

2010 FIXTURES – NATIONAL EVENTS – FINAL – Sept 2009

Date	ASA Road Running Events	Venue	Start	Dist	Organised by	Email Address	Contact No.
23 Jan. Sat	Nedbank Matha Series	Tshwane, Gauteng	NA	21.1km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
07 Feb. Sun	Nedbank SA Mar Champs	Durban	NA	42.2km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
28 Mar Sun	Nedbank Joburg City Marathon	Johannesburg	NA	42.2km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
24 Apr. Sat	Nedbank Matha Series	Middelburg	NA	21.1km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
01 May Sat	Nedbank Matha Series	Bloemfontein	NA	21.1km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
24 Jul. Sat	Nedbank SA ½ - Mar Champs	Motherwell, Port Elizabeth	NA	21.1km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
7 Aug. Sat	Nedbank Matha Series	Polokwane, Limpopo	NA	21.1km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
21 Aug Sat	Nedbank SA 10km Championships	Stellenbosch	NA	10km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
26 Sept. Sun	Nedbank Cape Town City Mar.	Cape Town	NA	42.2km	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
16 Oct. Sun	3rd IAAF World ½-Man Champs	Nanning	NA	21.1	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
27 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.
22 Jan. Fri	ASA YP Ultimate Athletics I	Germiston	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
29 Jan. Fri	ASA YP Ultimate Athletics II	Potchefstroom	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
5 Feb. Fri	ASA YP Ultimate Athletics III	Durban	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
19 Feb. Sat.	ASA YP Ultimate Athletics IV	Port Elizabeth	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
26 Feb. Fri	ASA YP Ultimate Athletics V	Stellenbosch	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
05 Mar. Fri	ASA YP Ultimate Athletics VI Final	Tshwane	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
12-14 Mar	13 th IAAF World Indoor Champs	Doha	NA	NA	Athletics South Africa	asa@athleticssa.co.za	
19/20 Mar	SA YP Senior T+F Championships	Durban	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
12-13 Mar	SA LSEN Schools Champs	Sasolburg	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265
18-20 Mar	SA Primary Schools Champs	East London	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265
25/27 Mar	SA High Schools Championships	Sasolburg	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265
8/9/10 Apr	SA Youth + Junior T+F Champs	Germiston	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
16-17 Apr	USSA Championships	Potchefstroom	NA	NA	USSA Athletics	allym@sun.ac.za	Mohamed Ally 072 995 9655, 021 808 4694
28/4-2/5	CAA Africa Senior T&F Champs	Nairobi	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
14-16 May	SR Youth Champs	South Africa	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
15-16 May	24 th IAAF World Race Walking Cup	Chihuahua	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
20-25 June	13 th IAAF World Junior Champs	Moncton	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
TBC	50km Road Race Walking Champs	Oudtshoorn	NA	NA	Athletics South Africa	asa@athleticssa.co.za	
3-14 Oct	19 th Commonwealth Games	New Delhi	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.
16 Jan	ASA Cross Country Trials	Gauteng	NA	NA	Athletics South Africa	asa@athleticssa.co.za	
27 Feb	CAA SR Cross Country Champs	Victoria	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
27 Mar Sat	37 th IAAF World CC Champs	TBC	NA	NA	Athletics South Africa	asa@athleticssa.co.za	ASA - 011 880 5800
11 Sep. Sat	ASA Cross Country Champs	Tswane	NA	NA	Athletics South Africa	asa@athleticssa.co.za	
4 Sep. Sat	LSEN Cross Country Champs	North West	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265
24-25 Sep	SA Schools Cross Coutry Champs	North West	NA	NA	SA Schools Athletics	peppi@gcs.co.za	Peppi Olevana 057 573 1162; Cell 057 573 2265

2010 FIXTURES – BOLAND ATHLETICS EVENTS – FINAL – Sept 2009

Date	BOLAND Road Running Events	Venue	Start	Dist	Organised by	Email Address	Contact No.
2 Jan. Sat.	X-treme	Kleinmond Tennisclub	07:00	13km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
7 Jan. Thu	Big Blue Beach Mile	Kleinmond Strand	16:00	1 Mile	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
8 Jan. Fri	Big Blue Festival Nite Race	Kleinmond Beach Front	18:00	10km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
8 Jan. Fri	Big Blue Festival Nite Race	Kleinmond Beach Front	18:00	5km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
30 Jan Sat	Elgin Grabouw Groenberg Race	Groenberg SS	07:00	21.1km	Elgin Grabouw	derrickuren@gmail.com	Derrick Uren 082 7077497 Veronica V Niekerk 082 7894897
30 Jan Sat	Elgin Grabouw Groenberg Race	Groenberg SS	07:30	10km	Elgin Grabouw	derrickuren@gmail.com	Derrick Uren 082 7077497 Veronica V Niekerk 082 7894897
30 Jan Sat	Elgin Grabouw Groenberg Race	Groenberg SS	08:00	5km	Elgin Grabouw	derrickuren@gmail.com	Derrick Uren 082 7077497 Veronica V Niekerk 082 7894897
6 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
6 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
12 Feb. Fri	Model Sport Valentine Night Race	Mountain Mill Mall, Worcester	18:15	10km	Worcester AC	sukses1@vodamail.co.za	Kosie Koopman 082 6141027/T Rossouw 082 5651342
12 Feb. Fri	Model Sport Valentine Night Race	Mountain Mill Mall, Worcester	18:15	5km	Worcester AC	sukses1@vodamail.co.za	Kosie Koopman 082 6141027/T Rossouw 082 5651342
13 Feb. Sat	Freedom Race	Drakenstein Prison	07:00	27km	Correctional Services AC	bruiners.pieter@dcs.gov.za	Pieter Bruiners 0829610723 Godfrey Hammers 0823389115
13 Feb. Sat	Freedom Race	Drakenstein Prison	07:10	10km	Correctional Services AC	bruiners.pieter@dcs.gov.za	Pieter Bruiners 0829610723 Godfrey Hammers 0823389115
13 Feb. Sat	Freedom Race	Drakenstein Prison	07:15	5km	Correctional Services AC	bruiners.pieter@dcs.gov.za	Pieter Bruiners 0829610723 Godfrey Hammers 0823389115
13 Feb. Sat	Freedom Wheel Chair Race	Drakenstein Prison	07:15	10km	Correctional Services AC	bruiners.pieter@dcs.gov.za	Pieter Bruiners 0829610723 Godfrey Hammers 0823389115
24 Feb. Wed	Gino's Night Race	Coetzenburg	18:30	10km	Maties AC	joep@sun.ac.za	Joep Loots – 021 8284694 Or 021 8084689
27 Feb Sat	Breede River Challenge	Riggton River Farm	07:00	21.1 km	Bonnievale AC	admin@route62.co.za	Johan Rheeders 082 558 0420
27 Feb Sat	Breede River Challenge	Riggton River Farm	07:00	10 km	Bonnievale AC	admin@route62.co.za	Johan Rheeders 082 558 0420
27 Feb Sat	Breede Fun Run	Riggton River Farm	07:00	5 km	Bonnievale AC	admin@route62.co.za	Johan Rheeders 082 558 0420
6 Mar. Sat	Weskus Marathon WP	West Coast N/ Parks Office	07:00	42,2	L/baan Strandlopers		
6 Mar. Sat	Weskus Halfmarathon WP	Langebaan	07:30	21,1	L/baan Strandlopers		
6 Mar Sat	Weskus Fun Run WP	Langebaan	08:00	5	L/baan Strandlopers		
10 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
13 Mar. Sat	Boland Liga	National Institute For the Deaf	06:30	30km			
13 Mar. Sat	Bolang Liga	National institute For the Deaf	07:00	10km			
13 Mar. Sat	Worcester Rainbow	National Institute for the Deaf	06:30	30km	Worcester AC	_natale@deafcare.co.za	Natale Roelofse 082 771 1543 Paul de Wet 082 800 3853
13 Mar. Sat	Worcester Rainbow	National Institute for the Deaf	07:00	10km	Worcester AC	worcloudgieters@mweb.co.za	Natale Roelofse 082 771 1543 Paul de Wet 082 800 3853
13 Mar. Sat	Worcester Rainbow	National Institute for the Deaf	07:00	5km	Worcester AC	principal.dlb@deafcare.co.za	Cecile de Wet 023 342 2560(w) 082 531 0229(s)
13 Mar. Sat	Constantia Village WP	Constantia Village	06:15	15	VOB		
14 Mar Son	Argus Cycle Tour WP	Cape Town					
20 Mar. Sat	Beesloop Farm Road Race	Overhex, Worcester	07:30	15km	Worcester AC	evd02@hotmail.com	Eida van Dijk 082 331 8889, Stiaan vd Berg 083 271 2158
20 Mar. Sat	Beesloop Farm Road Race	Overhex, Worcester	07:30	5km	Worcester AC	evd02@hotmail.com	Eida van Dijk 082 331 8889, Stiaan vd Berg 083 271 2158
27 Mar. Sat.	Kleinmond Road Race	Laerskool Kleinmond	07:00	21.1km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
27 Mar. Sat.	Perdekop Road Race	Laerskool Kleinmond	10:00	10km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
27 Mar. Sat.	Perdekop Road Race	Laerskool Kleinmond	11:30	5km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
3 Apr. Sat	2 Oseane 56 Km						
3 Apr. Sat	2 Oseane 21,1 Km						
10 Apr. Sat	Boland Liga	Gene Louw Sportgronde	07:00	21.1km			
10 Apr. Sat	Boland Liga	Gene Louw Sportgronde	07:15	10 km			
10 Apr. Sat.	MKB Swartland Half Marathon	Gene Louw Sportgronde	07:00	21.1km	Altech Autopage Swartland	basil@mkb.co.za	Denie Truter 022-4331895/082 895 8395
10 Apr. Sat.	MKB Swartland 10 Km	Gene Louw Sportgronde	07:15	10km	Altech Autopage Swartland	basil@mkb.co.za	Denie Truter 022-433 1895/082 895 8395
10 Apr. Sat.	MKB Swartland Prettraf	Gene Louw Sportgronde	07:30	5km	Altech Autopage Swartland	basil@mkb.co.za	Denie Truter 022-433 1895/082 895 8395
17 Apr. Sat	Stellenbosch Vista Trail Run	Coetzenburg, Stellenbosch	08:00	12km	Stellenbosch AC	StellenboschVista@gmail.com	Hennie Roos 084-952-5412, S du Plessis 082-374-9908
17 Apr. Sat	Stellenbosch Vista Trail Run	Coetzenburg, Stellenbosch	08:15	5km	Stellenbosch AC	StellenboschVista@gmail.com	Hennie Roos 084-952-5412, S du Plessis 082-374-9908
1 May Sat	Safari Wellington Road Race	Hugenote High School	07:00	21.1km	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
1 May Sat	Safari Wellington Road race	Hugenote High School	07:00	5km	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
1 May Sat	Safari Wellington Road race	Hugenote High School	09:45	10km W	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
8 May Sat	Hermanus Wheels/Runners Race	Old Harbour, Hermanus	10:00	10km	Whalers AC	kcoetzee@intekom.co.za	Karin Coetzee Cell 082 923 3201/Tel 028 312 1884

2010 FIXTURES – BOLAND ATHLETICS EVENTS – FINAL – Sept 2009 - Continue

15 May Sat.	Asics Xtreme 17km Mountain Race	Avalon Springs, Montagu	08:30	17 km	Montagu AC	johan@scheepersrus.co.za	Ilse Esterhuyse 0236142880 / 0721251854
15 May Sat.	10km Trial Run	Avalon Springs, Montagu	08:45	10km	Montagu AC	drieberge@lando.co.za	Ilse Esterhuyse 0236142880 / 0721251854
22 May Sat	Boland Liga	De Doorns Sportfield	08:00	21,1km	Worcester AC		
22 May Sat	Boland Liga	De Doorns Sportfield	08:00	10 km	Worcester AC		
22 May. Sat.	APL Cartons De Doorns	De Doorns Sportsfield	08:00	21.1km	Worcester AC	bendup1@gmail.com	B du Plessis 083 324 1675, Marinda Pheiffer 082 5609024
22 May. Sat.	APL Cartons De Doorns	De Doorns Sportsfield	08:00	10km	Worcester AC	mpheiffer@breedevallei.gov.za	B du Plessis 083 324 1675, Marinda Pheiffer 082 5609024
30 May. Son	Comrades						
5 Jun Sat	Boland Liga	Robertson Winery, Robertson	08:00	21.1 km	Robertson AC		
5 Jun Sat	Boland Liga	Robertson Winery, Robertson	08:10	10 km	Robertson AC		
5 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
5 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
12 Jun Sat	Boland Correctional Services	Dal Josaphat Stadion	07:00	21.1km	Correctional Services AC	Wiseman.son@dcg.gov.za	Dawid Strauss 083 980 6495, G Hammers 082 338 9115
12 Jul Sat	Boland ½-Marathon Champs	Dal Josaphat Stadion	07:00	10km	Boland Athletics	Boland Athletics@sun.ac.za	Richard Stander 021 868 0009
19 Jun. Sat.	Napier Half Marathon	Napier High School	08:30	21.1km	Bredasdorp AC	engelaambrose@absamail.co.za	Tom Ambrose 082 978 1971
19 Jun. Sat.	Napier Half Marathon	Napier High School	08:30	6km	Bredasdorp AC	engelaambrose@absamail.co.za	Tom Ambrose 082 978 1971
17 Jul Sat	Boland Liga	Worcester Voorsieners/Durban	08:00	21.1km	Worcester AC		
17 Jul Sat	Boland Liga	Worcester Voorsieners/Durban	08:00	10 km	Worcester AC		
17 Jul. Sat.	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st	08:00	21.1km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601, Razac Abbas 023 342 2360
17 Jul. Sat.	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st	08:00	10km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601, Razac Abbas 023 342 2360
17 Jul. Sat.	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st	08:15	5km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601, Razac Abbas 023 342 2360
31 Jul. Sat.	Boland Liga	PPC, Riebeeck Wes	08:10	10km	Altech Swartland AC		B du Plessis 083 324 1675, Marinda Pheiffer 082 5609024
31 Jul. Sat.	Boland 10km Champs	PPC, Riebeeck Wes	07:50	21.1km	Boland Athletics	Boland Athletics@sun.ac.za	Richard Stander 021 868 0009
31 Jul. Sat.	Boland Liga	PPC, Riebeeck Wes	07:50	21.1km	Altech Swartland AC		
31 Jul. Sat.	Boland Liga	PPC, Riebeeck Wes	07:30	42.2km	Altech Swartland AC		
31 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	07:30	42.2km	Altech Swartland AC	ylokhennie@intekom.co.za	Ilse Vlok 022 448 1565, 079 523 5145
31 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	08:00	21.1km	Altech Swartland AC	karel@swwines.co.za	Karel Liebetrau – 022 4871133
31 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	08:30	10km	Altech Swartland AC	karel@swwines.co.za	Karel Liebetrau – 022 4871133
31 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	08:45	5km	Altech Swartland AC	karel@swwines.co.za	Karel Liebetrau – 022 4871133
7 Aug. Sat	Potato Festival Road Race	Redelinghuys			Altech Swartland AC	claasenb@bergmun.org.za	Billy Claasen tel:
9 Aug. Mon	Totalsports Ladies Race	Stellenbosch (Die Braak)	08:00	10km	Boland Athletics	info@topevents.co.za	Top Events – 021 5117130
14 Aug Sat	Boland Liga	McCarthy Toyota	07:00	21.1km	Paarl AC		
14 Aug Sat	Boland Liga	McCarthy Toyota	07:10	10 km	Paarl AC		
14 Aug. Sat	Paarlberg Mountain Race	McCarthy Toyota	07:00	21.1km	Paarl AC	shireenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
14 Aug. Sat	Paarlberg Mountain Race	McCarthy Toyota	07:10	10km	Paarl AC	shireenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
21 Aug. Sat.	Fynbos Road race	Ouplaas Primary School	08:30	21.1km	Bredasdorp AC	bredasdorpatherletics@isat.co.za	Mariaan Dunn 028 542 1326 (T/F)
21 Aug. Sat.	Fynbos Road race	Ouplaas Primary School	08:30	6km	Bredasdorp AC	bredasdorpatherletics@isat.co.za	Mariaan Dunn 028 542 1326 (T/F)
28 Aug Sat	Zoetendal Akad Lente preddraf	L'Agulhas	08:00	12km	Bredasdorp AC	zoeta@xsinet.co.za	Yolanda de Waal 028 435 6556 (T/F)
28 Aug Sat	Zoetendal Akad Lente preddraf	L'Agulhas	08:00	5km	Bredasdorp AC	zoeta@xsinet.co.za	Yolanda de Waal 028 435 6556 (T/F)
4 Sept Sat	Boland Liga	Riebeeck Kasteel	07:30	21.1km	Riebeeck Vallei AC		
4 Sept Sat	Boland Liga	Riebeeck Kasteel	08:00	10 km	Riebeeck Vallei AC		
4 Sep Sat	Riebeeck Kasteel Road race	Riebeeck Kasteel	07:30	21.1km	Riebeeck Vallei AC		
4 Sep Sat	Riebeeck Kasteel Road race	Riebeeck Kasteel	08:00	10km	Riebeeck Vallei AC		
11 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
11 Sep Sat.	Kogelberg Mountain Race	Pringle Bay Community Hall	08:00	21.1km	Hangklip AC	race@hangklipathletics.co.za	Organiser 0794136610
11 Sep Sat.	Kogelberg Mountain Race	Pringle Bay Community Hall	08:15	10km	Hangklip AC	race@hangklipathletics.co.za	Organiser 0794136610
11 Sep Sat.	Kogelberg Mountain Race	Pringle Bay Community Hall	10:30	5km	Hangklip AC	race@hangklipathletics.co.za	Organiser 0794136610
18 Sep Sat	Adam Kok 15km	Paarl	08h30	15km	Athletics Alive	Freddie.Neff@dcg.gov.za	021-8775724
18 Sep Sat	Adam Kok 5km Fun Run/Walk	Paarl	08h30	5km	Athletics Alive	Freddie.Neff@dcg.gov.za	021-8775724

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18 Sep. Sat	HIV/VIGS 10km Road Race	Hawequa Prison	07:30	10km	Correctional Services AC	bruiners.pieter@dcs.gov.za	Jenny Petersen 021-8645800 Peter Davids 021- 8645800
18 Sep. Sat	HIV/VIGS 5km Road Race	Hawequa Prison	07:30	5km	Correctional Services AC	bruiners.pieter@dcs.gov.za	Jenny Petersen 021-8645800 Peter Davids 021- 8645800
24 Sep Fri	Bainskloof Pass Ultra Marathon	Wellington	06:00	63.3km	Wellington AC	estelle@paarrocktours.co.za	Estelle Kellerman 021 8731838, 0832320532
24 Sep Fri	Bainskloof Pass Ultra Marathon	Wellington	07:00	21.1km	Wellington AC	estelle@paarrocktours.co.za	Estelle Kellerman 021 8731838, 0832320532
24 Sep Fri	Bainskloof Pass Ultra Marathon	Wellington	09:00	10 km	Wellington AC	estelle@paarrocktours.co.za	Estelle Kellerman 021 8731838, 0832320532
25 Sep Sat.	Whale Half Marathon	HS Hermanus	07:00	21.1km	Whalers AC	mmlilne@hadmin.co.za	Micky Milne Tel: 0834467840 or (w) 028 3123760
26 Sep Sun	Nedbank Cape Town Marathon						
2 Oct. Sat.	Boland Masters Road Race	Paarl Shopping Mall	07:00	10km	Boland Masters	bruiners.pieter@dcs.gov.za	Noel Daniels 073 778 9703
8 Oct. Fri	Deetlefs Night Race	Deetlefs Estate, Rawsonville	18:00	10km	Worcester AC	info@deetlefs.com	Gert Griesel 023 349 1260
8 Oct. Fri	Deetlefs Night Race	Deetlefs Estate, Rawsonville	18:00	5km	Worcester AC	info@deetlefs.com	Gert Griesel 023 349 1260
8 Oct. Fri	Voet van Afrika Road Race	Bredasdorp Sport Complex	18:00	4km	Bredasdorp AC	bredasdorpathletics@isat.co.za	028 425 1087 (Tel/Fax)
9 Oct. Sat.	Voet van Afrika Road Race	Bredasdorp Sport Complex	06:00	42.2km	Bredasdorp AC	bredasdorpathletics@isat.co.za	028 425 1087 (Tel/Fax)
9 Oct. Sat.	Voet van Afrika Road Race	Bredasdorp Sport Complex	07:00	21.1km	Bredasdorp AC	bredasdorpathletics@isat.co.za	028 425 1087 (Tel/Fax)
9 Oct. Sat.	Voet van Afrika Road Race	Bredasdorp Sport Complex	07:00	10km	Bredasdorp AC	bredasdorpathletics@isat.co.za	028 425 1087 (Tel/Fax)
16 Okt. Sat	Boland Liga	Ceres / Mitchells Pass	07:00	21.1km	Ceres AC		
16 Okt. Sat	Boland Liga	Ceres / Mitchells Pass	07:15	10 km	Ceres AC		
16 Oct. Sat	Ceres Fruit Juices Road Race	Ceres / Mitchells Pass	07:00	21.1km	Ceres AC	lionel.ceres@telkomsa.net	Roy Abrahams 084 5811120
16 Oct. Sat	Ceres Fruit Juices Road Race	Ceres / Mitchells Pass	07:15	10km	Ceres AC	lionel.ceres@telkomsa.net	Roy Abrahams 084 5811120
27 Oct. Wed	Coetzenburg 1 hour run	Maties Stellenbosch	18:00	NA	Maties AC	joep@sun.ac.za	Maties AC, 021-808 4684
30 Oct Sat	Rustenburg Farm Race	Idas Vallei PS	07:30	12km	Stellenbosch AC	info@stellenboschatletiekklub.co.za	Alexander Carstens 082 854 2809
6 Nov Sat	Boland Liga	Dwarsrivier Sport Complex	07:00	21.1km	Dwarsrivier AC		
6 Nov Sat	Boland Liga	Dwarsrivier Sport Complex	07:30	10	Dwarsrivier AC		
6 Nov. Sat.	Boschendal Half Marathon	Dwarsrivier Sport Complex	07:00	21.1km	Dwars Rivier AC	nolanh@vodamail.co.za	Nolan Hendon 072785 6529
6 Nov. Sat.	Boschendal 10km	Dwarsrivier Sport Complex	07:15	10km	Dwars Rivier AC	nolanh@vodamail.co.za	Nolan Hendon 072785 6529
13 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
13 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
20 Nov Sat	WP Marathon Kampioenskappe	Markotter S/Gronde S/Bosch	06:00	42,2km	WP Atletiek		
20 Nov Sat	Boland Marathon Kampioenskap	Markotter S/Gronde S/Bosch	06:00	42,2km	Boland Atletiek	basil@mkb.co.za	Basil Nieuwoudt 022-433-8338/082-878-9110
20 Nov Sat	Wynland Marathon	Markotter S/Gronde S/Bosch	05:30	42,2 km	Helderberg Harriers		
20 Nov Sat	Wynland Half Marathon	Markotter S/Gronde S/Bosch	05:45	21,1km	Helderberg Harriers		
20 Nov Sat	Wynland Prettraf	Markotter S/Gronde S/Bosch	06:00	5 km	Helderberg Harriers		
15 Dec. Wed	Paarl Road Race	Faure Street, Paarl	18:30	10km	Paarl AC	shireenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
16 Dec. Wed	Speedy/Stranddienste HAC	Kleinmond Lagoon	16:00	10km	Hangklip AC	paces@hangklipathletics.co.za	Organiser 0794136610
16 Dec. Wed	10km Summer Series	Kleinmond Lagoon	16:20	5km	Hangklip AC	paces@hangklipathletics.co.za	Organiser 0794136610
18 Dec. Sat.	Whalers Road Race	Onrus Strand	07:00	10km	Whalers AC	carina@cegela.co.za	Carina Van Der Merwe – 082 8238632
27 Dec Mon	Betty's Bay Half HAC Sum Series	Crassula Hall Betty's Bay	07:00	21.1km	Hangklip AC	paces@hangklipathletics.co.za	Organiser 079 413 6610
27 Dec. Mon	Betty's Bay Half HAC Sum Series	Crassula Hall Betty's Bay	07:20	10km	Hangklip AC	paces@hangklipathletics.co.za	Organiser 079 413 6610
27 Dec. Mon	Betty's Bay Half HAC Sum Series	Crassula Hall Betty's Bay	08:00	5km	Hangklip AC	paces@hangklipathletics.co.za	Organiser 079 413 6610
31 Dec. Fri.	Dangerpoint Road race	Hoofstraat, Gansbaai	07:00	21.1km	Whalers AC	kotnel@mweb.co.za	Mariaan Bothma 083 294 2191 or 028 384 3915

2010 FIXTURES – BOLAND ATHLETICS EVENTS – FINAL – Sept 2009 - Continue

Date	Boland Track + Field Events	Venue	Start	Dist.	Organised by	Email Address	Contact No.
19 Feb. Fri	WC LSEN Champs	TBC	NA	NA	Boland LSEN Schools	bolhsath@gmail.com	Melani Dirkse 082 573 3755
20 Feb. Sat	Boland PS Championships	Dal Josaphat Stadium	NA	NA	Boland PS Schools Athletics	wips@intekom.co.za	Pieter Lourens 083 357 4517
20 Feb. Sat	Boland HS Reg Champs	Various	NA	NA	Boland HS Athletics	bolhsath@gmail.com	Raymond Julius 072 198 5407
20 Feb. Sat	Boland Senior T+F Champs	Coetzenburg Stadium	NA	NA	Boland Athletics	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601
25/2-27/2	Boland Jnr and HS T+F Champs	Coetzenburg Stadium	NA	NA	Boland Athletics	fkariem@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	wips@intekom.co.za	Pieter Lourens 083 357 4517
13 Mar. Sat	WC HS Champs	TBC	NA	NA	Boland HS Schools Athletics	bolhsath@gmail.com	Raymond Julius 072 198 5407

Date	Boland Cross Country Events	Venue	Start	Dist	Organised by	Email Address	Contact No.
27 April	Relay	Allandale Correctional Centre, Paarl	14:00	5x3km Relay	Athletics Alive Athletics Club	Freddie.Neff@dcs.gov.za	Freddie Neff 076 303 9367
8 May	Trial 1	Robertson	10:00	Various	Robertson Athletics Club Boland North Schools	edwsal@langebergsek.wcape.school.za	Edward Salies 071 632 2346 H Josephs 083 497 1141
15 May	Trial 2	Victoria Stadium Ceres	10:00	Various	Ceres Athletics Club Witzenberg Schools	roy@walseley.wcape.school.za	Roy Abrahams 084 581 1120
22 May	Trial 3	Brandvlei Correctional Centre, Worcester	10:00	Various	Worcester Athletics Club Boland North Schools	deputy@deafcare.co.za	Natale Roelofse 082 771 1543 Owen Fortuin 082 680 4763
29 May	Trial 4	Allandale Correctional Centre, Paarl	10:00	Various	Boland Correctional Services AC Boland Central Schools	Basil.jantjies@dcs.gov.za	Basil Jantjies
17 July	Trial 5	Dwars River Sports Complex, Pniel	10:00	Various	Dwars River Valley Athletic Club Boland Central Schools	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529 Clarence Adams 083 335 7747
24 July	Trial 6	Groenberg High School, Grabouw	10:00	Various	Groenberg High School Boland South Schools		Thomas Davids 072 982 4149 Jannie van der Colff 082 3760579
31 July	Trial 7	Stellenzicht High School Stellenbosch	10:00	Various	Stellenbosch Athletics Club Boland Central Schools	cq.combrinck@absamail.co.za admin@lynedochps.wcape.school.za	Clarence Combrinck 0827758910 Grantham Jansen 082 591 7592
15 Aug	Boland Athletics Championships	Daljosafat Stadium, Paarl	10:00	Various	Paarl Athletics Club Boland Central Schools	welligtonprep@telkomsa.net gric02@telkomsa.net	Etheresia Thomas 082 475 6070 Gerry Ricketts 082 561 4926
28 Aug	Western Cape Champs	Cape Town	TBC	Various	WCDCAS	admin@lynedochps.wcape.school.za	Grantham Jansen 082 591 7592

Date	Boland Development Events	Venue	Start	Dist.	Organised by	Email Address	Contact No.
15/16 Jan	T.O. Level 1 Course	Swartland HS	NA	NA	Swartland HS	bolandathletics@sun.ac.za	Brandon du Plessis 076 187 7260 or 021 868 0007
23 Jan Sat	Technical Officials Symposium	Dal Josaphat Stadium	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Brandon du Plessis 076 187 7260 or 021 868 0007
15 May Sat	BA Annual General Meeting	Dal Josaphat Stadium	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
7 Aug. Sat	BA Council Meeting	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
23 Oct. Sat	Club Chairpersons Meeting	Venue TBC	NA	NA	Boland Athletics	bolandathletics@sun.ac.za	Boland Athletics 021 868 0007
23 Oct. Sat	Coca Cola 5-Star Achiever Awards	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