA & LSEN National Cross Country Championships	TBA	Kimberley		SASA				
30-Sep	Sat	Redberry Trail Run 5km and 9km	9:00	Redberry Farm	Nedbank Running Club	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.aswd.co.za	
30-Sep	Sat	Laingsburg Running Festival 80km	5:00	JJ.Ellis Sport Grounds	Laingsburg AC	Petro Buys	073 654 1652	pbuys@laingsburg.gov.za	www.aswd.co.za	
30-Sep	Sat	Laingsburg Running Festival 10km and 21.1km half marathon	7:00	JJ.Ellis Sport Grounds	Laingsburg AC	Petro Buys	073 654 1652	pbuys@laingsburg.gov.za	www.aswd.co.za	
30-Sep	Sat	Laingsburg Running Festival 5km fun run	9:00	JJ.Ellis Sport Grounds	Laingsburg AC	Petro Buys	073 654 1654	pbuys@laingsburg.gov.za	www.aswd.co.za	
		October								
TBC	TBC	SA 50km Race Walk Championship	TBA	TBC						
1-Oct	Sat	SASA & LSEN National Cross Country Championships	TBA	Kimberley						

4-Oct	Wed	Cansa Breast Cancer Awareness Fun Run 2017	18:00	Sedgefield Primary	Sedgefield Striders	Sarie Exton	074 1776 888	sarie@cordinsa.co.za	
7-Oct	Sat	Hartenbos Spar 4km,15km	8:00	Hartenbos Spar Mossel Bay	Hartenbos Drawers	Ernst Viviers	079 521 0713	ev@lumenrock.co.za	www.aswd.co.za
7-8 Oct		National Coaches Symposium	TBA	Bloemfontein					
8-Oct	Sun	Robberg Xpress Trail Run 10km ,5km and Fun Run	8:00	Robberg Nature Reserve Plettenberg Bay	Plett AC	Lisa Martin	083 282 7196	lismartin35@gmail.com	www.aswd.co.za
11-Oct	Wed	Spur to Spur 10km	18:00	Geronimo Spur York Street George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
14-Oct	Sat	Meirinspoort 21.1km and 12.5km	7:00	Meirinspoort – De Rust	De Rust Striders	Hannerie Delpoort	076 130 7920		www.meirinspoort21.co.za
21-Oct	Sat	Around the Lakes Marathon 42.2km Relay Walk/Run	7:00	Pine Lake Marina Resort,Sedgefield	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cordinsa.co.za	www.aswd.co.za
25-Oct	Wed	Grant Thornton Business Relay	18:00	Freedom Park, York Street George	Nedbank Running Club	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.aswd.co.za
28-Oct	Sat	Tha Farm 10km and 21.1 km	8:00	Four Brothers Patato Shed Blanco George	Nedbank Running Club	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.aswd.co.za
		NOVEMBER							
4-Nov	Sat	ASA 10km Champs + ASA CC Squad & ASA 1/2 Marathon Squads Fitness test	TBA	Mbombela		ASA/AMPU			
		? IAU World 50km Champioships	TBA	Doha		IAU			
18-Nov	Sat	Krnsna Waterfront 5km, 10km and 21.1km	7:00	Krnsna Waterfront	Krnsna Marathon Club	Gavin Bezuidenhout	083 502 7935	gavbez@gmail.com	www.krnsnamarathonclub.co.za
25-Nov	Sat	Vlakte Marathon 10.4km,21.1km,42.2km	5:00	Heidelberg High	Langeberg AC	Nico Steyn	083 226 3091	langebergathletics@gmail.com	www.langebergathletics.co.za
		December							
2-Dec	Sat	Ernst Louw Gedenkewloop 4km and 10km	7:00	Diaz Beach Mossel Bay	Hartenbos Drawers	Wouter Pretorius	083 309 9971	wouterpretorius338@gmail.com	www.entrytime.com
4-Dec	TBC	USSA Road Running & Race Walking Championship	TBA	Bloemontein		USSA			
6-Dec	Wed	Love Life Run 3km and 10km	18:00	Blue Olive Restaurant Wilderness	Cape Multi Sport Club	Gerrit du Toit	072 282 7995	cmsceden@gmail.com	www.aswd.co.za
9-Dec	Sat	Palm Tyres 10km and 21.1km	6:00	Palm Tyre Outlet Symmonds Street George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
9-Dec	Sat	Tygerberg Summer Invitation Meeting	TBA	Parow		WPA			
Week 2&3		2X Summer Series -1 Hour Meetings	TBA	Coastal Towns		ASA + Prov			
16-Dec	Sat	Somerson Fun Run,4.8km,10km and 21.1km							
16-Dec	Sat	Somerson Fun Run,4.8km,10km and 21.1km	6:00	Diaz Beach Mossel Bay	Mossel Bay Harriers	Paulus llart	073 412 5440	Paulus.llart@petrosa.co.za	www.aswd.co.za
16-Dec	Sat	Krnsna Nite Race 5km and 10km	18:00	Krnsna Marathon Club Krnsna	Krnsna Marathon Club	Gavin Bezuidenhout	083 502 7935	gavbez@gmail.com	www.krnsnamarathonclub.co.za
19-Dec	Tue	Night Race Fun Run,4.8km and 10km	18:00	Correctional Service Mossel Bay	Mossel Bay Harriers	Shjaneel Bush	082 698 8831	sjanbush@gmail.com	www.aswd.co.za
23-Dec	Sat	Mossel Bay Mall 4km and 10km	7:00	Mossel Bay Mall, Heiderand	Hartenbos Drawers	Wouter Pretorius	083 309 9971	wouterpretorius338@gmail.com	www.aswd.co.za
25-Dec	Mon	Christmas Day							
26-Dec	Tue	Day of Goodwill							
27-Dec	Wed	Elroy Gelant -Nite Race-Fun Run,5km and 8km	18:00	Trafic Dept.Pacaltsdorp-George	Rainbow AC	Sidwell Oktober	078 395 8489	pgeduld@za.ccsabco.com	www.aswd.co.za
30-Dec	Sat	Oujaarsdraffie 4km and 10km	7:00	ATKV Hartenbos	Hartenbos Drawers	Wouter Pretorius	083 309 9971	wouterpretorius338@gmail.com	www.aswd.co.za

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 League
	To be discussed
	ASWD Meetings and Functions - AGM GET CONSENSUS

