

**ATHLETICS SWD  
Fixture List 2015**

Date	Day	Event	Time	Start Venue	Organized by	Contact	Cellphone	Email	Website	Close
1-Jan	Thu	NSRI Beach Fun Run and 10km Trail Run	8:00	Diaz Beach - Mossel Bay	Hartenbos Drawwers	Hettie Fourie	082 923 0831	rac@hartenbosdrawwers.co.za	www.aswd.co.za	29.12.2014
1-Jan	Thu	New Years								
3-Jan	Sat	Knysna 16km and 24km Trail Run	7:00	Middel Erf - Knysna	Knysna Marathon Club	Leon Brown	082 422 1033	leonbrown1000@gmail.com	www.knysnamarathonclub.co.za	Limited
10-Jan	Sat	SPI Kraaibosch 2km, 6km and 15km Trail Run	8:00	Outeniqua Farmers Market - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.com	06.01.2015
17-Jan	Sat	Benevolent Park Fun Run and 10km	7:00	Benevolent Park - Mossel Bay	Mossel Bay Harriers	Jacob Karelse	073 081 7484	harriersmbay@gmail.com	www.aswd.co.za	
24-Jan	Sat	Schoemanshoek 21.1km	6:00	Schoemanshoek - Oudtshoorn	RWFL - Oudtshoorn	Michelle Du Preez	071 350 7955	lameymac@cybersmart.co.za	www.aswd.co.za	
24-Jan	Sat	Schoemanshoek 10km	6:05	Schoemanshoek - Oudtshoorn	RWFL - Oudtshoorn	Michelle Du Preez	071 350 7955	lameymac@cybersmart.co.za	www.aswd.co.za	
24-Jan	Sat	Schoemanshoek 5km	6:10	Schoemanshoek - Oudtshoorn	RWFL - Oudtshoorn	Michelle Du Preez	071 350 7955	lameymac@cybersmart.co.za	www.aswd.co.za	
28-Jan	Wed	Top Gear 5km and 10km	18:00	Top Gear - George	Rainbow AC	Leon Rothman	083 709 1866	ppeduld@za.ccsabco.com	www.aswd.co.za	
30-Jan	Fri	Coastline Athletics 2 Hour TF Meeting 1	TBC	Olympia School - Pacaltsdorp	Coastline Athletics	George Kock	083 651 5533	georgekock@yahoo.com	www.aswd.co.za	
31-Jan	Sat	Diaz Fun Run, 10km and 42.2km	6:00	Santos Caravan Park - Mossel Bay	Mossel Bay Harriers	Paulus Allart	073 412 5440	paulus.allart@petrosa.co.za	www.aswd.co.za	
6-Feb	Fri	Hope Church Nite Race 5km and 10km	18:30	Botanical Gardens - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.com	31.12.2014
7-Feb	Sat	ASWD Talent ID TF Meeting	7:00	De Jager Stadium - Oudtshoorn	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
11-Feb	Wed	McDonald's to McDonald's 10km	18:00	McDonald's, GR Mall - George	Rainbow AC	Amanda Stripp	084 299 3392	stripp.amanda@gmail.com	www.aswd.co.za	
13-Feb	Fri	Coastline Athletics 2 Hour TF Meeting 2	TBC	Olympia School - Pacaltsdorp	Coastline Athletics	George Kock	083 651 5533	georgekock@yahoo.com	www.aswd.co.za	
14-Feb	Sat	ASWD Road Running Workshop	9:00	Olympia School - Pacaltsdorp	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
21-Feb	Sat									
27-Feb	Fri	Cango Caves Fun Run	18:00	Infantry School - Oudtshoorn	Military Sport Club - Odr	Richard Hughes	082 563 4573	hughesrichard2014@gmail.com	www.chaingangevents.co.za	
28-Feb	Sat	Infantry School Cango Caves 21.1km and 42.2km	6:00	Infantry School - Oudtshoorn	Military Sport Club - Odr	Richard Hughes	082 563 4573	hughesrichard2014@gmail.com	www.chaingangevents.co.za	18.02.2015
7-Mar	Sat	ASWD Youth, Junior and Senior TF Championships	7:00	De Jager Stadium - Oudtshoorn	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
7-Mar	Sat	NG Kerk Bergsig 5km and 10km	7:00	NG Kerk Bergsig - George	Rainbow AC	George McKelly	074 417 9141	ppeduld@za.ccsabco.com	www.aswd.co.za	
14-Mar	Sat	Tortoise Tuff 10km, 16km and 30km	7:00	Sedgefield Primary - Sedgefield	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cordinsa.co.za	www.aswd.co.za	23.02.2015
14-Mar	Sat	Tortoise Tuff 21.1km Trail Run	7:15	Sedgefield Primary - Sedgefield	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cordinsa.co.za	www.aswd.co.za	23.02.2015
14-Mar	Sat	Tortoise Tuff 2.5km Fun Run	8:00	Sedgefield Primary - Sedgefield	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cordinsa.co.za	www.aswd.co.za	23.02.2015
21-Mar	Sat	Thembaletu Mall Development Run 2km and 5km	8:00	Thembaletu Mall - George	Rainbow AC	Sidwell Oktober	078 395 8489	ppeduld@za.ccsabco.com	www.aswd.co.za	
21-Mar	Sat	Knysna Talent Scout Development Run 5km	9:00	Knysna Marathon Clubhouse - Knysna	Knysna Marathon Club	Judi Kent	083 272 4430	judikent.home@gmail.com	www.knysnamarathonclub.co.za	
21-Mar	Sat	Human Rights Day								
28-Mar	Sat	Penny Pinchers 5km and 10km	8:00	Penny Pinchers - George	Rainbow AC	Sidwell Oktober	078 395 8489	ppeduld@za.ccsabco.com	www.aswd.co.za	
28-Mar	Sat	ASWD Annual General Meeting	10:00	Far Hills Country Hotel - George	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
3-Apr	Fri	Good Friday								
4-Apr	Sat									
4-Apr	Sat	Two Oceans Marathon								
3-Apr	Fri	Family Day								
11-Apr	Sat	KKNK Volstruiswedloop 10km and 21.1km	7:00	Wesbank Primary - Oudtshoorn	Oudtshoorn AAC	David McKinnon	082 374 8632	kelmck@cybersmart.co.za	www.aswd.co.za	06.04.2015
11-Apr	Sat	SA Sub Youth, Youth, Junior and U23 TF Championships								
18-Apr	Sat	Great Brakriver Fun Run and 10km	7:00	Vorentoe Sgrounds - Great Brakriver	Mossel Bay Harriers	Paulus Allart	073 412 5440	paulus.allart@petrosa.co.za	www.aswd.co.za	
18-Apr	Sat	SA Senior TF Championships								
24-Apr	Fri	ASWD Annual Year Function	18:00	TBA - George	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	18.05.2015
25-Apr	Sat	Wimpy Outeniqua 42.2km and 50km	7:00	George Sports Club - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za	18.05.2015
25-Apr	Sat	Wimpy Outeniqua 21.1km	8:00	Garden Route Dam - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za	18.05.2015
25-Apr	Sat	Wimpy Outeniqua Fun Run	9:00	Ebb and Flow - Wilderness	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za	
27-Apr	Mon	Freedom Day								
1-May	Fri	Workers Day								
2-May	Sat	Two Lagoons 5km, 10km and 32km	8:00	Parksboard Island Lake - Wilderness	Knysna Marathon Club	Margi O'Connor	072 330 2593	margioconnor@ymail.com	www.knysnamarathonclub.co.za	29.04.2015

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9-May	Sat	Langeberg Mall Velskoen 32km	5:00	Langeberg Mall - Mossel Bay	Hartenbos Drawwers	Hettie Fourie	082 923 0831	rases@hartenbosdrawwers.co.za	www.aswd.co.za	06.05.2015
9-May	Sat	Langeberg Mall Velskoen Fun Run and 10km (Walkers)	6:00	Langeberg Mall - Mossel Bay	Hartenbos Drawwers	Hettie Fourie	082 923 0831	rases@hartenbosdrawwers.co.za	www.aswd.co.za	06.05.2015
9-May	Sat	<b>SA Open TF Championships</b>								
16-May	Sat	George Habelgaarn Fun Run and 10km	7:00	Sao Bras Secondary - Mossel Bay	Mossel Bay Harriers	Jacob Karelse	073 081 7484	harriersmbay@gmail.com	www.aswd.co.za	
23-May	Sat	Wilderness 3km, 10km and 21.1km	8:00	NG Church Die Vleie - Hoekwil	New Balance MC - Eden	Helena Ferreira	076 593 9636	nbmc.eden@gmail.com	www.aswd.co.za	
29-May	Fri	<b>ASWD Education Series</b>	TBC	Olympia School - Pacaltsdorp	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
30-May	Sat	<b>ASWD Education Series</b>	TBC	Olympia School - Pacaltsdorp	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
30-May	Sat	Meiringspoort 16km Trail Run	7:30	Meiyers Rust Farm - De Rust	De Rust Striders	Pieter Schoeman	076 038 2886	vredelus@gmail.com	www.aswd.co.za	limited
30-May	Sat	ASWD & Coastline Athletics Cross Country League 1	10:00	Correctional Services - Mossel Bay	Coastline Athletics	Joe Arendse	082 907 1296	jr.arendse0101@gmail.com	www.aswd.co.za	
31-May	Sun	<b>Comrades (AIMS)</b>								

6-Jun	Sat	Steeple to Steeple 10km	8:00	NG Moeder Kerk - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za	
6-Jun	Sat	ASWD & Coastline Athletics Cross Country League 2	10:00	Van Riebeeck Gardens - George	Coastline Athletics	Joe Arendse	082 907 1296	jr.arendse0101@gmail.com	www.aswd.co.za	
13-Jun	Sat	ASWD & Coastline Athletics Cross Country League 3	10:00	ATKV - Hartenbos	Coastline Athletics	Joe Arendse	082 907 1296	jr.arendse0101@gmail.com	www.aswd.co.za	
15-Jun	Mon	<b>School Holiday</b>								
16-Jun	Tue	Total Youth Day Day 3km and 10km	8:00	Total Courtenay Street - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.com	10.06.2015
16-Jun	Tue	<b>Youth Day</b>								
20-Jun	Sat	Epilepsy 10km	8:00	Epilepsy Centre - Knysna	Knysna Marathon Club	Judi Kent	083 272 4430	judikent.home@gmail.com	www.knysnamarathonclub.co.za	
20-Jun	Sat	Epilepsy 5km	9:00	Epilepsy Centre - Knysna	Knysna Marathon Club	Judi Kent	083 272 4430	judikent.home@gmail.com	www.aswd.co.za	
20-Jun	Sat	ASWD & Coastline Athletics Cross Country League 4	10:00	Olympia School - Pacaltsdorp	Coastline Athletics	Joe Arendse	082 907 1296	jr.arendse0101@gmail.com	www.aswd.co.za	
27-Jun	Sat	McDonald's 2 McDonald's 10km	8:00	McDonald's, GR Mall - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.com	22.06.2015

4-Jul	Sat	Palm Tyres 5km and 10km	8:00	Palm Tyres - George	Rainbow AC	Rosa-Linda Kock	083 739 1768	linkcock@yahoo.com	www.aswd.co.za	
6-Jul	Mon	<b>ASWD &amp; KMC Cross Country League 5</b>	10:00	Steenbok Park, Leisure Isle - Knysna	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
6-Jul	Mon	<b>ASWD &amp; KMC Relays</b>	15:00	Steenbok Park, Leisure Isle - Knysna	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
8-Jul	Wed	<b>ASWD &amp; KMC Fun Run and 10km</b>	14:00	Festival Grounds - Knysna	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
9-Jul	Thu	<b>ASWD &amp; KMC Street Miles</b>	15:00	Knysna Marathon Clubhouse - Knysna	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
11-Jul	Sat	Momentum Cape Times Knysna Forest 42.2km (Open 04.03.2015)	7:00	Glebe - Knysna	Knysna Marathon Club	Marianne Brown	076 195 4832	kmc@telkomsa.net	www.knysnamarathonclub.co.za	Limited
11-Jul	Sat	Momentum Cape Times Knysna Forest 5km	7:30	Festival Grounds - Knysna	Knysna Marathon Club	Marianne Brown	076 195 4832	kmc@telkomsa.net	www.knysnamarathonclub.co.za	
11-Jul	Sat	Momentum Cape Times Knysna Forest 21.1km (Open 04.03.2015)	8:00	Glebe - Knysna	Knysna Marathon Club	Marianne Brown	076 195 4832	kmc@telkomsa.net	www.knysnamarathonclub.co.za	Limited
12-Jul	Sun	Houtkapper Trail Run 9km, 15km and 27km (Open 06.04.2015)	8:30	Quinto Da Montanha - Rheenendal	Knysna Marathon Club	Mihan Roos	082 537 6167	concordia@imporiumknysna.co.za	www.knysnamarathonclub.co.za	Limited
18-Jul	Sat	Madiba 5km, 10km and 21.1km	8:00	Garden of Remembrance - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za	
25-Jul	Sat	Beaufort West Municipality 5km, 10km and 21.1km (Walk)	8:00	Rustdene Sgrounds - Beaufort West	Beaufort West Runners	Kobus Van Wyk	082 888 2595	kobusvw@statsa.gov.za	www.aswd.co.za	
25-Jul	Sat	ASWD & Coastline Athletics Cross Country League 6	10:00	Van Riebeeck Gardens - George	Coastline Athletics	Joe Arendse	082 907 1296	jr.arendse0101@gmail.com	www.aswd.co.za	

1-Aug	Sat	SAPS Herbertsdale Race-Against-Crime Fun Run, 15km and 21.1km	8:00	Herbertsdale Agri Hall - Herbertsdale	Mossel Bay Harriers	Dianne Oosthuizen	084 369 2731	harriersmbay@gmail.com	www.aswd.co.za	
1-Aug	Sat	ASWD & Coastline Athletics Cross Country League 7	10:00	Olympia School - Pacaltsdorp	Coastline Athletics	Joe Arendse	082 907 1296	jr.arendse0101@gmail.com	www.aswd.co.za	
8-Aug	Sat	<b>ASWD Council Meeting &amp; 2016 Fixture List</b>	9:00	Far Hills Country Hotel - George	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
9-Aug	Sun	<b>Womens Day</b>								
10-Aug	Mon	<b>RWFL - Oudtshoorn Women's Day 5km and 10km</b>	9:00	Landmark, Park Ave - Oudtshoorn	RWFL - Oudtshoorn	Michelle Du Preez	071 350 7955	lameymac@cybersmart.co.za	www.aswd.co.za	
10-Aug	Mon	<b>Public Holiday</b>								
15-Aug	Sat	<b>ASWD Cross Country Championships (School Trials)</b>	8:30	Correctional Services - Mossel Bay	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
22-Aug	Sat	Madibas Forest 12.1km Trail Run	8:00	NMMU Campus - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za	
22-Aug	Sat	Madibas Forest Fun Run	8:30	NMMU Campus - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za	
29-Aug	Sat	Happiness Festival and Wedding Run Sunrise 10km	8:00	Tramonto - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za	22.08.2015
29-Aug	Sat	Happiness Festival and Wedding Run 6km Trail Run	9:00	Tramonto - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za	22.08.2015
29-Aug	Sat	Happiness Festival and Wedding Run 4km	10:00	Tramonto - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za	22.08.2015
29-Aug	Sat	Happiness Festival and Wedding Run 1km Dash	12:00	Tramonto - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za	22.08.2015
29-Aug	Sat	Happiness Festival and Wedding Run Sunset 10km	15:00	Tramonto - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za	22.08.2015
29-Aug	Sat	<b>Western Cape Cross Country Championships</b>	8:30	TBC - Boland	Boland Athletics	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	

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4-Sep	Fri	George Herald Run With The Stars 3km and 10km	18:00	Glenwood House - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za	01.09.2015
5-Sep	Sat	Thembaletu Mall 5km and 10km	8:00	Thembaletu Mall - George	Rainbow AC	Patricia Geduld	076 910 2666	pgeduld@za.ccsabco.com	www.aswd.co.za	
12-Sep	Sat	Hartenbos Spar Spring Fun Run and 15km	8:00	Hartenbos Spar - Hartenbos	Hartenbos Drawwers	Hettie Fourie	082 923 0831	racess@hartenbosdrawwers.co.za	www.aswd.co.za	10.12.2015
12-Sep	Sat	<b>SA Cross Country Championships</b>								
19-Sep	Sat									
23-Sep	Wed	PetroSA Development Run 5km	15:00	D'Almeida Sgrounds - Mossel Bay	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	
24-Sep	Thu	Pam Golding Spring Run 3km and 10km	8:00	NG Moeder Kerk - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za	20.09.2015
24-Sep	Thu	<b>Heritage Day</b>								
25-Sep	Fri	<b>School Holiday</b>								
26-Sep	Sat	PetroSA Fun Run, 10km and 42.2km (AIMS)	7:00	Santos Caravan Park - Mossel Bay	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za	24.09.2015
27-Sep	Sun	Redberry Farm 4km and 8km Trail Run	14:00	Redberry Farm - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za	21.09.2015
3-Oct	Sat	Newton Karoo Ultra 80km Marathon	6:00	JJ Ellis Sgrounds - Laingsburg	Laingsburg AC	Petro Buys	073 654 1652	pbuys@laingsburg.gov.za	www.aswd.co.za	11.09.2015
3-Oct	Sat	Newton Karoo 10km and 21.1km	7:00	JJ Ellis Sgrounds - Laingsburg	Laingsburg AC	Petro Buys	073 654 1652	pbuys@laingsburg.gov.za	www.aswd.co.za	11.09.2015
3-Oct	Sat	Newton Karoo 5km	9:00	JJ Ellis Sgrounds - Laingsburg	Laingsburg AC	Petro Buys	073 654 1652	pbuys@laingsburg.gov.za	www.aswd.co.za	11.09.2015
3-Oct	Sat	The Robberg Express Trail Run 10km	8:00	Robberg Nature Reserve - Plettenberg Bay	Plett AC	Georgie	072 629 5316	africanporra@yahoo.com	www.entryonline.co.za	15.09.2015
10-Oct	Sat	Martinus Jenkins Memorial 3km and 10km	8:00	Wilderness Common - Wilderness	New Balance MC - Eden	Helena Ferreira	076 593 9636	nmbm.eden@gmail.com	www.aswd.co.za	
14-Oct	Wed	Spur to Spur 10km	18:00	Geronimo Spur - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za	
17-Oct	Sat	Meiringspoort 10km and 21.1km	7:00	Meiringspoort - De Rust	De Rust Striders	Elb Schoeman	084 241 2501	info@meiringspoort21.co.za	www.meiringspoort21.co.za	limited
21-Oct	Wed	Grant Thornton Business Relay	18:00	Garden of Remembrance - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za	14.10.2015
22-Oct	Thu	Wimpy Oudtshoorn Vryburgers Business Relay	18:00	Wimpy, High Street - Oudtshoorn	Oudtshoorn AAC	David McKinnon	082 374 8632	kelmck@cybersmart.co.za	www.aswd.co.za	
24-Oct	Sat	Fiest-en-Route 2km and 10km Trail Run	8:00	Eden Place, N2 - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za	20.10.2015
28-Oct	Wed	Mossel Bay Harriers Development Run 5km	15:30	D'Almeida Sgrounds - Mossel Bay	Mossel Bay Harriers	Jacob Karelse	073 081 7484	harriersmbay@gmail.com	www.aswd.co.za	
28-Oct	Wed	CANSA Breast Cancer Awareness 5km	18:00	Sedgefield Bowling Club - Sedgefield	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cordinsa.co.za	www.aswd.co.za	
31-Oct	Sat	SWD Masters TF Championships	7:00	De Jager Stadium - Oudtshoorn	SWD Masters	Toy Ungerer	083 504 9666	toyung@telkomsa.net	www.aswd.co.za	
5-Nov	Thu	Coastline Athletics 2 Hour TF Meeting 3	TBC	Olympia School - Pacaltsdorp	Coastline Athletics	George Kock	083 651 5533	georgekock@yahoo.com	www.aswd.co.za	
7-Nov	Sat	Stenden South Africa 5km and 10km	8:00	Victoria Bay - George	Rainbow AC	Sidwell Oktober	078 395 8489	pgeduld@za.ccsabco.com	www.aswd.co.za	
14-Nov	Sat	Knysna Waterfront 5km, 10km and 21.1km	7:00	Waterfront - Knysna	Knysna Marathon Club	Margi O'Connor	072 330 2593	margioconnor@gmail.com	www.knysnamarathonclub.co.za	11.11.2015
21-Nov	Sat	Die Vlakke 10.4km, 21.1km and 42.2km	5:00	Heidelberg High - Heidelberg	Langeberg AC	Nico Steyn	083 226 3091	langebergathletics@gmail.com	www.entrytime.co.za	
28-Nov	Sat									
5-Dec	Sat	Mossel Bay Mall Fun Run, 10km and 21.1km (Walkers)	5:30	Mossel Bay Mall - Mossel Bay	Hartenbos Drawwers	Hettie Fourie	082 923 0831	racess@hartenbosdrawwers.co.za	www.aswd.co.za	02.12.2015
5-Dec	Sat	Mossel Bay Mall 21.1km	6:00	Mossel Bay Mall - Mossel Bay	Hartenbos Drawwers	Hettie Fourie	082 923 0831	racess@hartenbosdrawwers.co.za	www.aswd.co.za	02.12.2015
9-Dec	Wed	Ernest Louw 10km	18:00	Eden Country Inn - Little Brakriver	Hartenbos Drawwers	Hettie Fourie	082 923 0831	racess@hartenbosdrawwers.co.za	www.aswd.co.za	04.12.2015
12-Dec	Sat	Palm Tyres 10km and 21.1km	7:00	Palm Tyres - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za	10.12.2015
16-Dec	Wed	Knysna Marathon Club Nite Race 5km and 10km	18:00	Knysna Marathon Clubhouse - Knysna	Knysna Marathon Club	Margi O'Connor	072 330 2593	margioconnor@gmail.com	www.knysnamarathonclub.co.za	11.12.2015
16-Dec	Wed	Oudtshoorn Athletics Street Miles and Relays	TBC	TBC - Oudtshoorn	Oudtshoorn AAC	Hans VD Veen	083 462 0477	hansvanderveen@me.com	www.aswd.co.za	
16-Dec	Wed	<b>Day of Reconciliation</b>								
19-Dec	Sat	Somerson Fun Run, 10km and 21.1km	6:00	Diaz Beach - Mossel Bay	Mossel Bay Harriers	Paulus Allart	073 412 5440	paulus.allart@petrosa.co.za	www.aswd.co.za	
23-Dec	Wed	Mossel Bay Nite Race Fun Run and 10km	18:00	Correctional Services - Mossel Bay	Mossel Bay Harriers	Jacob Karelse	073 081 7484	harriersmbay@gmail.com	www.aswd.co.za	
25-Dec	Fri	<b>Christmas Day</b>								
26-Dec	Sat	Total Great Brakriver Moordkuil Fun Run and 15km	7:00	Friemersheim Sgrounds - Great Brakriver	Hartenbos Drawwers	Hettie Fourie	082 923 0831	racess@hartenbosdrawwers.co.za	www.aswd.co.za	23.12.2015
26-Dec	Sat	<b>Day of Goodwill</b>								
27-Dec	Sun	Coreen Fourie Eco-Adventure 5km	7:00	Bat Cave, St Blaize - Mossel Bay	Hartenbos Drawwers	Skalla VanSchalkwyk	082 771 5562	pierre.vanschalkwyk@petrosa.co.za	www.aswd.co.za	22.12.2015
31-Dec	Thu	Swift Engineering Oujaarsdraffie Fun Run and 10km	7:00	Amphitheatre - Hartenbos	Hartenbos Drawwers	Hettie Fourie	082 923 0831	racess@hartenbosdrawwers.co.za	www.aswd.co.za	28.12.2015