



www.wpa.org.za

November 2014 Newsletter

Editorial

October was a busy month for WPA as we hosted both the Annual General Meeting and the WPA Awards Function. The latter was a superb evening and congratulations must be extended to all the award winners for their excellent achievements during the past year.

The AGM which was a non-election meeting was held with good results and decisions that will make strategic changes for WPA in 2015. A decision was taken that a portion of every 2015 Senior licence purchased, will be allocated to a specific transport fund for athletes in need, which will be closely coordinated and monitored by WPA.

The Race Walking Commission once again hosted the SA 50km Championships and achieved an overall second position during the competition. Congratulations to all who contributed in making this event a success.

The WPA Board engaged in a constructive strategic meeting for the 2015 – 2018 period and plans will be presented at the December Council Meeting. A request is extended to all clubs and members who feel they can assist in sharing ideas regarding building and streamlining the processes within WPA. Any proposals and plans can be submitted to the office for perusal by the board. Not only does WPA want to be the leader in athletics and development, we also want to continuously make sure that we are well-balanced and inclusive.

The 2014 Kids Athletics season is also coming to an end. Some excellent performances have already been achieved and thanks must go to the participating clubs and facilitators.

WPA is looking forward to another exciting Track & Field season, which has got off to a great start. The performances from the previous season, are still fresh in our memories, and we wish all the athletes and coaches the best for the upcoming season.

The up and coming Winelands Marathon scheduled to take place on Saturday 15 November is one of the major events on the Road Running calendar. The ever so popular Wednesday night races are very well attended with the majority being female and temporary licensed participants.

WPA wishes everyone a happy November. May we take this time to raise awareness and support the many wonderful charities supporting men's health issues.

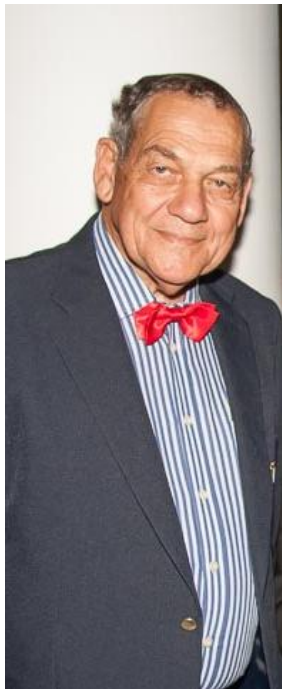
Running Regards

Jakes Jacobs

Commission News

CROSS COUNTRY

ATHLETIC CAREER – BEN OLIVER 50 YEARS



Being a runner/administrator for 50 years is a phenomenal achievement for anyone, but it does go with a lot of benefits and not a massive amount of sacrifices. The sacrifices are generally to assist yourself. Now think of someone who has spent most of 50 years assisting others. He started out as a marathon runner (PB of 2:29) and then moved into administration, where he has become indispensable as Mr Cross Country in Western Province. Not a cross country meeting goes by without him there, hard at work. He has carried cross country through thick and thin in WP.

Ben Oliver starts his involvement in the sport at the beginning of October 1964, and he is still going strong. He is a gentleman, hard worker and absolute legend. A few more like him and the sport will flourish. Thanks, for all the years of dedication, Oom Ben. We salute you.

He achieved the following:

- Represented WPA in Road / Cross Country events 1972 – 1980
 - Chairperson of WPA Cross Country 1975 – 1981, and 2005 to 2009
 - Secretary/Treasurer of WPA Cross Country 1981 – 1999
 - Treasurer of WPA Cross Country 1999 – 2004
 - WPA Cross Country Selector 1973 – 2011
-
- On behalf of ASA - present Cross Country officials / referees courses and examinations in Western Province.
 - International athletic referee from 1996 to date
 - Member of ASA Cross Country Commission 1971 – 1992 and from 2008 till June 2012.
 - Life Member of Spartan Harriers Athletic Club
 - Life Member of WP Athletics
 - Life member ASA Cross Country
 - ASA Cross Country Selector 1975 – 2000
 - 40 Times Manager of WPA Teams
 - 4 Times Manager of National Cross Country Teams (1981, 1984, 1987, 1991)
 - Manager/Coach of ASA Cross Country team to World Cross Country Championships in Spain (1993)
 - Manager/Coach of ASA Cross Country team to Southern Region Championships, March 2012, in Mauritius.
 - For development he assist with the organising of Cross Country events for the clubs in the rural areas.
 - At present he is a Commission member of WPA Cross Country.

RACE WALKING

SA Race Walking Championships – 11 October 2014

WPA was privileged to host the SA Race Walking Championships for the fourth consecutive year on 11 October 2014. 180 Athletes from 7 provinces entered the event. Distance included the open 50km (SA 50km Championship), 20km for senior and master walkers, 10km for master and junior/youth walkers, and the 3km and 5km events catering for sub-youth walkers.

Jakes Jacobs, WPA president started off the 50km walkers at 06:00. All the races started on time thanks to a well-managed call room and technical official contingent.

This event has always been well supported by all provinces. This year the weather played along and provided a pleasant day out for all the athletes and spectators.

WPA set a goal to improve on their overall 3rd place in 2013. This year the WPA Race Walking Team did just that and came away with the 2nd overall position. The team also walked away with the most medals on the day.

Well done to all the walkers who competed and did WPA proud!
Thank you to everyone who contributed in making this event a success!

RESULTS:

FINAL PROVINCIAL MEDAL TABLE		Gold	Silver	Bronze	Total Medals
1	Athletics Gauteng North	15	7	2	24
2	Western Province Athletics	11	12	8	31
3	Central Gauteng Athletics	11	8	11	30
4	Athletics South West Districts	3	2	0	5
5	Athletics Free State	2	3	0	5
6	Boland	1	2	3	6
7	Kwazulu Natal Athletics	1	1	1	3
9	Athletics Central North West	1	0	0	1
10	Boland Individuals	0	0	1	1
11	CGA Individuals	0	0	0	0
12	WPA Individuals	0	0	0	0
		45	35	26	106

Gold Medals

1	Ross	McDonald	M40/10	52:33
1	Johan	Van Zyl	M65/10	1:00:31
1	John	Hotston	M80/10	1:23:13
1	Althea	Janari	W50/10	1:02:19
1	Christine	Williams	W70/10	1:13:22
1	Deborah	Horn-Botha	W45/20	2:19:15
1	Peggy	Reid	W75/20	2:38:15
1	Gideon	Cillie	M35/20	1:44:41
1	Dennis	Hines	M45/20	2:08:34
1	Roy	Whyte	M65/20	2:28:46
1	Jurgen	Spencer	M70/20	2:08:13

Silver Medals

2	Gerhard	Eckley	SYB/3	16:22
2	Juandray	Pieterse	YB/10	53:20
2	Patrick	Wonfor	M65/10	1:08:51
2	Brian	Aver	M70/10	1:11:20
2	Suzelle	Els	W40/10	1:13:15
2	Carol	Pick	W45/10	1:10:26
2	Wendy	Josephs	W65/10	1:07:44
2	Chandra-Jay	Dunn	W45/20	2:24:06
2	Jackie	Goosen	W50/20	2:15:56

2	Pamela	James	W55/20	2:22:23
2	Ann	Stead	W65/20	2:26:06
2	Kenny	Anthony	M60/20	2:12:00

Bronze Medals

3	Ebrahima	Fisher	M45/10	59:01
3	Willem	Fransman	M55/10	1:13:56
3	John	Child	M60/10	1:06:36
3	Gail	Williams	W55/10	1:05:50
3	Elizabeth	Nel	W65/10	1:10:53
3	Margaret	Norton	W70/10	1:22:29
3	Adam	Papier	M50/20	2:07:03
3	Armond	Thompson	M60/20	2:27:05



Reminder !!! - There are two more WPA Walking League races left.

29 Nov 2014	Edgemead Classic 10km Walk	Edgemead Primary School	06:40
06 Dec 2014	Beachcomber Race Against Crime 10km	Strandfontein Sports Ground SpineRd	07:10

Race Walking Development

The WPARWC would like to encourage athletes, coaches, teachers, parents and WPA supporters to contact the WPARWC if you would like to receive more information about race walking. It's a sport that is being enjoyed around the globe, it's a sport that can be enjoyed by any age, and it's an Olympic sport.

As the school athletics season is looming, the WPARWC would like to encourage schools and parents to enter their athletes and children in the race walking events. Potential WPA and SA Champions might just be discovered.

Contact us: wpracewalking@gmail.com

Clubs

HARFIELD HARRIERS

Harfield Harriers Member wins Gold for South Africa in World Champs Masters Mens

Derek Oehley of Claremont Cape Town won the Gold Medal for South Africa in the World Biathlon Championships held in Guatemala this month and the Silver Medal for South Africa in the World Triathlon Championship the previous day.

His World Championship wins were celebrated by the members of Harfield Harriers running club last week. Derek has been a club member there since 2000.

Biathlon and Triathlon are internationally recognized sub-events within Modern Pentathlon (*Union International de Pentathlon Moderne (UIPM)*) and formed to create opportunities for Athletics competition and training in real race conditions. Biathlon involves running and swimming at speed over specified distances and Triathlon (relatively new to the South African Athletics sporting agenda) involves running, swimming and laser pistol target shooting.

To qualify to compete with Team South Africa Derek needed win a place on the Western Province Team, then the Western Cape Team and then the National South African team.



Harfield Harriers humbly refers to itself as a Social Club that “runs a bit”. Its friendly members creates a nurturing and happy “home” for keen runners and casual runners alike. The *HaHaBar* at the clubhouse comes to life every Thursday evening after a short Time Trial through the streets of Newlands. Every week new faces and new friends pop down to join one of the social runs, time trials or meet on the weekends for their legendary Trail Runs that remind Capetonians that we live with one of the most spectacular “back yards” in the world.



Harfielders are used to their members winning races but when it all comes down to this community club it's about the support they give each other in and out of their running shoes.

RAVENSMEAD ATHLETIC CLUB

Ravies on the run

Two of our members represented Western Province Athletics at the SA Race Walking Championships on 11 October at Youngsfield. Fundiswa Sandi took part in the Senior Women 20km event and finished in 8th position in a time of 2hours 15 minutes despite walking the race of her life so far. She bettered her previous best time by more than 5 minutes.

Willem Fransman took part in the 10km Masters Men 55 – 59 years and finished in a time of 1 hour 13 minutes and 56 seconds, placing him in 3rd position – **Bronze medal**. He was 3 minutes and 12 seconds behind the athlete who took silver. However it could have been Willem in second place had he not been interfered with, which caused him to spend about 4 minutes in the medical tent.



Four runners of the club went on a running spree that saw them covering more than 250km from the Cape Town Marathon to the "Voet van Afrika" in Bredasdorp including the Lainsburg 80km Karoo Ultra Marathon. They are Frank Ohlson, Julian Ohlson, Joseph Johannes and the rose amongst the thorns, Zethena October. Zethena finished on the podium in a couple of races in the Ladies Veterans Category leading up to the Karoo ultra-marathon. Her effort saw her finishing 8th overall of the ladies in the Karoo Ultra Marathon. She received her first ever finishing towel (one of her proudest moments thus far). She also finished 3rd in the veterans category in a time of 8:38:32. Joseph's time was 8:44:41, Frank's time was 9:03:56 and Julian finished in a time of 11hours 25min.



Zethena with her towel Joseph Frank Julian Zethena - 3rd veteran lady.

The same four joined by Fundiswa took on the "Voet van Afrika" in Bredasdorp on 18 October where Joseph finished in a time of 4:00:24, Zethena 4:24:22, Frank 4:26:27, Fundiswa 4:54:55 and Julian 5:26:39

SANLAM ROAD RUNNING CLUB

Niel Joubert Plaaswedloop: please arrive early

It is again time for the annual Sanlam Niel Joubert Plaaswedloop on the farm Klein Simonsvlei near Klapmuts. The date of the 13 km race is Wednesday, 26 November, and the starting time is 18:15. Pre-entries are not available this year – please enter on the farm from 16:15. All finishers within the cut-off time of 1 hour and 40 minutes will receive Niel Joubert Wines.

Participants are asked to arrive early at the farm – there is only one access road and parking space is limited. This is not only a running experience equal to none – participants and their family/friends can enjoy the Plaaswedloop Party after the race with lots of food and drinks for sale. The routes to the venue are:

How to get there from Cape Town

Take the N1 and Exit 47 (Wellington/Klapmuts/Franschhoek). Turn right on the R44, direction Stellenbosch. At the four way robot, continue straight across the railway line, turn left on the R45 (Franschhoek/Simondium). The entrance to the farm Klein Simonsvlei (Home of Niel Joubert Wines) - the race venue - is after 4,5km on your right.

How to get there from Stellenbosch

Take the R44 from Stellenbosch to Paarl. Turn right at the R45 (Franschhoek/Simondium). The entrance to the farm Klein Simonsvlei (Home of Niel Joubert Wines) - the race venue - is after 4,5km on your right.

Four milestones for club in one month

The Sanlam Road Running Club proudly announce four outstanding milestones during the past month.



Mukesh, our 200th member

Chairperson Wynand Beukes (left) and Mukesh Thakur.

The Sanlam Road Club's 200th member this year is Mukesh Thakur. This is the highest club membership total ever. The previous record of 178 was set last year. Mukesh works at Sanlam' Head Office in Bellville. About seventy percent of the club's members are Sanlam officials.



Johan, our South African champion

Johan van Zyl

A member of the Sanlam Road Running Club was crowned as a South African champion athlete in October. He is Johan van Zyl, who finished first in the 10 kilometer Master Men race at the SA Race Walking Championships. This is the first time in the club's history that they have a SA champion. Earlier this year, Johan was also elected as a member of the Western Province Athletics Cross Country Inter-provincial Team. He was also a member of the Sanlam men 60+ team that finished second in the Sanlam Cape Town Peace 10 kilometer in September.

Twentieth Birthday

Festival Year ! 20 ! Feesjaar

The twentieth year logo.

The Sanlam Road Running Club was founded on 26 August 1994 and turned 20 this year. Founder members attended the club's birthday celebration on 26 September as guests of honour. It was announced that the club will arrange a special 21st birthday celebration in August next year. A research publication on the club's history will be launched on that occasion.

New vests



Since September, the Sanlam Road Running Club members are participating in the new club vests. The vests were altered in accordance with Sanlam's new company image. The new gear is a hit and eye-catcher and was welcomed with lots of compliments by the running fraternity. The picture shows a couple of members in their new vests.

STRAND ATHLETIC CLUB

A promotional poster for a race event. The background features a cheetah's face. At the top, a red banner reads "NEW ROUTE ALONGSIDE BEACH & CHEETAH SANCTUARY!". Below that, it says "LABOURWISE AND LABOURWISE HUMAN RESOURCES PRESENT THE". The main title is "LABOURWISE & STRAND Athletic Club 10KM ROAD RACE & 4KM FUN RUN/WALK (social walkers welcome)". A purple banner below states "PART OF THE PROCEEDS WILL BE DONATED TO THE CHEETAH SANCTUARY". The date is "WEDNESDAY 5 NOVEMBER 2014". Starting times are "10KM STARTS AT 18H30" and "4KM STARTS AT 18H45". The location is "CHARLES MORKEL STADIUM, CHURCH STREET, STRAND". Enquiries contact info is provided. There are two gear-shaped callouts: one about food and drinks, and another about a lucky draw. At the bottom, there are logos for sponsors: Labourwise, Coca-Cola, KOTEX LABOUR, and Western Province Athletics.

NEW ROUTE ALONGSIDE BEACH & CHEETAH SANCTUARY!

LABOURWISE AND LABOURWISE HUMAN RESOURCES PRESENT THE

LABOURWISE & STRAND Athletic Club

10KM ROAD RACE & 4KM FUN RUN/WALK
(social walkers welcome)

PART OF THE PROCEEDS WILL BE DONATED TO THE CHEETAH SANCTUARY

WEDNESDAY 5 NOVEMBER 2014

STARTING TIMES:
10KM STARTS AT 18H30
4KM STARTS AT 18H45

Entries on race day from 16h00 – 18h15
PRIZE GIVING – 20:15

RACE ENQUIRIES:
Frans Kotzé: 083 302 6613
Karlien Scholtz: 082 657 8851
E-Mail: 111kotze@gmail.com

Lots of food & drinks will be on sale so bring the whole family to enjoy a relaxing, fun filled evening!

Fantastic lucky draw prizes: Sportsmans Warehouse, Spar, Wine, Weekend Accommodation etc

SPONSORS:

LABOURWISE
www.labourwise.co.za

Coca-Cola

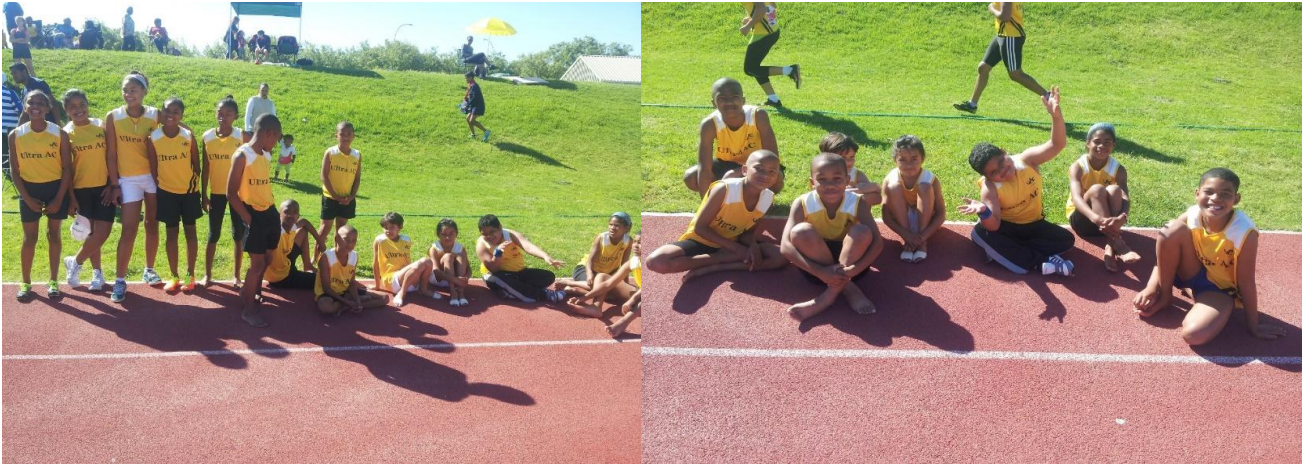
KOTEX LABOUR

WESTERN PROVINCE ATHLETICS
Race Flyers and Results
www.wpa.org.za
wpa-subscribe@yahoo.com

ULTRA ATHLETICS CLUB

Ultra Athletics Club Athletes competing at their 1st track and field pre-season competition:

The first Little Athletics competition saw Ultra Athletics athletes dominate both the girls and boys under 10 80m and 100m sprints. Boys under 12 also made a clean sweep in the 100m as well as taking the 150m 1st, 2nd and 3rd places respectively. Some great performances clearly evident as all athletes that competed on the day comes from the Ultra Athletics development program, an initiative started in the underprivileged areas of the Cape Flats that caters for all spheres of life. For more info about their program visit www.ultraathletics.co.za.



Coaching

IAAF/WPA KIDS ATHLETICS COURSE

This course provides an introduction to the fundamentals of athletic movement for children in a fun environment, and is an ideal course for the beginner coach, teachers, parents and volunteers. It will enable them to contribute to the development of athletics in their schools and/or clubs, with young and developing athletes, thus broadening the base of athletics within Western Province.

COURSE DATES:

Saturday 29 & Sunday 30 November

TIME: 08h00 to 16h30 (both days)

VENUE: Parow Stadium, Parow

Minimum age: 18 years

Cost: R250

If you are interested in attending this course on any of the dates above, please email coaches@wpathletics.co.za or contact 021 699 0615, for further information.

Events

OLD MUTUAL TWO OCEANS MARATHON

OLD MUTUAL TWO OCEANS MINI MARATHON SERIES

Next Event

Date: 29 November 2014

Time: 9:00

Venue: Hout Bay

Distance: 2.1km & 5.6km

Runners and Walkers Welcome!

- Minimum age: 6 years for 2.1km and 9 years for 5.6km on race day.

ALL FINISHERS RECEIVE A MEDAL

OLD MUTUAL TWO OCEANS FUN RUNS

Date Friday, 3 April 2015
Venue Upper Campus Rugby Fields, UCT
Time 09:00 onwards
Distances 56m Nappy Dash
300m Toddlers' Trot
2.1km Fun Run
5.6km Fun Run
Entry Fee R30

For more information on the series go to www.twooceansmarathon.org.za or contact the Old Mutual Two Oceans Marathon office on 021 799 3040.

WPA Development

LITTLE ATHLETICS

Track and Fields' pre-season started with a bang as LITTLE ATHLETICS welcomed young athletes from far and wide at Parow stadium on the 11 October 2014.



Little athletics is a Cape Town initiative which introduces children between the ages of 7 and 14 to track and field activities. Athletes are able to develop the skills of running, walking, jumping, and throwing to facilitate their transition to the next level. The nature of Little Athletics encourages and requires parents to also be involved in the sport. Since its inception it has grown very popularly amongst communities and has become a constant growing initiative with the endorsement of Western Province Athletics.



We had a very successful 1st day. The programme was only 3 hours long and we had lots of entries for the various events. We were happy to include the pentathlon and the triathlon events.



We had great parents' and coaches support who understands that with Little Athletes we need to be patient and have tolerance especially when facing challenges on the day.



Our next meet will be on the 8 November 2014 at Vygieskraal. The entry forms and programme can be downloaded from our website www.littleathletics.co.za where video highlights can also be viewed from our last event. For more info contact Waleed Donough 0823966504

WPA LEADERSHIP CAMP

17-19 October at Joie De Vivre, Klapmuts

What a fantastic and informative weekend this was for our "Kids Athletics" Facilitators.

The objectives of the camp were:

- To grow the current leaders within the field of athletics
- Build their trust and working relationship with Western Province Athletics and each other
- Develop a youth leadership team
- Develop and workshop the Kids Athletics Programme
- Introduce the Teen Athletics concept
- Prepare for the summer series of events

The theme of the camp was "One Team, One Dream"

This theme is based on a long term goal of all leaders working together to get WP athletes into a SA Olympic team.

Friday evening kick-started with an official welcome and some house rules were presented and discussed. The group was divided into smaller teams, and each team was tasked to come up with a team name. Icebreakers were performed which proved to be challenging, yet fun, as teamwork was an essential part of the success.

Saturday morning saw an early morning group run. After a short teambuilding exercise everyone met in the conference venue for the start of the day's presentations. Topics presented were:

- Athletics – An Overview
- WPA: Who are we?
- Coaching & Coaching Pathways
- Athletics and Your Role as a leader.

These topics in a nutshell explained the structures of Athletics (IAAF, ASA, WPA, Clubs, Communities) and how they as a coach and leader fit in, what opportunities present themselves, and what their roles and responsibilities are.



The Kid's Athletics sessions detailed elements of the "Kids Athletics" programme and the related activities. This was then followed by the outdoor practical sessions. It was very encouraging to witness that all the sessions ended up being very interactive and inclusive. Saturday evening saw all the leaders participating in a pizza making competition, which was thoroughly enjoyed by all.



Sunday morning saw another early morning run followed by a teambuilding session. The topics covered were: Kids Athletics and your community followed by the group looking at ways to energize the programme and coming up with new activities that can be used in the upcoming Kids Athletics Summer Series. This was then followed by a revue of the weekend.

Looking back on the weekend and all the sessions, it must be noted that we definitely have a strong team of facilitators, willing and dedicated, to growing the sport of athletics. A word of thanks is extended to everyone who gave of their time to ensure that the camp was a resounding success. We eagerly await the next one!



November Event Diary

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL
1-Nov	Sat	Elsies River 10 km	10	6:45	Coca-Cola League Salberau Sports Complex, Elsiesriver	Elsies River AC	Bertram Windvogel	082 398 7148	parlab@gualaclosures.co.za
	Sat	Elsies River 5 km	5	7:15	Salberau Sports Complex, Elsiesriver	Elsies River AC	Bertram Windvogel	082 398 7148	parlab@gualaclosures.co.za
	Sat	Frans du Toit Memorial Meetng			Bellville Athletics Stadium	Bellville Athletics Club	Adrie Jordaan	083 639 0071	adriejor@gmail.com
2-Nov	Sun	The Landmarks 21 km	21,1	6:00	WPCC Sport Centre Keurboom Road Rondebosch	WPCC AC	Ted Vickery	076 195 7289	ted@binet.co.za
	Sun	The Landmarks Fun Run	6	6:45	WPCC Sport Centre Keurboom Road Rondebosch	WPCC	Ted Vickery	076 195 7289	ted@binet.co.za
5-Nov	Wed	Labourwise 10 km	10	18:30	Charles Morkel Stadium, (Helderberg Rugby Club)	Strand AC	Frans Botha	082 675 1311	frans@office-wise.co.za
	Wed	Labourwise 5 km Fun Run/Walk	4	18:45	Charles Morkel Stadium, (Helderberg Rugby Club)	Strand AC	Frans Botha	082 675 1311	frans@office-wise.co.za
8-Nov	Sat	HFPA 21,1 km	21,1	6:00	Eden on the Bay, Big Bay	West Coast AC	Lizelle Meyer	084 581 3713	lizellemeyer@webmail.co.za
	Sat	HFPA Fun Run	5	6:30	Eden on the Bay, Big Bay	West Coast AC	Lizelle Meyer	084 581 3713	lizellemeyer@webmail.co.za
8-Nov	Sat	Little Athletics			Vygieskraal Athletics Stadium	Western Provine Athletics	Waleed Donough	082 759 9709	waleed@compudata.co.za
9-Nov	Sun	Cape Point 21 km	21,1	Trail	Cape Point		Trevor Ball		www.energyevents.co.za
	Sun	Cape Point 10 km	10	Trail	Cape Point		Trevor Ball		www.energyevents.co.za
15-Nov	Sat	Winelands Marathon	42,2	5:30	Eikestad Primary School	Top Events	Top Events	021 511 7130	info@topevents.co.za
	Sat	Winelands Half Marathon	21,1	5:45	Eikestad Primary School	Top Events	Top Events	021 511 7130	info@topevents.co.za
	Sat	Winelands 10km	10	6:00	Eikestad Primary School	Top Events	Top Events	021 511 7130	info@topevents.co.za
	Sat	Winelands Fun Run	5	6:30	Eikestad Primary School	Top Events	Top Events	021 511 7130	info@topevents.co.za
15-Nov	Sat	SA Half Marathon Championships	21,1		Pretoria	ASA			
19-Nov	Wed	Twilight Run	5	19:30	Founder's Garden, Cape Town	Top Events	Top Events	021 511 7130	info@topevents.co.za
21-Nov	Fri	Multi Events		18:30	Bellville Athletics Stadium	Western Provine Athletics	Elize Engelbrecht	021 699 0615	events@wpathletics.co.za
22-Nov	Sat	Multi Events & Leo Benning Masters Challenge 2		12:30	Bellville Athletics Stadium	Western Provine Athletics	Dirk van Dalen	074 443 7900	vda@telkom.sa.net
22-Nov	Sat	Mitchells Plain 21 km	21,1	6:00	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
	Sat	Mitchells Plain 10 km	10	6:30	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
	Sat	Mitchells Plain 5 km Fun Run	5	8:30	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
26-Nov	Wed	Sanlam Niel Joubert Plaaswedloop	13	18:15	Klein Simonsvlei, Klapmuts	Sanlam AC	Wyndand Beukes	083 461 8614	wbeukes@absamail.co.za
29-Nov	Sat	SA 100km Championships	100		Van der Bijl Park	ASA			
29-Nov	Sat	Edgemead Classic 10 km	10	6:30	Edgemead High School	Edgemead AC	Roland Matzke	082 878 1167	committee@edgemeadrillers.org.za
	Sat	Edgemead Classic 10 km Walk	10 W	6:40	Edgemead High School	Edgemead AC	Roland Matzke	082 878 1167	committee@edgemeadrillers.org.za
	Sat	Edgemead Classic 5 km	5	7:00	Edgemead High School	Edgemead AC	Roland Matzke	082 878 1167	committee@edgemeadrillers.org.za

Should you wish to share your club or event news please send the information to sue@wpathletics.co.za



<https://www.facebook.com/groups/WesternProvinceAthletics>