



2020 ASA FIXTURES LIST – 12 DECEMBER 2019 VERSION

Key: I-International; N National; P- Provincial; A- Associate; OR: Off-Road Running; RR: Road Running; T&F: Track and Field Running; RW: Race Walking

Please note the latest updates on the ASA Fixtures are indicated in red

Activity	Date	Day	Event	Venue	Organiser	
CC	18 January	Sat	ASA Cross Country Trials – WA Events only	High Performance Institute, Potchefstroom	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
T&F	01 February	Sat	ASA Twizza Super School Series 3 – Grand Finale	Tukkies Bestmed Stadium, Pretoria	ASA Mehlo Hlabangane	082 990 9470 mehloh@athleticssa.co.za
T&F	28 -29 Feb.	Fri-Sat	ASA Provincial T&F u/16 - u/20 Championships (For all ASA provinces in Northern Cape ;North West ; Eastern Cape ; Western Cape	5 Political Provinces with more than 1 ASA Province in the borders	ASA Province + ASA Schools	082 550 7032 peppi@telkomsa.net
T&F	28 -29 Feb.	Fri - Sat	Provincial District Championships KZNA ; FS ; MPU ; LIMA	4 ASA Provinces in political borders	ASA Schools	082 550 7032 peppi@telkomsa.net
CC	01 March	Sun	6th CAA AFRICA CROSS COUNTRY CHAMPIONSHIPS	LOMÉ (TOGO)	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
T&F	13 – 14 March	Thurs-Sat	9 Provincial High School T&F Championships	9 Provinces	ASA Schools	082 550 7032 peppi@telkomsa.net
T&F	20-21 March	Sat-Sun	ASA (Schools (SASA) National Primary Schools T&F Championships	Pietermaritzburg	ASA Schools	082 550 7032 peppi@telkomsa.net
T&F	13 – 15 March		WA (IAAF) WORLD INDOOR CHAMPS	NANJING , CHINA	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
RR	14 March	Sat	Om die Dam Ultra Marathon 50KM & 21KM (AIMS) – Qualifier for IAU 50KM World Championships (2021)	Hartbeespoort Holiday Resort, 5 Old Rustenburg Road, BRITS	Jaco Venter	083-222 9448 Jaco.venter@mtn.com
T&F	20 - 25 March		2020 Toyota National Championships for the Physical Disabled and Visually Impaired	NMMU Athletics track Port Elizabeth	Lappies Swanepoel	Lappies.atletiek@gmail.com 073 793 2992
T&F	26 – 28 March	Thurs-Sat	TWIZZA ASA U/16, U/18 (YOUTH) and U/20 (JUNIOR) T&F CHAMPIONSHIPS, incorporating the SASA National High School; LSEN & DEAF School Championships	Dal Josephat Stadium, Paarl	ASA Mehlo Hlabangane	082 990 9470 mehloh@athleticssa.co.za
RR	29 March		WA (IAAF) WORLD HALF MARATHON CHAMPIONSHIPS	GDYNIA, POLAND	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
T&F	09 April	Thurs	ASA ATHLETIX GRAND PRIX 1	Greenpoint Stadium, Cape Town	ASA Mehlo Hlabangane	082 990 9470 mehloh@athleticssa.co.za

RR	11 April	Sat	Two Oceans Ultra Marathon 56km (AIMS) – Qualifier for IAU 50KM World Championships (2021)	Cape Town	Debra Barnes	083 456 6720 debra@twooceansmarathon.org.za
T&F	14 April	Tuesday	ASA ATHLETIX GRAND PRIX 2	Tuks Stadium, Pretoria	ASA Mehlo Hlabangane	082 990 9470 mehloh@athleticssa.co.za
T&F	18 April	Saturday	ASA ATHLETIX GRAND PRIX 3	Puk Mc Arthur Stadium/ Potchefstroom	ASA Mehlo Hlabangane	082 990 9470 mehloh@athleticssa.co.za
T&F	TBC		CAA AFRICAN YOUTH & JUNIOR CHAMPS	TBC	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
T&F	23 -25 April	Thurs-Sat	3Sixty Life & Sizwe Medical ASA SENIOR T&F + COMBINED EVENTS & 50km NATIONAL CHAMPIONSHIPS	Pilditch Stadium, Pretoria	ASA Mehlo Hlabangane	082 990 9470 mehloh@athleticssa.co.za
T&F	May TBC		COSSASA High Schools Championships	TBC	ASA Schools	082 550 7032 peppi@telkomsa.net
T&F	May TBC		CAASR5 u/18 & u/20 Championships	TBC	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
RW	02 -03 May		WA (IAAF) WORLD RACE WALKING TEAM CHAMPIONSHIPS	MINSK, BELARUS	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
RR	17 May	Sun	FNB Cape Town 12 ONERUN (WA Silver Status)	Cape Town	Agne Du Plessis	082 517 4799 agne@stillwatersports.com
RR	14 June	Sun	Comrades Marathon (IAU – Gold Label status) Qualifier for IAU 100KM World Championships (2020)	Pietermaritzburg to Durban	Rowyn James	079 501 0061 rowyn@comrades.com
DEV	20 June	Sat	ASA ANNUAL GENERAL MEETING	Garden Court Airport	Durell Jejane	076 9090 514 durellj@athletics.co.za
T&F	24-28 June		22nd CAA AFRICAN SENIOR CHAMPIONSHIPS	Algiers (ALGERIA)	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
RW	07 Jul –12 Jul		WA (IAAF) WORLD U/20 CHAMPIONSHIPS	KASARANI ,KENYA	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
RR	12 July	Sun	FNB DURBAN 10K CITYRUN (WA Silver Status) Incorporating the ASA 10KM Championships	Durban	Agne Du Plessis	082 517 4799 agne@stillwatersports.com
T&F	31 July – 09 August		2020 IOC OLYMPIC GAMES	TOKYO JAPAN	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
RR	25 July	Sat	Nelson Mandela Bay Half Marathon incorporating ASA Half Marathon Championships	Port Elizabeth	Irene van Eeden	irene@ep.co.za
Dev	09-10 August	Sat–Sun	ASA National Technical Symposium	TBC	ASA Mehlo Hlabangane	082 990 9470 mehloh@athleticssa.co.za
CC	05 September	Sat	ASA National Cross Country Championships Incorporating USSA And SASA Championships	AMANZIMTOTI KZN	ASA Mehlo Hlabangane	082 990 9470 mehloh@athleticssa.co.za
RR	12 September	Sat	IAU 100KM World Championship	WINSCHOTEN, NEDERLANDS	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
Dev.	22 -23 Sept.	Sat-Sun	ASA National Coaches Symposium	TBC	ASA Mehlo Hlabangane	082 990 9470 mehloh@athleticssa.co.za
RR	24	Thurs	FNB Joburg 10K CITYRUN – IAAF Bronze Label	Johannesburg	Agne Du Plessis	082 517 4799

	September					agne@stillwatersports.com
DEV	10 October	Sat	ASA QGM MEETING & ELECTIONS	Garden Court Airport	Durell Jejane	076 9090 514 durellj@athletics.co.za
T&F	TBC	Sat	20km and 50km Race Walking Inter- Provincial	TBC	TBC	TBC
RR	18 October	Sun	Sanlam Cape Town City Marathon (IAAF Gold Label Status) Incorporating ASA Marathon Championships	Cape Town	Janet Welham	083 270 9601 janet@saige.co.za
Dev	24 October	Sat	ASA National Admin and Team Management Workshop	Garden Court Airport	Durell Jejane	076 9090 514 durellj@athletics.co.za
RR	01 November	Sun	Old Mutual Soweto Marathon	Soweto	Danny Blumberg	082 337 1789
Dev	7 November	Fri	ASA Athletes Representative's Workshop	Garden Court Airport	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za
Dev	8 November	Sat	ASA National Excellence Workshop	Garden Court Airport	Hezekiel Sepeng	072 687 3372 hezekiel@athleticssa.co.za