

**ATHLETICS SWD
Fixture List 2015**

Date	Day	Event	Time	Start Venue	Organized by	Contact	Cellphone	Email	Website
06-Feb	Fri	Hope Church Nite Race 5km and 10km Trail Run	18:30	Botanical Gardens - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.com
07-Feb	Sat	Diaz Fun Run, 10km (ASWD Champs) and 42.2km	06:00	Santos Caravan Park - Mossel Bay	Mossel Bay Harriers	Paulus Allart	073 412 5440	paulus.allart@petrosa.co.za	www.aswd.co.za
07-Feb	Sat	ASWD Talent ID TF Meeting	09:00	Olympia School - Pacaltsdorp	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
11-Feb	Wed	McDonald's to McDonald's 10km (ASWD Champs)	18:00	McDonald's - GR Mall - George	Rainbow AC	Amanda Stripp	084 299 3392	stripp.amanda@gmail.com	www.aswd.co.za
12-Feb	Thu	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	09:00	Olympia School - Pacaltsdorp	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
14-Feb	Sat	ASWD Race Walking Judges Course	14:00	Olympia School - Pacaltsdorp	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
21-Feb	Sat	Outeniqua Wheelchair Challenge 42.2km	08:00	Mountview Resort - George	Rainbow AC	Marita Swanepoel	079 397 4655	maritas1@vodamail.co.za	www.georgeocc.co.za
21-Feb	Sat	Outeniqua Wheelchair Challenge 21.1km	08:03	Mountview Resort - George	Rainbow AC	Marita Swanepoel	079 397 4655	maritas1@vodamail.co.za	www.georgeocc.co.za
21-Feb	Sat	Outeniqua Wheelchair Challenge 10km	08:05	Mountview Resort - George	Rainbow AC	Marita Swanepoel	079 397 4655	maritas1@vodamail.co.za	www.georgeocc.co.za
21-Feb	Sat	Outeniqua Wheelchair Challenge 5km	08:15	Mountview Resort - George	Rainbow AC	Marita Swanepoel	079 397 4655	maritas1@vodamail.co.za	www.georgeocc.co.za
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 (ASWD Trial 2, ASWD RW Trial 2 & League)	06:00	Ou Tol - Oudtshoorn	Military Sport Club - Odr	Richard Hughes	082 563 4573	hughesrichard2014@gmail.com	www.chaingangevents.co.za
28-Feb	Sat	Infantry School Cango Caves 42.2km (ASWD Trial1)	06:00	Cango Caves - Oudtshoorn	Military Sport Club - Odr	Richard Hughes	082 563 4573	hughesrichard2014@gmail.com	www.chaingangevents.co.za
28-Feb	Sat	Hops Festival 4.9km and 9.8km Trail Run	17:00	TBC - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.com
28-Feb	Sat	SA 10km Championships	TBC	Pretoria		ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
07-Mar	Sat	ASWD Youth, Junior and Senior TF Championships & SWD High School Meeting	07:00	De Jager Stadium - Oudtshoorn	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
07-Mar	Sat	NG Kerk Bergsig 5km and 10km	07:00	NG Kerk Bergsig - George	Rainbow AC	George McKelly	074 417 9141	pgeduld@za.ccsabco.com	www.aswd.co.za
11-Mar	Sat	Knysna Talent Scout Development Run 5km or Cross Country League (TBC)	10:00	Knysna Marathon Clubhouse - Knysna	Knysna Marathon Club	Judi Kent	083 272 4430	judikent.home@gmail.com	www.knysnamarathonclub.co.za
13-14-Mar	Fri-Sat	Western Cape Schools T&F Championships	TBC	Coetzenburg Stadium - Cape Town	SWD Schools	Johannes Kameel	082 925 6415		
14-Mar	Sat	Tortoise Tuff 10km (ASWD RW Trial 1), 16km and 30km	07:00	Sedgefield Primary - Sedgefield	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cordinsa.co.za	www.aswd.co.za
14-Mar	Sat	Tortoise Tuff 21.1km Trail Run	07:15	Sedgefield Primary - Sedgefield	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cordinsa.co.za	www.aswd.co.za
14-Mar	Sat	Tortoise Tuff 2.5km Fun Run	08:00	Sedgefield Primary - Sedgefield	Sedgefield Striders	Sarie Exton	074 177 6888	sarie@cordinsa.co.za	www.aswd.co.za
19-21-Mar	Thu-Sat	SASA National Primary Schools T&F Championships	TBC	Gauteng Province	SASA				
21-Mar	Sat	Thembaletu Mall Development Run 2km and 5km	08:00	Thembaletu Mall - George	Rainbow AC	Sidwell Oktober	078 395 8489	pgeduld@za.ccsabco.com	www.aswd.co.za
21-Mar	Sat	Knysna Talent Scout Development Run 5km	09:00	Knysna Marathon Clubhouse - Knysna	Knysna Marathon Club	Judi Kent	083 272 4430	judikent.home@gmail.com	www.knysnamarathonclub.co.za
28-Mar	Sat	Penny Pinchers 5km and 10km	08:00	Penny Pinchers - George	Rainbow AC	Sidwell Oktober	078 395 8489	pgeduld@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
26-28-Mar	Thu-Sat	SASA National Secondary Schools T&F Championships	TBC	North West Province	SASA				
04-Apr	Sat								
04-Apr	Sat	Two Oceans Marathon (AIMS)							
11-Apr	Sat	KKNK Volstruiswedloop 10km (League)	07:00	Wesbank Primary - Oudtshoorn	Oudtshoorn AAC	David McKinnon	082 374 8632	kelmck@cybersmart.co.za	www.aswd.co.za
11-Apr	Sat	KKNK Volstruiswedloop 21.1km (ASWD Trial 3, ASWD RW Trial 3 & League)	07:00	Wesbank Primary - Oudtshoorn	Oudtshoorn AAC	David McKinnon	082 374 8632	kelmck@cybersmart.co.za	www.aswd.co.za
9-11-Apr	Thu-Sat	SA Sub Youth, Youth, Junior and U23 TF Championships	TBC	Bloemfontein	ASWD Office	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
18-Apr	Sat	Great Brakriver Fun Run and 10km	07:00	Vorentoe Sgrounds - Great Brakriver	Mossel Bay Harriers	Paulus Allart	073 412 5440	paulus.allart@petrosa.co.za	www.aswd.co.za
17-18-Apr	Fri-Sat	SA Senior TF Championships	TBC	Stellenbosch	ASWD Office	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
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
25-Apr	Sat	Wimpy Outeniqua 42.2km and 50km	07:00	George Sports Club - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
25-Apr	Sat	Wimpy Outeniqua 21.1km (ASWD Trial 4)	08:00	Garden Route Dam - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
25-Apr	Sat	Wimpy Outeniqua Fun Run	09:00	Ebb and Flow - Wilderness	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
02-May	Sat	Two Lagoons 5km, 10km (ASWD RW Trial 2 & League) and 32km	08:00	Parksboard Island Lake - Wilderness	Knysna Marathon Club	Margi O'Connor	072 330 2593	marginioconnor@gmail.com	www.knysnamarathonclub.co.za
09-May	Sat	Langeberg Mall Velskoen 32km	05:00	Langeberg Mall - Mossel Bay	Hartenbos Drawwers	Hettie Fourie	082 923 0831	races@hartenbosdrawwers.co.za	www.aswd.co.za
09-May	Sat	Langeberg Mall Velskoen Fun Run and 10km (Walkers)	06:00	Langeberg Mall - Mossel Bay	Hartenbos Drawwers	Hettie Fourie	082 923 0831	races@hartenbosdrawwers.co.za	www.aswd.co.za
8-9-May	Fri-Sat	SA Open TF Championships	TBC	Potchefstroom	ASWD Office	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
16-May	Sat	George Habelgaarn Fun Run and 10km	07:00	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 (ASWD Champs)	08:00	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	ASWD Education Series	TBC	Olympia School - Pacaltsdorp	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
30-May	Sat	ASWD Education Series	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	07:30	Meiyers Rust Farm - De Rust	De Rust Striders	Pieter Schoeman	076 038 2886	vredelus@gmail.com	www.aswd.co.za
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	Comrades (AIMS)							
06-Jun	Sat	Steeple to Steeple 10km	08:00	NG Moeder Kerk - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
06-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
16-Jun	Tue	Total Youth Day Day 3km and 10km (ASWD RW Trial 3)	08:00	Total Courtenay Street - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.com
20-Jun	Sat	Epilepsy 10km	09:00	Epilepsy Centre - Knysna	Knysna Marathon Club	Judi Kent	083 272 4430	judikent.home@gmail.com	www.knysnamarathonclub.co.za
20-Jun	Sat	Epilepsy 5km	10:00	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

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27-Jun	Sat	McDonald's 2 McDonald's 10km	08:00	McDonald's, GR Mall - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.com
04-Jul	Sat	Palm Tyres 5km and 10km	08:00	Palm Tyres - George	Rainbow AC	Rosa-Linda Kock	083 739 1768	linkock@yahoo.com	www.aswd.co.za
06-Jul	Mon	ASWD & KMC Cross Country League 5	10:00	Steenbok Park, Leisure Isle - Knysna	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
06-Jul	Mon	ASWD & KMC Relays	15:00	Steenbok Park, Leisure Isle - Knysna	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
08-Jul	Wed	ASWD & KMC Fun Run and 10km	14:00	Festival Grounds - Knysna	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
09-Jul	Thu	ASWD & KMC Street Miles	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) (ASWD Trial 2)	07:00	Glebe - Knysna	Knysna Marathon Club	Marianne Brown	076 195 4832	kmc@telkomsa.net	www.knysnamarathonclub.co.za
11-Jul	Sat	Momentum Cape Times Knysna Forest 5km	07:30	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)	08:00	Glebe - Knysna	Knysna Marathon Club	Marianne Brown	076 195 4832	kmc@telkomsa.net	www.knysnamarathonclub.co.za
12-Jul	Sun	Houtkapper Trail Run 9km, 15km and 27km (Open 06/03)	08:30	Quinto Da Montanha - Rhenendal	Knysna Marathon Club	Mihan Roos	082 537 6167	concordia@imporiumknysna.co.za	www.knysnamarathonclub.co.za
18-Jul	Sat	Madiba 3km, 10km (ASWD RW Champs) and 21.1km (ASWD RW Champs)	08:00	Garden of Remembrance - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
25-Jul	Sat	SA 21.1km Championships	TBC	Port Elizabeth		ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
25-Jul	Sat	Beaufort West 5km, 10km (League) and 21.1km (League)	07:00	Rustdene Sport Grounds - B/West	Beaufort West Runners	Selma Murray	234148020	admin@beaufortwestmun.co.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
01-Aug	Sat	SAPS Race-Against-Crime Fun Run, 15km and 21.1km (League)	08:00	Herbertsdale Agri Hall - Herbertsdale	Mossel Bay Harriers	Dianne Oosthuizen	084 369 2731	harriersmbay@gmail.com	www.aswd.co.za
01-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
08-Aug	Sat	ASWD Council Meeting & 2016 Fixture List	09:00	Far Hills Country Hotel - George	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
10-Aug	Mon	RWFL - Oudtshoorn Women's Day 5km and 10km	09:00	Landmark, Park Ave - Oudtshoorn	RWFL - Oudtshoorn	Michelle Du Preez	071 350 7955	lameymac@cybersmart.co.za	www.aswd.co.za
15-Aug	Sat	ASWD Cross Country Championships (School Trials)	08:30	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	08:00	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	08:30	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 (League)	08:00	Tramonto - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za
29-Aug	Sat	Happiness Festival and Wedding Run 6km Trail Run	09:00	Tramonto - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za
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
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
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
29-Aug	Sat	Western Cape Cross Country Championships	08:30	TBC - Boland	Boland Athletics	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
04-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
05-Sep	Sat	Thembaletu Mall 5km and 10km (League)	08:00	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	08:00	Hartenbos Spar - Hartenbos	Hartenbos Drawwers	Hettie Fourie	082 923 0831	rac@hartenbosdrawwers.co.za	www.aswd.co.za
12-Sep	Sat	SA Cross Country Championships	TBC	Middelburg		ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
19-Sep	Sat	Kannaland Big Walk	TBC	Calitzdorp / Ladismith	OAAC	David McKinnon	082 374 8632	kelmck@cybersmart.co.za	www.aswd.co.za
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	08:00	NG Moeder Kerk - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za
26-Sep	Sat	PetroSA Fun Run, 10km, 21.1km and 42.2km (AIMS)	07:00	Santos Caravan Park - Mossel Bay	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
26-Sep	Sat	SA 42.2km Championships	07:00	Santos Caravan Park - Mossel Bay	Athletics SWD	ASWD Office	044-8730023	manager@aswd.co.za	www.aswd.co.za
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
03-Oct	Sat	Newton Karoo Ultra 80km Marathon	06:00	JJ Ellis Sgrounds - Laingsburg	Laingsburg AC	Petro Buys	073 654 1652	pbuys@laingsburg.gov.za	www.aswd.co.za
03-Oct	Sat	Newton Karoo 10km (League) and 21.1km (League)	07:00	JJ Ellis Sgrounds - Laingsburg	Laingsburg AC	Petro Buys	073 654 1652	pbuys@laingsburg.gov.za	www.aswd.co.za
03-Oct	Sat	Newton Karoo 5km	09:00	JJ Ellis Sgrounds - Laingsburg	Laingsburg AC	Petro Buys	073 654 1652	pbuys@laingsburg.gov.za	www.aswd.co.za
03-Oct	Sat	The Robberg Express Trail Run 10km	08:00	Robberg Nature Reserve - Plettenberg Bay	Plett AC	Georgie	072 629 5316	africanporra@yahoo.com	www.enteryonline.co.za
2/3-Oct	Fri-Sat	SASA & LSEN National Cross Country Championships	TBC	Northern Cape Province	SASA				
10-Oct	Sat	Martinus Jenkins Memorial 3km and 10km	08:00	Wilderness Common - Wilderness	New Balance MC - Eden	Helena Ferreira	076 593 9636	nmbm.eden@gmail.com	www.aswd.co.za
10-Oct	Sat	The Robberg Express Trail Run 10km	08:00	Robberg Nature Reserve - Plettenberg Bay	Plett AC	Georgie	072 629 5316	africanporra@yahoo.com	www.enteryonline.co.za
10-Oct	Sat	SA 50km Race Walking Championships	TBC	Cape Town		ASWD Office	044-8730023	manager@aswd.co.za	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	07:00	Meiringspoort - De Rust	De Rust Striders	Elbé Schoeman	084 241 2501	info@meiringspoort21.co.za	www.meiringspoort21.co.za
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
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	08:00	Eden Place, N2 - George	Nedbank RC - SWD	Thia Landsberg	083 477 4780	thialandsberg@gmail.com	www.entrytime.co.za
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	07:00	De Jager Stadium - Oudtshoorn	SWD Masters	Toyunger	083 504 9666	toyung@telkomsa.net	www.aswd.co.za
05-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
07-Nov	Sat	Stenden South Africa 5km and 10km	08:00	Victoria Bay - George	Rainbow AC	Sidwell Oktober	078 395 8489	sgeduld@za.ccsabco.com	www.aswd.co.za
14-Nov	Sat	Knysna Waterfront 5km, 10km and 21.1km	07:00	Waterfront - Knysna	Knysna Marathon Club	Margi O'Connor	072 330 2593	margioconnor@ymail.com	www.knysnamarathonclub.co.za
21-Nov	Sat								
28-Nov	Sat	Die Vlakte 10.4km, 21.1km and 42.2km (ASWD Champs)	05:00	Heidelberg High - Heidelberg	Langeberg AC	Nico Steyn	083 226 3091	langebergathletics@gmail.com	www.entrytime.co.za

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05-Dec	Sat	Mossel Bay Mall Fun Run, 10km (League)	05:30	Mossel Bay Mall - Mossel Bay	Hartenbos Drawwers	Hettie Fourie	082 923 0831	races@hartenbosdrawwers.co.za	www.aswd.co.za
05-Dec	Sat	Mossel Bay Mall 21.1km (League)	06:00	Mossel Bay Mall - Mossel Bay	Hartenbos Drawwers	Hettie Fourie	082 923 0831	races@hartenbosdrawwers.co.za	www.aswd.co.za
09-Dec	Wed	Ernest Louw 10km	18:00	Eden Country Inn - Little Brakriver	Hartenbos Drawwers	Hettie Fourie	082 923 0831	races@hartenbosdrawwers.co.za	www.aswd.co.za
12-Dec	Sat	Palm Tyres 10km and 21.1km	07:00	Palm Tyres - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	alf@ecmba.org.za	www.aswd.co.za
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
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
19-Dec	Sat	Somerson Fun Run, 10km and 21.1km	06:00	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
26-Dec	Sat	Total Great Brakriver Moordkuil Fun Run and 15km	07:00	Friemersheim Sgrounds - Great Brakriver	Hartenbos Drawwers	Hettie Fourie	082 923 0831	races@hartenbosdrawwers.co.za	www.aswd.co.za
27-Dec	Sun	Coreen Fourie Eco-Adventure 5km	07:00	Bat Cave, St Blaize - Mossel Bay	Hartenbos Drawwers	Skalla VanSchalkwyk	082 771 5562	pierre.vanschalkwyk@petrosa.co.za	www.aswd.co.za
31-Dec	Thu	Swift Engineering Oujaarsdraffie Fun Run and 10km	07:00	Amphitheatre - Hartenbos	Hartenbos Drawwers	Hettie Fourie	082 923 0831	races@hartenbosdrawwers.co.za	www.aswd.co.za