

WESTERN PROVINCE ATHLETICS FIXTURE LIST 2023

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	WEBSITE	PRE ENTER
11-Jun-23	Sun	Comrades									
16-Jun-23	Fri	RCS Gugs Youth Day Race	10km	07h00	Gugulethu Stadium,NY49, Gugulethu	RCS Gugulethu AC	Aubrey Shoko	0824764656	aubs2131@gmail.com	https://www.facebook.com/gugulethuathleticsclub/	Yes but manual entries taken on race day
16-Jun-23	Fri	RCS Gugs Youth Fun Run	4,2km	07h15	Gugulethu Stadium,NY49, Gugulethu	RCS Gugulethu AC	Aubrey Shoko	0824764656	aubs2131@gmail.com	https://www.facebook.com/gugulethuathleticsclub/	Yes but manual entries taken on race day
17-Jun-23	Sat	Spookhill Challenge	15km	07h00	Beaumont Primary	Helderberg Harriers	Izette Mostert	07828200351	info@helderberg-harriers.co.za	www.helderberg-harriers.co.za	Yes and on the day
17-Jun-23	Sat	Cross Country									
24-Jun-23	Sat	Mamre 21km/5km Road Race (Coca-Cola League Race)	21km / 5km	08h00	Mamre Primary School	Mamre AC	Lesley Daniels	0797162955	daniell@eskom.co.za	www.topewmts.co.za	Yes
25-Jun-23	Sun	Table Mountain 16km	16km	07h30	La Parada	K-Way VOB	Rene Dick	0217618887	secretary@kwayvob.co.za	kwayvob.co.za	Yes
01-Jul-23	Sat	Eersterivier Athletics Club (Coca-Cola League Race)	15km	07h00	Stratford Primary	Eersterivier	Gary Pekeur	0743432332	Gert Pekeur@westerncape.gov.za		
02-Jul-23	Sun	Cross Country									
08-Jul-23	Sat	Cross Country									
14 - 15 Jul 23	Fri-Sat	Cape Town Festival of Running (WPA 100km Championships)	50km and 100km	06h30	Sea Point Promenade	Hewat AC	Winston Brooks	0764896043	winston@lunocorp.co.za		Yes
16-Jul-23	Sun	Cape Town Festival of Running (WPA 21km Championships)	21km	06h30	Sea Point Promenade	Hewat AC	Winston Brooks	0764896044	winston@lunocorp.co.za		Yes
22-Jul-23	Sat	Brackenfell Half Marathon (Coca-Cola League Race)	21km	07h00	Meridian School Pinehurst	Brackenfell	Jacques Coetzee	0826104455	jacques@africandawn.com		
29-Jul-23	Sat	Cross Country									
30-Jul-23	Sun	Pinelands 10km	10km / 5km	07h30	Pinelands Club, Lower Oval, Pinelands	Pinelands AC	Dion Stevens	0827308320	dionstevens@gmail.com	www.pinelandsathleticclub.co.za	Yes
05-Aug-23	Sat	Elsies River 10km (Coca-Cola League Race)	10km	07h00	Salbarau Sports Complex	Elsies River Athletic Club	Toby Philander	0829981157	tobyrun@hotmail.com		No
05-Aug-23	Sat	WPA Race Walking Grand Prix 3									
06-Aug-23	Sun	Cross Country									
09-Aug-23	Wed	Totalsports Women's Race	10km/5km	08h00	Grand Parade	Edgemead Runners	Anton Carstens	0833211323	raceconvener@edgemeadrnners.org.za	https://www.stillwatersports.com/	Yes
12-Aug-23	Sat	Bonteheuwel 10km	10km	TBC							
13-Aug-23	Sun	John Korasie	30km	07h00	Simon's Town	SANDF WP	Tladi Senona	0812124749	senonaat@gmail.com		
19-Aug-23	Sat	Cross Country									
20-Aug-23	Sun	Satori Camel Run	16.1km / 10 Mile classic	07h30	Noordhoek Sports Fields	Satori AC	Stephen Sharwood	0828220883	stephen.sharwood@seeff.com	www.camelrun.co.za	Yes
26-Aug-23	Sat	Midas Spartans 10km	10km	TBC							
27-Aug-23	Sun	Blouberg Marathon (WPA Marathon Championships)	42km, 21km & 10km	06h30	Table Bay Mall	WCAC	Monique Martens	0825573009	captain@westcoastac.co.za	www.bloubergmarathon.co.za	
27-Aug-23	Sun	Cross Country									
02-Sep-23	Sat	Tekkie Challenge	5km	07h45	Jan Kreil School, Kulsriwer	Cape Multisport Club	Louise Boltmann	0728854811	linfo@capemultisportclub.com	n/a	Yes
02-Sep-23	Sat	Tekkie Challenge	10km	07h30	Jan Kreil School, Kulsriwer	Cape Multisport Club	and Suzzette Goldie		and.events@jankreil.co.za	n/a	Yes
02-Sep-23	Sat	Tekkie Challenge	21km	07h00	Jan Kreil School, Kulsriwer	Cape Multisport Club				n/a	Yes
03-Sep-23	Sun	KAC Road Race 10km & 21km (Coca-Cola League Race)	10km & 21km	07h00	Mandela Park Stadium	Khayelitsha AC	Nandi Mhinqi	0735941607	khayelitshaathleticclub@gmail.com	N/A	TBA
09-Sep-23	Sat	Little Athletics & Non-Standard Events		08h00	Wesfleur Stadium, Atlantis						
09-Sep-23	Sat	Kloppers/Nedbank	10km & 5km	06h30	Nedbank	Cape Gate Centre	Mdu Njheko	0832789316	nedbankct@gmail.com		Yes
10-Sep-23	Sun	Chapman's Peak Half Marathon	21.1km	06h30	Hout Bay	Hout Bay Harriers	Richard	0826436186	info@chapmanspeakhalf.co.za	www.chapmanspeakhalf.co.za	Yes
10-Sep-23	Sun	Chapman's Peak Half Marathon	10km	07h10	Hout Bay	Hout Bay Harriers	Richard	0826436186	info@chapmanspeakhalf.co.za	www.chapmanspeakhalf.co.za	Yes
10-Sep-23	Sun	Chapman's Peak Half Marathon	5km Fun Run	07h30	Hout Bay	Hout Bay Harriers	Richard	0826436186	info@chapmanspeakhalf.co.za	www.chapmanspeakhalf.co.za	Yes
16-Sep-23	Sat	OUTSurance Fun walk	5km	08h00	Stephan Way, Green Point	Atlantic Athletics Club (AAC)	Lynn Davis	0829990333	lynn@davidsonathletics.co.za	https://atlanticathletic.co.za/	Yes, but allow at collection
16-Sep-23	Sat	OUTSurance Trail run	15km	07h00	Deer Park	Atlantic Athletics Club (AAC)	Lynn Davis	0829990333	lynn@davidsonathletics.co.za	https://atlanticathletic.co.za/	Yes
16-Sep-23	Sat	ASA Cross Country Championships			Nelson Mandela University, Gqeberha						
17-Sep-23	Sun	OUTSurance Sun run	21.1km	06h30	Fritz Sonnenberg Road, Green Point	Atlantic Athletics Club (AAC)	Lynn Davis	0829990333	lynn@davidsonathletics.co.za	https://atlanticathletic.co.za/	Yes
17-Sep-23	Sun	OUTSurance Sun run	10km	07h30	Fritz Sonnenberg Road, Green Point	Atlantic Athletics Club (AAC)	Lynn Davis	0829990333	lynn@davidsonathletics.co.za	https://atlanticathletic.co.za/	Yes
24-Sep-23	Sun	Nantes Heritage Day Race (WPA 10km Championships)	10km run, 10km walk, 5km fun	07h00	Vangate sports Complex	Nantes	Leon Hendricks	0824113913	leon.hendricks@dlgroup.com	www.nantesac.co.za	Yes
30-Sep-23	Sat	Goodwood 10km Challenge (Coca Cola League)	10km	06h30	N1 City Mall	Goodwood Harriers	Edward Stevens	0832290602	67eyes@gmail.com	www.goodwoodharriers.co.za	
30-Sep-23	Sat	Goodwood 5km	5km	06h40	N1 City Mall	Goodwood Harriers	Edward Stevens	0832290602	67eyes@gmail.com	www.goodwoodharriers.co.za	
30-Sep-23	Sat	Little Athletics & Non-Standard Events			Bluedowns/Vygieskraal	WPA	Rosa-Linda Kock	0837391768	Linda.rosakock@gmail.com	https://wpa.org.za/track-and-field-entries-2022-23/	
01-Oct-23	Sun	DCAS Walking event				WPA					
07-Oct-23	Sat	BAKGat	10km	07h00	Bellville High School, De La Hay Road, Bellville	Bellville	Albie de Waal (Race Co-ord)	0845844112	albie.dewaal@eurofund.com	https://bellvilleac.blogspot.com/	Yes
07-Oct-23	Sat	WPA Race Walking Grand Prix 4									
07-Oct-23	Sat	WPA Non-Standard events			TBC						
08-Oct-23	Sun	Ommiedraal 10km Road Race & 5km Fun Run	10km & 5km	06h30	Rosmead Sports Facility	Ommiedraal Friends AC	Kaashiefa Anthony	0829245339	ommiedraal@gmail.com	www.ommiedraal.co.za	Webtickets
11-Oct-23	Wed	Silver Queen Runway Night Race	10km	18h15	Air Force Base Ysterplaat	SANDF WP	Anthony Morta	0827841953	ag.morta@yahoo.com		
14-Oct-23	Sat	Sanlam Cape Town Marathon									
15-Oct-23	Sun	Sanlam Cape Town Marathon									
18-Oct-22	Wed	ATC Sunset TTT	4 x 3 km	18h15	Green Point Athletics Stadium	ATC Running	Gert Wilkins	0733083127	admin@atcmultisport.club	www.atcmultisport.club	Yes
21-Oct-22	Sat	Little Athletics & Half League 1A		08h00	Bernadino Heights						
21-Oct-23	Sat	Atlantic Beach Hotel Melkbos 15km	15km	TBC							
22-Oct-23	Sun	Don Lock Memorial	15km / 8km	06h30	Claremont	Celtic Harriers	Glenn Muller	0829973252	info@celtharriers.co.za	www.celticharriers.co.za	Yes
27-Oct-23	Fri	Combined Events & Relay, Middle & Long Distance			TBC						
28-Oct-23	Sat	Combined Events & Relay, Middle & Long Distance			TBC						
29-Oct-23	Sun	ARD 3 Vlei Race (Coca-Cola League Race)	10km	06h30	Fairmount High, Grassy Park	ARD Athletics	Zaahid Ebrahim	0834543708	zbrahim@gmail.com	www.ardathletics.co.za	Yes
29-Oct-23	Sun	ARD 3 Vlei Race	5km	06h45	Fairmount High, Grassy Park	ARD Athletics	Zaahid Ebrahim	0834543708	zbrahim@gmail.com	www.ardathletics.co.za	Yes
04-Nov-23	Sat	ASA 10km Championships			Mbombela Stadium, Mbombela	ASA					
05-Nov-23	Sun	Landmarks	21.1km	06h00	Rondebosch	WPCC	Mark Stybis	0832315919	running@wpcc.co.za		Yes and on the day
11-Nov-23	Sat	Little Athletics & Half League 1B		08h00	TBC (Green Point)						
11-Nov-23	Sat	Wineands Marathon	42.2km	05h30	Eikestad Primary	Helderberg Harriers	Izette Mostert	0828200351	info@helderberg-harriers.co.za	www.helderberg-harriers.co.za	Yes
11-Nov-23	Sat	Wineands Half Marathon	21.1km	06h00	Eikestad Primary	Helderberg Harriers	Izette Mostert	0828200351	info@helderberg-harriers.co.za	www.helderberg-harriers.co.za	Yes
12-Nov-23	Sun	MSA Triple F	10/5km	06h00	William Herbert	MSA	Nasrulla Enus	0825745323	nasrulla.enus@gmail.com		No
18-Nov-23	Sat	WPA Non-Standard Meeting		08h00	TBC						
18-Nov-23	Sat	Art & Office Edgemead 10km	10km/5km	06h30	Edgemead High School	Edgemead Runners	Francois Gouws	0832368265	raceconvener@edgemeadrnners.org.za	www.webtickets.co.za	Yes
19-Nov-23	Sun	Voet of the Wine (Coca-Cola League Race)	21km, 10km, 5km	06h30	In Touch AC						
25-Nov-23	Sat	Mitchell's Plain Titans Annual Road Race 2023	10 & 21km	06h00	Rocklands sports complex	MP Titans AC	Bernadette Alexander	0828316849	Bernadette.Alexander@westerncape.gov.za		Yes
26-Nov-23	Sun	Tokai Manor House	16km & 8km	TBC		Southern Striders	Gavin Craig	0765696898	gavincraig2@gmail.com		
29-Nov-23	Wed	Sanlam Niel Joubert Plaaswedloop	12,3km	18h15	Klein Simonsvlei, Klapmuts	Sanlam Road Running Club	Robert Keynel	0824740399	robert.keynel@sanlam.co.za		No
02-Dec-23	Sat	Robben Island Memorial 10km Run	10km	TBC	Robben Island	WPA	Adnaan Mohamed	0834274648	media@wpathletics.co.za		
02-Dec-23	Sat	WPA Race Walking Grandprix 5									
02-Dec-23	Sat	WPA Open Meeting			Green Point						
03-Dec-23	Sun	K-Way VOB Grape Run	21km / 14km	06h30	The Constantia Village	K-Way VOB	Rene Dick	0217618887	secretary@kwayvob.co.za	kwayvob.co.za	Yes
06-Dec-23	Wed	Phoenix Race	10km / 5km	06h30	TBC	Phoenix	Carlton Carelse	0764810563	Carlton.Carelse@absa.africa		Yes
09-Dec-23	Sat	AVBOB 15km	15km	06h00	Pick 'n Pay Centre, Table View	Tygerberg	Leon Thelander	0839986450	leonthelander2@gmail.com		No

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10-Dec-23	Sun	Bottellary	21km	06H00	Sarepta	Bottellary	Rocelle Soggop	0744021397	bottellaryac@gmail.com		Yes
10-Dec-23	Sun	Bottellary	10km	07H00	Sarepta	Bottellary	Rocelle Soggop	0744021397	bottellaryac@gmail.com		
12-Dec-23	Tue	Growthpoint Properties Sundowner 10km	10km	18H15	V & A Waterfront, Cape Town	Eastens Kraaifontein AC	Ashley Johnson	0835464520	aj.ukhosivp@gmail.com	https://www.topevents.co.za/	Yes and on Day
16-Dec-23	Sat	Reconciliation Day Race	10km	06H30	Gugulethu Stadium,NY49, Gugulethu	RCS Gugulethu AC	Aubrey Shoko	0824764656	aubs2131@gmail.com	https://www.facebook.com/gugulethuathleticsclub/	Yes but manual entries taken on race day
16-Dec-23	Sat	Reconciliation Day Race	4.2km	06H45	Gugulethu Stadium,NY49, Gugulethu	RCS Gugulethu AC	Aubrey Shoko	0824764656	aubs2131@gmail.com	https://www.facebook.com/gugulethuathleticsclub/	Yes but manual entries taken on race day
20-Dec-23	Wed	Metropolitan 10km	10km	TBC							
26-Dec-23	Tue	Central Athletics Nature Run	10km	06H30	False Bay Nature Reserve Head Quarters, Zeekoewlei	Central Athletics Club	Adnaan Mohamed	0834274648	centralathleticsclub@gmail.com	www.centralathletics.co.za	Yes and on the Day
31-Dec-23	Sun	Runner's Memorial Race	8km	18H00	Green Point Lighthouse	Edgemead Runners	Francois Gouws	0832368265	raceconvener@edgemeadrillers.org.za	www.webtickets.co.za	Yes

WPA CHAMPS

- 15-Jul-23 Cape Town Festival of Running 100km
- 16-Jul-23 Cape Town Festival of Running 21km
- 27-Aug-23 Blouberg Marathon 42km
- 24-Sep-23 Nantes 10km

ASA CHAMPS

- 28-Jan-23 35km Race Walking & Inter Provincial
- 12-Mar-23 Marathon Champs 42km
- 24-25 Mar 23 Relay & Combined Events
- 30 Mar - 1 Apr 23 Junior Champs
- 20 - 22 Apr 23 Senior Champs
- 03-Jun-23 Half Marathon 21km
- 17-Jun-23 5km Championships
- 04-Nov-23 10km Champs

COCA COLA LEAGUES

- 26-Feb-23 Dan Loyt 15km
- 11-Mar-23 Constantia Village 15km
- 22-Apr-23 Velocity 21km & 10km
- 21-May-23 UCT Memorial 10km
- 24-Jun-23 Mamre 21km
- 01-Jul-23 Eerste River 15km
- 22-Jul-23 Brackenfell 21km
- 05-Aug-23 Elsie's River 10km
- 03-Sep-23 Khayelitsha 21km & 10km
- 30-Sep-23 Goodwood 10km
- 29-Oct-23 ARD 10km
- 19-Nov-23 Voet of the Vine 21km & 10km

- BLACK - ROAD RUNNING
- BLUE - TRACK & FIELD
- GREEN - CROSS COUNTRY
- PURPLE - RACE WALKING
- ORANGE - ASA
- PINK - NOT AFFILIATED TO WPA
- GOLD - WPA CHAMPS