

Athletics Western Cape Road Running Fixtures - 2019



April						Gazebo Host Branch		
Date	League	Event	Distance	Venue	Time	Manager	Contact No	Branch
Sat, 6		Leapfrog 21km + WPA Championship	21, 21.1	Gordans Bay Primary School	07:00	Mari Barnard	0837132858	Somerset West
		Labourwise 10km	10	Gordans Bay	07:00			
Sun, 7		Central Athletics Challenge	5, 10	Newlands Cricket Stadium	07:00	Deon Lerm	0834276448	Constantia
Sun, 14		Foot of the Wine Route	5, 10, 21	Zevenwacht Mall	06:30	Edwin Olivier	0823360546	Kuilsrivier
Sat, 20		Old Mutual Two Oceans Ultra Marathon	21.1, 56	Main Rd, Newlands	05:30	Guy Brown	0846271097	TOM Planning Committee
Sat, 27		Nantes	5, 10, 10W	Vangate Sports Complex	07:00	Hans Hoefnagels	0836408118	Rondebosch
May						Gazebo Host Branch		
Date	League	Event	Distance	Venue	Time	Organiser	Contact	Gazebo
Wed, 1		Safari	5, 10, 21.1	Huguenot High School	07:10	Stephne Fourie	0662112919	Paarl
Sat, 11		Race Walking Grand Prix2	10, 20	Youngsfield Military Base		Nicci Botha	0827821107	Speed Walking Committee
June						Gazebo Host Branch		
Date	League	Event	Distance	Venue	Time	Organiser	Contact	Gazebo
Sat, 1		UWC Fast and Flat Run + WPA Challenge	10	University of the Western Cape	07:30	Guy Brown	0846271097	Durbanville
		UWC Fast and Flat Fun Run	10	University of the Western Cape	07:30			
		UWC Fast & Flat Walk	10	University of the Western Cape	07:30			
Sat, 29		Timbercity Spookhill	15	Beaumont Primary School	08:00	Mari Barnard	0837132858	Somerset West
		Timbercity Fun Run	5	Beaumont Primary School	08:00			
July						Gazebo Host Branch		
Date	League	Event	Distance	Venue	Time	Organiser	Contact	Gazebo
Sat, 20		C.T Festival	5, 10, Relays	Sea Point Promenade	07:00	Sonia Baumann	0825583404	Inter Branch Competition EC
Sat, 27		Brackenfell Primary School Half Marathon	21.1	Brackenfell Primary School	07:15	Shelley Dormer	0833330603	Brackenfell
		Brackenfell Primary School Fun Run	5	Brackenfell Primary School	07:15			
August						Gazebo Host Branch		
Date	League	Event	Distance	Venue	Time	Organiser	Contact	Gazebo
Sat, 3		Race Walking Grand Prix3	10, 20	Table Bay Mall		Nicci Botha	0827821107	Speed Walking Committee
Sun, 4		McKenna & Scott Pinelands	5, 10			Nicci Botha	0827821107	Pinelands
Sat, 24		Langebaan Club Mykonos	5, 10, 21	Club Mykonos	08:00	Adel Malan	0718654399	Langebaan
Sat, 31		West Coast AC NSRI	21	NSRI Building, Beach Road	06:00	Cheryl Louis	0766146630	Table View
		Table View NSRI	4, 10	NSRI Building, Beach Road	06:00			
September						Gazebo Host Branch		
Date	League	Event	Distance	Venue	Time	Organiser	Contact	Gazebo
Sat, 7		Medihelp Tekkie Challenge	5, 10, 21	Jan Kriel School	07:30	Edwin Olivier	0823360546	Kuilsrivier
Sun, 8		Ommiedraai	5, 10, 10W, 21	Rosmead Sportfield	07:00	Grant Arbuthnot	0826147504	Newlands
Sun, 15		Sanlam Cape Town Marathon	10, 42.2		06:40	Nicci Botha	0827821107	Pinelands
Sat, 28		Goodwood Harriers	10			Deon Lerm	0844466466	Tygerberg
Sun, 29		K-Way Grape Run	5, 14, 21	Alphen Hall, Constatia	06:30	Deon Lerm	0844466466	Bergvliet

October						Gazebo Host Branch		
Date	League	Event	Distance	Venue	Time	Organiser	Contact	Gazebo
Sat, 5		Cape Gate	5, 10, 21	Cape Gate Centre	07:00	Shelley Dormer	0833330603	Brackenfell
Sun, 20		Outsurance 94,5 Kfm Gun Run	5, 10, 21	Beach Road	07:15	Melissa Tromp	0829243160	Sea Point
November						Gazebo Host Branch		
Date	League	Event	Distance	Venue	Time	Organiser	Contact	Gazebo
Sat, 2		Table View High School	5, 10	Table View High School	07:00	Cheryl Louis	0766146630	Table View
Sun, 3		The Landmarks	5, 21	Western Province Cricket Club	06:00	Hans Hoefnagels	0836408118	Rondebosch
Sat, 9		Winelands Marathon + Half Marathon	5, 21.1, 56	Eikestad primary School	05:30	Ettienne du Toit	0828177454	Stellenbosch
Sat, 16		Edgemead 10km Classic	5, 10, 10W	Edgemead High School	06:30	Sonia Baumann	0825583404	Milnerton
December						Gazebo Host Branch		
Date	League	Event	Distance	Venue	Time	Organiser	Contact	Gazebo
Sat, 7		Tygerberg Avbob 15	15	Table View Shopping Centre	06:00	Sonia Baumann	0825583404	Milnerton