

2012 BOLAND ATHLETICS FIXTURES LIST – FINAL – NOVEMBER 2011

ROAD RUNNING

Date	NAME OF RACE	Venue	Start	Dist	Organised by	Email Address	Contact No.
28 Jan Sat	EGA Road Race	Elgin Grabouw Country Club	07:30	15km	Elgin Grabouw AC	elgingrabouwatletiekclub@gmail.com	Veronica van Niekerk 021 859 3786 / 082 789 4897
4 Feb Sat	Prison to Prison Road Race Boland Athletics League 1	Worcester Gevangenis	06:30	21.1km	Brandvlei Cor. Services	Noel.lakay@dcs.gov.za	Kosie Botha 083 991 3915
4 Feb Sat	Prison to Prison Road Race Boland Athletics League 1 Qualifier for SA 10km Champs	Worcester Gevangenis	07:00	10km	Brandvlei Cor. Services	Noel.lakay@dcs.gov.za	Kosie Botha 083 991 3915
4 Feb Sat	Prison to Prison Road Race	Worcester Gevangenis	07:15	5km	Brandvlei Cor. Services	Noel.lakay@dcs.gov.za	Kosie Botha 083 991 3915
15 Feb Wed	Model Sport Valentine Night Race	Mountain Mill Mall, Worcester	18:15	10km	Worcester AC	russell.cupido@live.co.za	Russel Cupido 0825320826; T Rossouw 082 5651342
15 Feb Wed	Model Sport Valentine Night Race	Mountain Mill Mall, Worcester	18:15	5km	Worcester AC	jackie@sqmakelaars.co.za	T Rossouw 082 5651342; Russel Cupido 0825320826
11 Feb. Sat	Freedom Race	Drakenstein Prison	07:00	27km	Correctional Services AC	Hammers.godfrey@dcs.gov.za	Pieter Bruiners 0829610723; Godfrey Hammers 0823389115
11 Feb. Sat	Freedom Race	Drakenstein Prison	07:10	10km	Correctional Services AC	Hammers.godfrey@dcs.gov.za	Pieter Bruiners 0829610723; Godfrey Hammers 0823389115
11 Feb. Sat	Freedom Race	Drakenstein Prison	07:15	5km	Correctional Services AC	Hammers.godfrey@dcs.gov.za	Pieter Bruiners 0829610723; Godfrey Hammers 0823389115
11 Feb. Sat	Freedom Wheel Chair Race	Drakenstein Prison	07:15	10km	Correctional Services AC	Hammers.godfrey@dcs.gov.za	Pieter Bruiners 0829610723; Godfrey Hammers 0823389115
22 Feb Wed	Gino's Night Race	Coetzenburg	18:00	10km	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
3 Mar. Sat	MKB Swartland Road Race Boland Athletics League 2	Gene Louw Sportgronde	07:00	21.1km	Altech Autopage Swartland	basil@mkb.co.za	Denie Truter 022-4331895/082 895 8395
3 Mar. Sat	MKB Swartland Road Race Boland Athletics League 2 Qualifier for SA 10km Champs	Gene Louw Sportgronde	07:15	10km	Altech Autopage Swartland	basil@mkb.co.za	Denie Truter 022-433 1895/082 895 8395
3 Mar. 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
10 Mar Sat	Worcester Rainbow Road Race	National Institute for the Deaf	06:30	30km	Worcester AC	natale@nid.org.za	Natale Roelofse 082 7711543; Paul de Wet 082 800 3853
10 Mar. Sat	Worcester Rainbow Road race Boland Athletics League 3 Boland 10km Champs	National Institute for the Deaf	07:00	10km	Worcester AC	worcloudjeters@mweb.co.za	Natale Roelofse 082 7711543; Paul de Wet 082 800 3853
10 Mar Sat	Worcester Rainbow	National Institute for the Deaf	07:00	5km	Worcester AC	natale@nid.org.za	Natale Roelofse 082 7711543; Paul de Wet 082 800 3853
11 Mar Son	Argus Cycle Tour WP	Cape Town					
14 Mar Wed.	Correctional Services Road Race	Paarl, Faure Street Stadium	18:15	10km	Drakenstein Corr.Services	bruiners.pieter@dcs.gov.za	D Strauss – 083 9806 495/ KP Bruiners – 082 9610 723
14 Mar Wed.	Correctional Services Road Race	Paarl, Faure Street Stadium	18:20	5 km	Drakenstein Corr.Services	bruiners.pieter@dcs.gov.za	D Strauss – 083 9806 495/ KP Bruiners – 082 9610 723
21 Mar Wed	Beesloop Farm Race	Overhex, Worcester	07:30	15km	Worcester AC	eldavd@gmail.com	Eida van Dijk 0823318889; Liesl van Heerden 0825637372
21 Mar Wed	Beesloop Farm Race	Overhex, Worcester	07:30	5km	Worcester AC	eldavd@gmail.com	Eida van Dijk 0823318889; Liesl van Heerden 0825637372
7 Apr. Sat.	Kleinmond Road Race	Laerskool Kleinmond	07:30	21.1km	Hangklip AC	sandykei@sonicmail.co.za	Sandy Keizerwaard 079 413 6610; OR 083 512 1418
7 Apr. Sat.	Perdekop Road Race	Laerskool Kleinmond	10:30	10km	Hangklip AC	sandykei@sonicmail.co.za	Sandy Keizerwaard 079 413 6610; OR 083 512 1418
7 Apr. Sat.	Perdekop Road Race	Laerskool Kleinmond	12:00	5km	Hangklip AC	sandykei@sonicmail.co.za	Sandy Keizerwaard 079 413 6610; OR 083 512 1418
7 Apr. Sat	2 Oseane 56 Km						
7 Apr. Sat	2 Oseane 21,1 Km						
21 Apr. Sat	Eendracht Hotel Vista Trail Run	Coetzenburg, Stellenbosch	07:30	12km	Stellenbosch AC	StellenboschVista@gmail.com	Hennie Roos 084-952-5412, W Venter 082-337-9669
21 Apr. Sat	Eendracht Hotel Vista Fun Run	Coetzenburg, Stellenbosch	07:35	5km	Stellenbosch AC	StellenboschVista@gmail.com	Hennie Roos 084-952-5412, W Venter 082-337-9669
28 Apr. Sat	Delta Draaf	Solms-Delta Wine Estate	08h00	10km	Dwarsrivier valley AC	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529
28 Apr. Sat	Delta Draaf 5km Fun Run/walk	Solms-Delta Wine Estate	08h15	5km	Dwarsrivier valley AC	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529
	Safari Wellington Road Race Boland Athletics League 3	Hugenote High School		21.1km	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
1 May Tues	Qualifier for SA ½ Mar. Champs		07:00				
1 May Tues	Safari Wellington Road race	Hugenote High School	07:00	5km	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
1 May Tues	Safari Wellington Road race	Hugenote Hoerskool	07:15	2x10.5	Wellington AC	info@topevents.co.za	Top Events-021 511 7130
1 May Tues	Safari Wellington Road race	Hugenote High School	09:45	10km W	Wellington AC	info@topevents.co.za	Top Events – 021 5117130
5 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; kcoetzee@intekom.co.za

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19 May Sat	APL Cartons De Doorns Boland Athletics League 4 Qualifier for SA ½ Mar. Champs	HS Hexvallei Sportsfield	08:00	21.1km	Worcester AC	bendup1@gmail.com	B du Plessis 083 324 1675, Marinda Pheiffer 082 5609024
19 May Sat	APL Cartons De Doorns Boland Athletics League 4	HS Hexvallei Sportsfield	08:00	10km	Worcester AC	mpheiffer@breedevallei.gov.za	B du Plessis 083 324 1675, Marinda Pheiffer 082 5609024
27 May. Son	Comrades						
2 Jun Sat	Drakenstein Half Marathon	Allandale Correctional Centre : Paarl	8:00	21 km	Boland Correctional services	mpsbasil@gmail.com Bruiners.Pieter@dcs.gov.za	Basil Jantjies 082 045 5030 Pieter Bruiners 082 961 0723
2 Jun Sat	Drakenstein Cor. Services Fun Run	Allandale Correctional Centre: Paarl	8:15	5km	Boland Correctional services	mpsbasil@gmail.com Bruiners.Pieter@dcs.gov.za	Basil Jantjies 082 045 5030 Pieter Bruiners 082 961 0723
9 Jun Sat	Miles of Smiles Road Race Boland Athletics League 5 Qualifier for SA ½ Mar. Champs	Robertson Winery, Robertson	08:00	21.1km	Robertson AC	edwsal30@ovi.com	Edward Salies 071 632 2346
9 Jun Sat	Miles of Smiles Road Race Boland Athletics League 5	Robertson Winery, Robertson	09:00	10km	Robertson AC	edwsal30@ovi.com	Edward Salies 071 632 2346
9 Jun Sat	Miles of Smiles Fun Run	Robertson Winery, Robertson	10:00	5km	Robertson AC	edwsal30@ovi.com	Edward Salies 071 632 2346
16 Jun. Sat.	Napier Half Marathon	Napier Vaardigheidskool	08:30	21.1km	Bredasdorp AC	Engela.ambrose@vodamail.co.za bredasdorpathletics@isat.co.za	Tom Ambrose 082 978 1971 Faks 086 274 8456
16 Jun. Sat.	Napier Half Marathon	Napier Vaardigheidskool	08:30	6km	Bredasdorp AC	engelaambrose@absamail.co.za bredasdorpathletics@isat.co.za	Tom Ambrose 082 978 1971 Faks 086 274 8456
21 Jul Sat	Worcester Voorsieners Hospice Boland Athletics League 6 Boland ½ Mar. Champs	Worc. Voorsieners Durbanstraat	08:00	21.1km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601 Razac Abbas 023 342 2360
21 Jul Sat	Worcester Voorsieners Hospice Boland Athletics League 6	Worc. Voorsieners Durbanstraat	08:00	10km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601 Razac Abbas 023 342 2360
21 Jul Sat	Worcester Voorsieners Hospice	Worc. Voorsieners Durbanstraat	09:00	5km	Worcester AC	fkariem@pgwc.gov.za	Faezal Karriem, 083 415 9601 Razac Abbas 023 342 2360
28 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	07:30	42.2km	Altech Swartland AC	amouton@telkomsa.net	Anneke Mouton 0824953234
28 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	08:00	21.1km	Altech Swartland AC	amouton@telkomsa.net	Anneke Mouton 0824953234
28 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	08:30	10km	Altech Swartland AC	amouton@telkomsa.net	Anneke Mouton 0824953234
28 Jul. Sat.	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	08:45	5km	Altech Swartland AC	amouton@telkomsa.net	Anneke Mouton 0824953234
4 Aug. Sat	Ceres Fruit Juices Road Race Boland Athletics League 7	Ceres / Mitchells Pass	08:00	21.1km	Ceres AC	lionel.ceres@telkomsa.net	Roy Abrahams 072 709 7003
4 Aug. Sat	Ceres Fruit Juices Road Race Boland Athletics League 7	Ceres / Mitchells Pass	08:15	10km	Ceres AC	lionel.ceres@telkomsa.net	Roy Abrahams 072 709 7003
09 Aug. Thur	Totalsports Ladies Race	Stellenbosch (Die Braak)	08:00	10km	Boland Athletics	info@topevents.co.za	Top Events – 021 5117130
09 Aug Thur	Totalsports Ladies Race	Stellenbosch (Die Braak)	08:00	5km	Boland Athletics	info@topevents.co.za	Top Events – 021 5117130
11 Aug. Sat	Paarlberg Mountain Race	Coutra Primary School	07:00	21.1km	Paarl AC	shirenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
11 Aug. Sat	Paarlberg Mountain Race	Coutra Primary School	07:10	10km	Paarl AC	shirenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
25 Aug Sat	Jonkershoek Road Race	Maties Stellenbosch	07:00	21.1km	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
25 Aug Sat	Jonkershoek Road Race/Walk	Maties Stellenbosch	07:00	10km	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
25 Aug Sat	Jonkershoek Fun Run/Walk	Maties Stellenbosch	07:00	5km	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
01 Sep Sat	Zoetendal Akad Lente preddraf	L'Agulhas	08:00	5km	Bredasdorp AC	zoetendalademie@telkomsa.net bredasdorpathletics@isat.co.za	Yolanda de Waal 072 186 0349 (T/F) 028 435 6556
1 Sep Sat	Riebeeck Kasteel Road race Boland Athletics League 8	Riebeeck Kasteel	07:30	21.1km	Altech Swartland AC	amouton@telkomsa.net	Anneke Mouton 0824953234
1 Sep Sat	Riebeeck Kasteel Road race Boland Athletics League 8	Riebeeck Kasteel	08:00	10km	Altech Swartland AC	amouton@telkomsa.net	Anneke Mouton 0824953234
08 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
08 Sep Sat.	Kogelberg Mountain Race	Pringle Bay Community Hall	07:30	21.1km	Hangklip AC	race@hangklipathletics.co.za	Sandy Keizerwaard 079 413 6610; 028 271 3064
08 Sep Sat.	Kogelberg Mountain Race	Pringle Bay Community Hall	10:30	10km	Hangklip AC	race@hangklipathletics.co.za	Sandy Keizerwaard 079 413 6610; 028 271 3064
08 Sep Sat.	Kogelberg Mountain Race	Pringle Bay Community Hall	12:00	5km	Hangklip AC	race@hangklipathletics.co.za	Sandy Keizerwaard 079 413 6610; 028 271 3064

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15 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
15 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
22 Sep. Sat	Montagu Half marathon	De Bos Guest Farm, Montagu		21.1km	Montagu AC	montaguhalfmarathon@gmail.com	Mauveen Moore – 071 504 3461
22 Sep. Sat	Montagu 10km road race	De Bos Guest Farm, Montagu		10km	Montagu AC	montaguhalfmarathon@gmail.com	Mauveen Moore – 071 504 3461
24 Sep Mon	Bainskloof Pass Ultra Marathon	Wellington	06:00	63.3km	Wellington AC	info@bainskloofultra.co.za	Koleski Herselman 082-8744-663
24 Sep Mon	Bainskloof Pass Ultra Marathon	Wellington	07:00	21.1km	Wellington AC	info@bainskloofultra.co.za	Koleski Herselman 082-8744-663
24 Sep Mon	Bainskloof Pass Ultra Marathon	Wellington	09:00	10 km	Wellington AC	info@bainskloofultra.co.za	Koleski Herselman 082-8744-663
24 Sep Mon	Bainskloof Pass Ultra Mar Relay	Wellington	06:00	31.65x2	Wellington AC	info@bainskloofultra.co.za	Koleski Herselman 082-8744-663
29 Sept. Sat.	Whale Half Marathon Boland Athletics League 9	HS Hermanus	07:00	21.1km	Whalers AC	mmilne@hadmin.co.za	Micky Milne Tel: 0834467840 or (w) 028 3123760
6 Oct Sat	Golden Valley Casino Race	Golden Valley Casino Worcester		10 km	FIT2RUN AC		Norman Ontong - 082 828 1047 Kosie Koopman - 084 332 3973
6 Oct Sat	Golden Valley Casino Race	Golden Valley Casino Worcester	7h 30	5 km	FIT2RUN AC	info.fit2run@gmail.com	Derick Adams - 082 578 2920 Kosie Koopman - 084 332 3973
12 Oct Fri	Deetlefs Night Race	Deetlefs Estate, Rawsonville	18:00	10km	Worcester AC	info@deetlefs.com	Chantelle Potgieter 023 349 1260
12 Oct Fri	Deetlefs Night Race	Deetlefs Estate, Rawsonville	18:00	5km	Worcester AC	info@deetlefs.com	Chantelle Potgieter 023 349 1260
13 Oct. Sat	Zomerlust Spar Adam Kock 10km	Main Street, Paarl.		10km	Athletics Alive AC	tempiesr@kwv.co.za yesedmund@gmail.com	Rochelle Tempies 079 766 2426/021 8073336 Edmund Pheko 084 302 3923
13 Oct. Sat	Zomerlust Spar 5km Fun Run/Walk	Main Street, Paarl	08:00	5km	Athletics Alive AC	tempiesr@kwv.co.za	Rochelle Tempies 079 766 2426/021 8073336
20 Oct. Sat.	Voet van Afrika Road Race	Bredasdorp Sport Complex	07:00	10km	Bredasdorp AC	bredasdorpatherletics@isat.co.za	086 274 8456 (Fax)
24 Oct Wed	1 Hour Race	Maties Stellenbosch	18:00	1 hour	Maties AC	allym@sun.ac.za	Mohamed Ally 072 995 9655
27 Oct Sat	Simons Challenge	Idas Valley PS	07:00	21km	Stellenbosch AC	info@stellenboschatletiekklub.co.za	Alexander Carstens 082 854 2809
27 Oct Sat	Rustenburg Farm Race	Idas Vallei PS	07:30	12km	Stellenbosch AC	info@stellenboschatletiekklub.co.za	Alexander Carstens 082 854 2809
27 Oct Sat	Rustenberg Fun Run	Idas Valley PS	07:45	4km	Stellenbosch AC	info@stellenboschatletiekklub.co.za	Alexander Carstens 082 854 2809
3 Nov. Sat.	Timbercity-Orchard Road Race Boland Athletics League 10	Dwarsrivier Sports Complex, Pniel	07:00	21.1km	Dwarsrivier Valley AC	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529
3 Nov. Sat.	Timber City Road Race, Pniel Boland Athletics League 9	Dwarsrivier Sports Complex, Pniel	07:15	10km	Dwarsrivier Valley AC	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529
3 Nov. Sat	School Challenge 5km fun run/walk	Dwarsrivier Sports Complex	07:30	5km	Dwarsrivier Valley AC	nolanh@vodamail.co.za	Nolan Hendon 072 785 6529
4 Nov. Sun	SOWETO Marathon						
10 Nov Sat	Klaas Maffa Memorial	Hugenot Monument	8:00	16km	Franschhoek AC	RUNFranschhoekRUN@gmail.com	Francis Ruddock 0849873891
10 Nov Sat	Klaas Maffa Memorial	Hugenot Monument	8:10	5km	Franschhoek AC	RUNFranschhoekRUN@gmail.com	Francis Ruddock 0849873891
17 Nov Sat	Wynland Marathon Boland Marathon Champs	Markotter S/Gronde S/Bosch	05:30	42,2 km	Helderberg Harriers		
17 Nov Sat	Wynland Half Marathon	Markotter S/Gronde S/Bosch	05:45	21,1km	Helderberg Harriers		
17 Nov Sat	Wynland Pretdraif	Markotter S/Gronde S/Bosch	06:00	5 km	Helderberg Harriers		
08 Dec. Sat	SAPS Walk Against Abuse	Kleinmond Tennis Club House	07:00	15km	Hangklip AC	races@hangklipathletics.co.za	Organiser 0794136610
12 Dec. Wed	Paarl Road Race	Faure Street, Paarl	18:30	10km	Paarl AC	shirenpaulse@yahoo.com	Sybrand du Plessis 083 444 6940, 021 872 7639
22 Dec. Sat.	Whalers Road Race	Onrus Strand	07:00	10km	Whalers AC	carina@cegela.co.za	Carina Van Der Merwe – 082 8238632
24 Dec Mon	Betty's Bay Half	Betty's Bay Boat Club, Stony Point	07:00	21.1km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
24 Dec. Mon	Betty's Bay Half	Betty's Bay Boat Club, Stony Point	07:20	10km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
24 Dec. Mon	Betty's Bay Half	Betty's Bay Boat Club, Stony Point	08:00	5km	Hangklip AC	races@hangklipathletics.co.za	Organiser 079 413 6610
31 Dec. Mon	Dangerpoint Road race	Hoofstraat, Gansbaai	07:00	21.1km	Whalers AC	kotnel@mweb.co.za	Mariaan Bothma 083 294 2191 or 028 384 3915