



2019 CALENDAR

JANUARY 2019

03 - 06	QSB Training Camp	QSB	Windhoek
03 - 05	Oshana Region Athletics Camp	Oshana	Oshakati
9	QSB Meerkamp	QSB	Windhoek
12	Warthog Breakfast Run	WHK Harriers	Windhoek

FEBRUARY 2019

02	National Cross Country Championships	AN	Otjiwarongo
09	Swakop Striders Marathon Championships	Swakop Striders	Swakopmund
09	UNAM Championships	UNAM	Windhoek
23	Captain's Run / Rock & Run	WHK Harriers	Windhoek
23	AN Grand Prix Track & Field Leg 3	AN	Otjiwarongo

MARCH 2019

02	Oshana Region Senior Track & Field Leg 3	Oshana	Oshakati
09	Joseph & Snyman	WHK Harriers	Windhoek
09	QSB Prestige Championships	QSB	Windhoek
09	Oshana u/20 Track & Field Regional Trails	Oshana	Oshakati
15	Khomas Region Track & Field	Khomas	Windhoek
23	Oshana Region Senior Track & Field Leg 4	Oshana	Oshakati
23	Sanlam Marathon, Half Marathon & 10km Run	Swakop Striders	Swakopmund
23	Ohangwena Regional Track & Field	Ohangwena	Oshakati
30	Oshana Region Senior Track & Field Trails	Oshana	Oshakati
30	UNAM Championships	UNAM	Windhoek
30	IAAF World Cross Country	AN	Denmark

APRIL 2019

05 - 06	Athletics Namibia Senior National Championship	AN	Windhoek
12 - 13	NSSU School Championships	NSSU	Windhoek
16 - 21	u/18 & u/20 African Championships	CAA	Abidjan
20	Ohangwena Regional 10 / 21 km	Ohangwena	Eenhana

MAY 2019

2/4	COSSASA Games	NSSU	TBA
12	Dr Sam Nujoma Marathon	AN	Windhoek
11 - 12	IAAF World Relays	IAAF	Japan
11	UNAM Championships	UNAM	Windhoek
15 - 22	1st Africa Beach Games	NNOC	Cape Verde

JUNE 2019

	ALL AFRICA	CAA	Morocco
01	10 / 21 km Regional Challenge	Oshana	Oshakati
01	Victory Race	Old Mutual	Oshakati
08	Ohangwena Regional 1.6 km	Ohangwena	Eenhana
15	Old Mutual Victory Race - Swakopmund Leg	Old Mutual	Swakopmund
29	Rubbish Run	WHK Harriers	Windhoek
TBA	CAA Southern Region Track & Field	TBA	TBA

JULY 2019

06	Victory Race	Old Mutual	Keetmanshoop
21	Windhoek City Marathon	WHK Harriers	Windhoek

AUGUST 2019

03	Husab Marathon	Swakop Uranium	Husab - Swakopmund
03	Eros Girls Race	Eros Girl School	Windhoek
16	Marathon Sugar Coaching Camp	TBA	TBA
17	Victory Race	Old Mutual	Windhoek
24	Kakadinwha 10/ 21 km	Ohangwena	TBA
31	Oshakati Street Mile	Oshana	Oshakati

SEPTEMBER 2019

2	Schools Open		
	Bank Windhoek Coaching Camp	TBA	TBA
03	Nite Race Leg 1	WHK Harriers	Windhoek
10	Nite Race Leg 2	WHK Harriers	Windhoek
14	6th Navachab / Challenge CAA Southern Region Half marath	Omaruru	Karibib
14	Trail Fun		Windhoek
28	GT SSS 21 km Challenge	Oshana	Oshakati
27 - 06 Oct	IAAF World Championships	IAAF	Doha, Qatar

OCTOBER 2019

5	Hangana Hake Run	Swakop Striders	Swakopmund
12	07th Erongo Powersave Street Mile	Omaruru	Omaruru
12	20th Classick Run 10k & 5k	QSB	Windhoek
09	Erongo Open Track & Field Championships	Swakop Striders	Swakopmund
26	QSB Meerkamp	QSB	Windhoek
26	Walk for Bibles	Bible Society	National

NOVEMBER 2019

02	Dome 10 Km	Dome/Omaruru	Swakopmund
16	Breakfast Run	WHK Harriers	Windhoek
17	Erongo Regional & Open Cross Country	Omaruru	Omaruru

DECEMBER 2019

21	Xmas 1.6 km	Ohangwena	
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