



AGN FIXTURES - 2024

International = I (Orange)

National = N (Green)

AGN Championships = Blue

AGN Meetings = Yellow

CROSS COUNTRY = CC

Race Walking = RW

Road Running = RR

Track & Field = TF

Version 2 - Nov 2023

JANUARY								
Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
RR	Mon, 1	New Year's Run/Walk	Pretoria-Botanical Gardens	10 ; 5	07:00	RWFL AC	Corlien Meyer	079-493-9030
RR	Sat, 6							
RR	Sat, 13	Ford 3 in 1 Season Opener	Ford Motor Company Sports Grounds	21,1 ; 10 ; 5	06:00	Ford AC	Bernard Masango Dan Nkoane	078 804 7388 072 171 7390
TF	Sat, 20	AGN Track & Field League 1 (U16, U18, U20 & Seniors)	Pilditch Stadium			AGN	AGN Office	012 327 4930
RR	Sat, 20	PWC George Claassen	Pick n Pay Hyper, Faerie Glen	21,1 ; 10 ; 5	06:00	PMC	Mike Minty PMC Secretary	083 414 5938 072 726 4000
TF	Sat, 27	AGN Track & Field League 2 (U16, U18, U20 & Seniors)	Pilditch Stadium			AGN	AGN Office	012 327 4930
N - RW	Sat, 27	ASA 35km Race Walking Championships & Open International	Cape Town Youngsfield Military Base			ASA	ASA Office	011 880 5800
RR	Sat, 27	Wonderpark Akasia Road Race	Wonderpark Shopping Centre	42,2 ; 21,1 ; 10 ; 5	05:30	Akasia AC	Altje Conradie Pieter Luyt	082 372 7093 084 294 8070
TF	Wed, 31	TUT CURRO Hazeldean Top 14 (Schools and limited seniors program)	Pilditch Stadium					
FEBRUARY								
Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
RR	Sat, 3	Intercare Classic Road Race	Castle Gate Shopping Centre	21,1 ; 10 ; 5		Magnolia	Charl Crouse Tinus Marais	082 900 1323 083 304 7054
I - CC	Sat, 10 - Sun, 11	World Athletics Cross Country Championships	Medulin Croatia			ASA	ASA Office	011 880 5800
TF	Sat, 10	AGN Track & Field League 3 (U16, U18, U20 & Seniors)	Pilditch Stadium			AGN	AGN Office	012 327 4930
RR	Sat, 10	Ace Race	Eersterust Sports Stadium	21,1 ; 10 ; 5	06:00	ACE	Michael Lawrence Craig Beukes	071 381 9596 079 373 3847
RW	Sat, 10	AGN Race Walking Grand Prix 1 includes 10km Championships	TBC	20 ; 10		AGN RWC	Jaap Willemse	
TF	Tue, 13	Prestige TUKS Top 10 (U14, U15, U16, U17, U19 & Limited Seniors)	Tuks Athletics Stadium					
RR	Wed, 14	TUT Valentine's Night Race	TUT Pretoria Campus, Athletics Track	10 ; 5	18:00	TUT AC	Whitney Matseba Sive Ngobu	063 347 7714 062 247 1673
TF	Sat, 17	Curro Podium Final (U14, U15, U16, U17, U19 & Limited Senior)						
RR	Sat, 17	Bestmed Tuks Race	Hillcrest Sports Campus, University of Pretoria	21,1 ; 10 ; 5	06:00	TUKS AC	Jet Moses Ammie Sutton	072 259 4282 082 440 0281
RR	Sun, 18	Moretele/RWFL	The Grove	42,2 ; 28 ; 14	05:30	Moretele AC	Molefe Mokone	082 782 6156
TF	Mon, 19	E-BOND Inter-High (U14, U15, U16, U17 & U19)	Pilditch Stadium					
TF	Tue, 20	D-BOND Inter-High (U14, U15, U16, U17 & U19)	Pilditch Stadium					
TF	Wed, 21	G-BOND Inter-High (U14, U15, U16, U17 & U19)	Curro Hazeldean					
TF	Wed, 21	C-BOND Inter-High (U14, U15, U16, U17 & U19)	Pilditch Stadium					
TF	Thu, 22	B-BOND Inter-High (U14, U15, U16, U17 & U19)	Pilditch Stadium					
TF	Fri, 23	A-BOND Inter-High (U14, U15, U16, U17 & U19)	Pilditch Stadium					
TF	Sat, 24	AGN Track & Field League 4 (U20 & Seniors)	Pilditch Stadium					
RR	Sun, 25	Pretoria Marathon	Phobians Athletics Club	42,2 ; 21,1 ; 10 ; 5	05:30	Phobians	Grahame Gertch Richard Brighton	073 171 7507 060 992 2146
I - RR	Sun, 25	ASA 50km Championships / 50km Runified Breaking Barriers Race	Marine Park, Gqeberha			ASA	ASA Office	011 880 5800
I - RR	Sun, 25	Capital City Marathon	Msunduzi Athletics Stadium, Pietermaritzburg				Simphiwe Ncobo	063 185 3447
TF	Thu, 29	F-BOND Inter-High	Pilditch Stadium					
MARCH								
Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
I - TF	Fri, 1 - Sun, 3	World Athletics Indoor Championships	Glasgow, Scotland			ASA	ASA Office	011 880 5800
TF	Sat, 02	AGN Track & Field League 5 (U16, U18, U20 & Seniors)	Pilditch Stadium					

RR	Sat, 2	Medihelp Sunrise Monster	Harlequin Sports Ground, Pretoria	32 ; 21,1 ; 10 ; 5	06:02	Harlequin Harriers	Jaun Robbertse Megan Hesse	082 455 6465 082 896 4377
TF	Fri, 8 - Sat, 9	AGN U16, U18, U20 and Seniors Track & Field Championships	Pilditch Stadium			AGN	AGN Office	012 327 4930
RR	Sat, 9	Buco Bobbies 3 in 1	Hatfield Plaza Shopping Centre	21,1 ; 10 ; 5	06:00	Pta Police MC	Charl Cilliers Niekie Aldrich	082 785 3273 083 234 5546
N - RR	Sun, 10	Motsepe Foundation ASA 10km Championships	Central Gauteng Athletics (TBC)			AGN	AGN Office	012 327 4930
I - TF	Thu, 14	ASA Athletics Grand Prix 1 / Continental Tour Challenger	NWU McArthur Stadium, Potchefstroom			ASA	ASA Office	011 880 5800
TF	TBC	SASSA Track & Field High Schools Championships U16, U18 & U20	TBC					
TF	TBC	SASSA Track & Field Primary Schools Championships U10-U13	TBC					
I - TF	Mon, 18	ASA Athletics Grand Prix 2 / Continental Tour Challenger	AGN Venue: TBC			ASA	ASA Office	011 880 5800
RR	Sat, 16	The Moo'se Race	Irene Village Mall	21,1 ; 10 ; 5	06:00	Wingate RR	Bennie Buys Marietjie Buys	082 809 5447 072 864 2908
N - TF	Thu, 21 - Sat, 23	ASA U/16, U/18 (YOUTH), U/20 (JUNIOR) & U/23 Track & Field National Championships	Pilditch Stadium, Pretoria West			AGN	AGN Office	012 327 4930
RR	Thu, 21	Pick n Pay Right to Run	The Grove Mall	21,1 ; 10 ; 5	07:00	Arcadia RC	James Matshenga	082 566 1595
RR	Sat, 23	Overkruin Kolonade Race	Kolonade Shopping Centre	32 ; 15 ; 5	06:00	Overkruin AC	Johan Kirsten Rocky van Staden	083 324 5074 079 359 0970
I - TF	Mon, 18	ASA Athletics Grand Prix 3 / Continental Tour Challenger	University of Johannesburg Athletics Track			ASA	ASA Office	011 880 5800
RR	Sat, 30	Easter Saturday						
N - RR	Sun, 31	City to City	TBC	50 ; 10 ; 5		ASA/AGN/CGA	AGN Office	012 327 4930

APRIL

Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
	Mon, 1	Public Holiday						
TF	Thu, 4 - Sat, 6	USSA Track & Field Championships	Stellenbosch, Cape Town			USSA	Jazz Mnyengeza	072 262 9752
TF	Fri, 5 - Sat, 6	GNMA Track & Field Championships	Pilditch Stadium				Gretha Viljoen	082 625 5189
RR	Sat, 6	Irene Running Festival	ARC Campus, Irene	32 ; 21,1 ; 10 ; 5	06:00	Irene AC	Wynand Breytenbach Estien van Wyngaard	082 937 0733 082 331 2236
RR	Sun, 7	Irene Running Festival	ARC Campus, Irene	48	06:00	Irene AC	Wynand Breytenbach Estien van Wyngaard	082 937 0733 082 331 2236
RR	Sat, 13	The Green Mile Road Race	Sport Park, Sports Complex, Lyttelton	16M ; 8M ; 4M		Green Mile AC	Chris Koch Diederick Steyn	082 785 8792 082 887 7878
N - TF	Thu, 18 - Sat, 20	ASA Senior Track & Field National Championships and Multi Events + Relays	Msunduzi Athletics Stadium, KwaZulu Natal			AGN	AGN Office	012 327 4930
RR	Sat 20	Tshwane North Ultra	Akasia Community Hall	50 ; 21,1 ; 5	06:00	Atteridgeville AC	Hloks Lebea Thabo Manyane	079 965 4524 081 782 4020
N - RR	Sat, 27	ASA Marathon Championships incorporating Durban International Marathon	Durban, KwaZulu Natal			AGN	AGN Office	012 327 4930
RR	Sun, 28	OHS Awareness Walk and Run	TBC	10 ; 5		Cultivation AC	Peter Nteo Marina Molepo	082 636 4365 073 354 6334

MAY

Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
RR	Wed, 1	MiWay Wally Hayward	Centurion Rugby Club	42,2 ; 21,1 ; 10 ; 5	06:30	Alpha Centurion	Francois Jordaan Mirok Kaffka	082 376 4865 082 463 4292
I - TF	Sat, 4 - Sun, 5	World Athletics Relays' Championships	Bahamas			ASA	ASA Office	011 880 5800
RR	Sat, 4	Jackie Mekler	Pta Military Sports Complex	25 ; 10 ; 5	06:30	PMMC	Vusi Lerefolo Disco Madikazi	061 493 4543 083 472 4453
CC	Sat, 4	AGN Cross Country League 1 (All Ages)	TBC			AGN	Buks Meyer	082 823 8883
RR	Sat, 11	Love Run Race	Hatfield Christian Church	21,1 ; 10 ; 5	06:00	Love Running	William Julius Alfred Adriaan Kars	082 043 2686 082 828 5278
CC	Sat, 11	AGN Cross Country League 2 (All Ages)	TBC			AGN	Buks Meyer	082 823 8883
CC	Fri, 17	AGN Cross Country League 3 Night Race (All Ages)	TBC			AGN	Buks Meyer	082 823 8883
TF	Sat, 18	AGN Track & Field League 6 (U20 & Seniors)	Pilditch Stadium					
RR	Sat, 18	Race of Hope	The Grove Mall	21,1 ; 10 ; 5	07:00	RWFL AC	Corlien Meyer	079 493 9030
RR	Sat, 25	Centurion Skosana Legend Race	Centurion Mall	21,1 ; 10 ; 5		RWFL AC	Corlien Meyer	079 493 9030
CC	Sat, 25	AGN Cross Country League 4 (All Ages)	TBC			AGN	Buks Meyer	082 823 8883
CC	Fri, 31	AGN Cross Country Coaches Workshop	TBC			AGN	Buks Meyer	082 823 8883

JUNE

Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
N - RR	Sat, 1	ASA Half Marathon Championships incorporating NMB Half Marathon	Pollock Beach, Summerstrand, Gqeberha			ASA	ASA Office	011 880 8500
RW	Sat, 1	AGN Grand Prix 2 including AGN 20km Championships	TBC					
CC	Sat, 1	AGN Cross Country Coaches Workshop	TBC			AGN	AGN Office	012 327 4930
RR	Sat, 1							
RR	Sat, 8							
N - RR	Sun, 9	Comrades Marathon	Pietermaritzburg			AGN	AGN Office	012 327 4931

TF	Sat, 15	AGN Track & Field League 7 (U20 & Seniors)	Pilditch Stadium					
RR	Sat, 15	Soshanguve Great Run	Soshanguve Crossing Mall	10 ; 5	07:00	Soshanguve Great Runners	Thabang Maleka Karabo Thole	076 133 6131 071 294 2003
CC	Mon, 10	Team Selection meeting for Inter Prov						
	Mon, 17	Public Holiday						
CC	Fri, 21	Team announcemet for Inter Prov						
CC	Sat, 22	AGN Cross Country League 5 (Juniors, Seniors & Masters)				AGN	Buks Meyer	082 823 8883
RR	Sat, 29	Menlyn Mall Skosana Road Race	Menlyn Mall	21,1 ; 10 ; 5	07:00	Nedbank RC	Paul Enoch Skosana	082 200 4219 082 825 8001

JULY

Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
RR	Sat, 6	Garsfontein Ice Breaker	Garsfontein Primary School	21,1 ; 10 ; 5	07:00	Wingate RR	Wingate RR	072 864 2908
CC	Sat, 6	AGN Cross Country League 6 (Juniors, Seniors & Masters)	TBC			AGN	Buks Meyer	082 823 8883
CC	Thu, 11	AGN Cross Country League 7 (Development)				AGN	AGN Office	012 327 4931
CC	Fri, 12	AGN Cross Country League 8 (Primary Schools)					Japie Venter	082 823 8019
CC	Sat, 13	Cross Country Inter Provincials (AGN Cross Country League 9)	Mpumalanga			AGN	AGN Office	012 327 4931
RR	Sat, 13	Leon Bezuidenhout Springbok Vasbyt	Voortrekker Monument	21,1 ; 10 ; 5	07:30	VTM	Joep Joubert Francois Hawkins	083 229 6313 082 637 0102
CC	Tue, 16	AGN Cross Country League 10 (Development)				AGN	AGN Office	012 327 4931
CC	Wed, 17	AGN Cross Country League 11 (Secondary Schools)					Alet Kieser	073 894 2929
CC	Thu, 18	AGN Cross Country League 12 (Development)				AGN	AGN Office	012 327 4931
CC	Fri, 19	AGN Cross Country League 13 (Primary Schools)					Japie Venter	082 823 8019
RR	Sat, 20	Mandela Day Run/Walk	TBC	10 ; 5	08:00	A4A	Mokete Matome	076 112 5127 083 627 5326
CC	Sat, 20	AGN Cross Country League 14 (Juniors Seniors & Masters)				AGN	Buks Meyer	082 823 8883
CC	Tue, 23	AGN Cross Country League 15 (Development)				AGN	AGN Office	012 327 4931
CC	Wed, 24	AGN Cross Country League 16 (Secondary Schools)					Alet Kieser	073 894 2929
CC	Thu, 25	AGN Cross Country League 17 (Development)				AGN	AGN Office	012 327 4931
CC	Fri, 26	AGN Cross Country League 18 (Primary Schools)					Japie Venter	082 823 8019
RR	Sat, 27	TUT Corporate Race	TUT Pretoria Campus	21,1 ; 10	07:00	TUT AC	Whitney Matseba Sive Ngubo	063 347 7714 062 247 1673
CC	Sat, 27	AGN Cross Country League 19 (Juniors, Seniors & Masters)				AGN	Buks Meyer	082 823 8883
CC	Tue, 30	AGN Cross Country League 20 (Development)				AGN	AGN Office	012 327 4931
CC	Wed, 31	AGN Cross Country League 21 (Secondary Schools)					Alet Kieser	073 894 2929

AUGUST

Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
I - TF	Thu, 1 - Sun, 11	Olympic Games	Paris, France			ASA	ASA Office	011 880 5800
CC	Thu, 1	AGN Cross Country League 22 (Development)				AGN	AGN Office	012 327 4931
CC	Fri, 2	AGN Cross Country League 23 (Primary Schools)					Japie Venter	082 823 8019
RR	Sat, 3	Spar Womens Challenge	ARC Campus, Irene	10 ; 5	14:00	AGN	AGN Office	012 327 4931
CC	Tue, 6	AGN Cross Country League 24 (Development)				AGN	AGN Office	012 327 4931
CC	Wed, 7	AGN Cross Country League 25 (Secondary Schools)					Alet Kieser	073 894 2929
RR	Fri, 9	Waking Strides to end GBVF	Irene Village Mall	21,1 ; 10 ; 5		Cultivation AC	Peter Nteo Marina Molepo	082 636 4365 073 354 6334
RR	Sat, 10	Fitness Test Half Run		32 ; 21,1 ; 15 ; 10 ; 5	06:45	Eyethu AC	Menzie Sithole Theo Meveni	078 220 5763 083 379 9830
RR	Sat, 17	Run With JAC	Raslow / Swartkop Lapa	21,1 ; 10 ; 5	06:30	Jacaranda AC	Muhammed Zaakir Cassim Kharbai	072 472 7876 082 774 6922
CC	Sat, 17	AGN Cross Country Championships - Compulsory				AGN	Buks Meyer	082 823 8883
RR	Sun, 18	Phobians 15	Pretoria Boys High School	15 ; 5	07:00	Phobians	Grahame Gertch Richard Brighton	073 171 7507 060 992 2146
CC	Wed, 21	Team Selection meeting for SA Championships						
RR	Sat, 24							
RR	Sun, 25	ABSA Run Your City	Union Buildings	10	TBC	AGN	AGN Office	012 327 4931
CC	Mon, 26	Team announcement for SA Cross Country Team						
I - TF	Mon, 26 - Sat, 31	World Athletics U20 Championships	Lima, Peru			ASA	ASA Office	011 880 5800
RR	Fri, 30 - Sat, 31	Dawn to Dusk	Gerrit Maritz High School	100 Miler 24 Hour	18:00 06:00	Akasia AC	Gerrie Strydom	082 940 5453
CC	Sat, 31	Noordvaal Cross Country Meeting	TBC					
RR	Sat, 31	Danville Race	Danville Spar	10 ; 5		Soshanguve Great Runners	Lesetja Bopape Catherine Skosana	076 120 2388 071 588 2625

SEPTEMBER								
Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
RR	Sat, 7	Brooklyn Road Race	Brooklyn Mall	32 ; 21,1 ; 10 ; 5	05:30	PMC	Mike Minty PMC Secretary	083 414 5938 072 726 4000
N - CC	Sat, 7	ASA National Cross Country Championships	Athletics Vaal Traingle (AVT)			AGN	AGN Office	012 327 4931
TF	Fri, 13	TUT CURRO Hazeldean Top 12 Meeting (U14, U15, U16, U17 & U19)	Pilditch Stadium					
TF	Sat, 14	AGN Sub-Youth Track & Field League 1 (7 - 13 years)	Pilditch Stadium			AGN	AGN Office	012 327 4931
RR	Sat, 14	Muller Potgieter Memorial	Voortrekker Monument	15 ; 5	06:30	VTM	Joep Joubert Francois Hawkins	083 229 6313 082 637 0102
TF	Sat, 21	AGN Sub-Youth Track & Field League 2 (7 - 13 years)	Pilditch Stadium			AGN	AGN Office	012 327 4931
RW	Sat, 21	Inter-provincial Race Walking Relay	TBC	40; 20; 10; 5; 3; 1		TBC		
RR	Sat, 21	Exxaro Road Race Challenge	TBC	21,1 ; 10 ; 5	06:00	Exxaro AC	Absalom Mومakwe Tebogo Twala	073 761 6061 083 603 6363
RR	Sun, 22	The Wonderful Run	TBC	21,1 ; 10 ; 5	06:30	Wonderpark AC	Mothlothlo Taukokong Lebo M Nkoana	072 064 2745 082 821 5583
	Tue, 24	Public Holiday						
RR	Sat, 28	Ford 3 in 1 Road Race Spring Race	Ford Motor Company Sports Grounds, Silverton	21,1 ; 10	06:00	Ford AC	Bernard Masango Dan Nkoane	078 804 7388 072 171 7390
OCTOBER								
Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
TF	Sat, 5	AGN Sub-Youth Track & Field League 3 (7 - 13 years)	Pilditch Stadium			AGN	AGN Office	012 327 4931
RR	Sat, 5	Chamberlain Capital Classic	Phobians Club	21,1 ; 10 ; 5		Phobians	Grahame Gertch Richard Brighton	073 171 7507 060 992 2146
RR	Sun, 6	Big Walk	Fountains Valley	15 ; 10 ; 5		AGN	AGN Office	012 3274932
RR	Sat, 12	Agape Road Race	Villieria	42,2 ; 21,1 ; 10 ; 5		Agape AC	Hennie Venter	082 676 6792
I - RR	TBC	Sanlam Cape Town Marathon	Cape Town				Barry van Blerk	082 339 0748
TF	Sat, 19	AGN Sub-Youth Track & Field League 4 (7 - 13 years)	Pilditch Stadium			AGN	AGN Office	012 327 4931
RR	Sat, 19	CSIR Road Race	CSIR Campus, North Gate Meiring Naude Road	21,1 ; 10 ; 5		CSIR RC	Johan Moller Willie Fourie	073 351 1165 073 352 8867
N - RR	Sat, 26	ASA 5KM and 1 Mile Championships	Bloemfontein, University of the Free State			AGN	AGN Office	012 327 4931
RR	Sat, 26	Irene Farm Race	ARC Campus, Irene	21,1 ; 10 ; 5	06:00	Irene AC	Wynand Breytenbach Estien van Wyngaard	082 937 0733 082 331 2236
NOVEMBER								
Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
TF	Sat, 2	AGN Sub-Youth Track & Field League 5 (7 - 13 years)	Pilditch Stadium			AGN	AGN Office	012 327 4931
RR	Sat, 2	Oppie Bol Run for a Cause	Pilditch Stadium	10 ; 5		Oppie Bol AC	Cazle Hendricks Romeo Hendricks	082 818 2956 079 286 9585
RR	Sat, 9	Jacaranda City Challenge	TBA	42,2 ; 21,1 ; 10 ; 5	06:00	Faranani AC		
RR	Sat, 16	Tom Jenkins Challenge	Union Buildings	21,1 ; 10 ; 5	06:00	Arcadia RC	James Matshelga	082 566 1595
TF	Sat, 16	AGN Sub-Youth Track & Field Championships	Pilditch Stadium			AGN	AGN Office	012 327 4931
RR	Sat, 23	Voortrekker Monument 21,1km	Voortrekker Monument	21,1 ; 10 ; 5	06:00	VTM	Joep Joubert Francois Hawkins	083 229 6313 082 637 0102
RW	Sat, 23	AGN Year end Race	TBC			TBC		
RR	Sat, 30	BDS "Enjoya" Race	Wonderpark Shopping Mall	21,1 ; 10 ; 5	06:00	Black Diamonds AC	Steven Baloyi Peter Khoza	082 262 2568 079 695 3322

DECEMBER

Discipline	Date	Event	Venue	Distance	Time	Federation/Club	Organiser	Contact No.
RR	Sat, 7	NMRWR Skosana Race	Union Buildings	21,1 ; 10 ; 5		RWFL AC	Corlien Meyer Enoch Skosana	079 493 9030 082 825 8001
RR	Sat, 14	The Wondeful Run	TBC	21,1 ; 10 ; 5	06:30	Wonderpark AC	Mothlothlo Taukokong Lebo M Nkoana	072 064 2745 082 821 5583
	Mon, 16	Public Holiday						
RR	Sat, 21							
I - TF	Tue, 24	Region 5 U20 Games	Windhoek, Namibia			ASA	ASA Office	011 880 5800
RR	Sat, 28							
RR	Tue, 31	Old Year's Race	Rietondale Park	10 ; 5	17:00	Arcadia RC	James Matshekga	082 566 1595