

| Province | Race Date | Race Name | Start Venue 1 | Distance | Alternate Distances | Start Time | Contact Name | Cell | Work Tel |
|--------------------|-----------|-------------------------------------------------|--------------------------------|----------|---------------------|------------|-------------------------|-------------|-------------|
| Gauteng North | 1/1/2010 | New Year 10 km & 5 km | Pretoria Botanical Gardens | 10.0 | 5 | 07h00 | Daan du Toit | 082-5724169 | 012-3653553 |
| Districts | 1/1/2010 | NSRI 15 km & 5 km Beach Run | Diaz Strand | 15.0 | 5 | 10h00 | Des Harris | 083-3098732 | 044-6905390 |
| Boland | 1/1/2010 | Big Blue Summer Series 1 : Stony Point 10 km | Stony Point Nature Reserve | 10.0 | 5 | 18h00 | Race Secretary | 079-4136610 | |
| Western Province | 1/2/2010 | SA Legion 15 km | Paddockos | 15.0 | | 06h30 | Kanu Sukha | 072-2101127 | 021-6972013 |
| Boland | 1/2/2010 | Big Blue Summer Series X-terra & Fun Run | Kleinmond Beach Front | 10.0 | | 07h00 | Race Secretary | 079-4136610 | |
| Eastern Province | 1/2/2010 | Woodlands Dairy 15 km | Main Beach | 15.0 | 5 | 07h00 | Sven Lamprecht | 082-8742707 | |
| Districts | 1/2/2010 | Builders Express 15 km | Builders Express | 15.0 | | 07h00 | Joe Arendse | 082-9071296 | 044-8780357 |
| Boland | 1/7/2010 | Big Blue Summer Series Beach Miles | Kleinmond Beach | 10.0 | | 16h00 | Race Secretary | 079-4136610 | |
| Boland | 1/8/2010 | Big Blue Summers Series Final 10 km | Kleinmond Beach Front | 10.0 | 5 | 18h00 | Race Secretary | 079-4136610 | |
| Gauteng North | 1/9/2010 | Pretoria Police Marathon Club Half Marathon, 10 | Police Rondawel | 21.1 | 10; 5 | 06h00 | Bullie Aldrich | 082-3371561 | |
| Districts | 1/9/2010 | SSI 10 km & 5 km | M.O.T.H. Hall | 10.0 | 5 | 07h00 | Henry Hill | 082-9067331 | 044-8031409 |
| Western Province | 1/10/2010 | Bay to Bay 30 km | Victoria Road | 30.0 | 15; 5 | 06h30 | Herbie Rehder | 082-7681537 | |
| Central Gauteng | 1/10/2010 | Varsity Kudus | Wits Club | 15.0 | | 07h00 | Dave Rossouw | 083-6662983 | |
| KwaZulu-Natal | 1/10/2010 | Ronnie Davel Memorial | Laddsworth Primary School | 16.0 | 5 | 07h00 | Sally Upfold | 082-5700851 | |
| Central Gauteng | 1/13/2010 | Berg en Dal Nite | Key West Shopping Centre | 15.0 | 5 | 19h00 | Helga Smit | 082-7711715 | |
| Border | 1/15/2010 | PricewaterhouseCoopers 10 km Nite | Gleneagles Road | 10.0 | | 18h00 | Glen Coates | 082-8063093 | |
| Gauteng North | 1/16/2010 | ACE Half Marathon & 10 km | Derdepoort Recreation Resort | 21.1 | 10; 5 | 06h00 | Michael Lawrence | 084-6789112 | 012-6771586 |
| Western Province | 1/16/2010 | Hohenori 15 km | Constantia Community Centre | 15.0 | 5 | 06h00 | Pierre Cloete | 082-6543702 | 021-4044042 |
| Eastern Province | 1/16/2010 | Marina Salt 15 km Challenge | Bluewater Bay Primary School | 15.0 | 5 | 06h30 | Colin Parkins | 083-6513836 | 041-4075035 |
| Free State | 1/16/2010 | Henneman Never Give Up Half Marathon | Henneman Community Hall | 21.1 | 10; 5 | 06h30 | Braam Fourie | 082-4503040 | 057-5733253 |
| Central Gauteng | 1/17/2010 | Dis-Chem Half Marathon | Bedfordview Virgin Active Club | 21.1 | | 06h00 | Race Office | 083-2876792 | |
| KwaZulu-Natal | 1/17/2010 | Alex Wasps Half Marathon & 15 km Walk | Long Market Girls School | 21.1 | 15 | 06h00 | Vic Hydes | 084-9822048 | |
| KwaZulu-Natal | 1/17/2010 | Scottburgh Half Marathon Run/Walk | Scottburgh Country Club | 21.1 | 10; 5 | 06h00 | Mike Machell-Cox | 082-3265010 | 039-9738025 |
| Central Gauteng | 1/17/2010 | Rehidrat 5 km Dash | Bedfordview Virgin Active Club | 5.0 | | 06h15 | Anne Karle | 082-3327393 | |
| Mpumalanga | 1/20/2010 | Powerade 10 km Nite | Nelspruit Marathon Club | 10.0 | | 18h00 | Annabelle Dixon | 083-4527549 | |
| Western Province | 1/20/2010 | KFC Brackenfell 10 km | Brackenfell High School | 10.0 | 5 | 18h20 | David McCarthy | 084-9214026 | |
| Free State | 1/20/2010 | Bloemfontein Striders 10 km | Langenhovenpark | 10.0 | 5 | 18h30 | Johan Coetzee | 083-2893235 | |
| Central Gauteng | 1/20/2010 | Pick 'n Pay Aston Manor 15 km Nite Race | Barnard Stadium | 15.0 | 5 | 19h00 | Elize Van Staden | 082-5214222 | |
| Free State | 1/23/2010 | Mealie Marathon | Technical High School | 42.2 | 21.1; 10 | 05h30 | Paul Barnes | 072-4818057 | 057-9046112 |
| Gauteng North | 1/23/2010 | Matha Series - Tshwane/Pretoria | High Performance Centre | 21.1 | 5 | 06h00 | Athletics Gauteng North | | 012-3274930 |
| Mpumalanga | 1/23/2010 | Volksrust 4-in-1 | Volksrust High School | 42.2 | 32; 21.1; 10 | 06h00 | Alwyn Strydom | 082-3346882 | |
| Western Province | 1/23/2010 | CapeStorm Red Hill Marathon & 36 km | Fish Hoek Sports Complex | 42.2 | | 06h00 | Kim Wright | 082-4686068 | |
| Central North West | 1/23/2010 | Berts Great Brick Half Marathon & 10 km | Olenpark Rugby Stadium | 21.1 | 10; 5 | 06h30 | Theo Coetzee | 083-5383162 | |
| Eastern Province | 1/23/2010 | Historic 10 km Run | Varslei Swimming Pool | 10.0 | 5 | 06h30 | Eugene van Wyk | 083-2653224 | |
| KwaZulu-Natal | 1/23/2010 | David Rattray Memorial Half Marathon | Isandlwana Interpretive | 21.1 | 5 | 07h00 | Paul Garner | 082-4723912 | 034-2121931 |
| Districts | 1/23/2010 | Boskabouter Aflos 21 km (7 x 3 km) | Ruiterbos Pre-Primary School | 21.0 | | 07h00 | Des Harris | 083-3098732 | 044-6905390 |
| Border | 1/23/2010 | Border 15 km Nite | PWC Offices | 15.0 | | 18h00 | Nkosinkulu | | 043-7222427 |
| KwaZulu-Natal | 1/24/2010 | Hulets PDAC 25 km | Waterfall Shopping Centre | 25.0 | | 05h00 | Gregg Patterson | 082-8896287 | |
| Central Gauteng | 1/24/2010 | Bobbies 25 km & 10 km | Arthur Bloch Park | 25.0 | 10; 5 | 07h00 | Ria Grobler | 082-7074495 | |
| Mpumalanga | 1/27/2010 | Van Wettens 10 km Nite | Lowveld Country Club | 10.0 | 5 | 18h00 | Beth Bloch | 082-8013600 | |
| Western Province | 1/27/2010 | Durbanville Pharmacy Dan Luyt 15 km Nite | Durbanville Library | 15.0 | | 18h30 | Martin Scott | 082-3208250 | |
| Eastern Province | 1/30/2010 | The Herald/Remax Friendly City Marathon | Holmeleigh Farm | 42.2 | 10; 5 | 05h00 | Graham Channon | 078-1849723 | 041-3671710 |
| Border | 1/30/2010 | Penny Pinchers Half Marathon & 10 km | Beacon Bay Country Club | 21.1 | 10 | 05h30 | Graham Reynolds | 082-4480727 | 043-7311714 |
| Gauteng North | 1/30/2010 | PricewaterhouseCoopers George Claassen | Lois Avenue | 21.1 | 10; 5 | 05h30 | Liesel van Zyl | 079-8695030 | 012-3475795 |
| Free State | 1/30/2010 | Brandfort Half Marathon & 10 km | Brandfort Sports Grounds | 21.1 | 10 | 06h00 | Wynand Louw | 082-7859256 | |
| Mpumalanga | 1/30/2010 | Shanduka Coal Middelburg 5-in-1 | Kees Taljaard Stadium | 42.2 | 32; 21.1; 15; | 06h00 | Middelburg Marathon | | 013-2432683 |
| Districts | 1/30/2010 | De Zeekoe Half Marathon & 10 km | De Zeekoe Guest Farm and | 21.1 | 10 | 06h00 | Sanet Wentzel | 082-8526378 | 044-2724518 |
| Boland | 1/30/2010 | Elgin Grabouw Groenberg Half Marathon & 10 | Groenberg Secondary School | 21.1 | 10; 5 | 07h00 | Derrick Uren | 082-7077497 | 021-8592127 |
| Free State | 1/30/2010 | Parys 32 km | Parys | 32.0 | 10 | 07h30 | Thabo Wolf | 082-2939287 | |
| Central North West | 1/30/2010 | Ottosdal Nite Marathon & Half Marathon | Ottosdal Showgrounds | 42.2 | 21.1; 10; 5 | 17h30 | Willa Naude | 073-5264536 | 018-5710049 |
| KwaZulu-Natal | 1/31/2010 | Sparkport Challenge | Pharmacy in Randles Road | 32.0 | | 05h00 | Allan Pather | 082-3720056 | 031-3112507 |
| Central Gauteng | 1/31/2010 | Johnson Crane Marathon & Half Marathon | Old Benonians Sport Club | 42.2 | 21.1; 5 | 06h00 | Ashvin Jivan | 082-9240234 | |
| Western Province | 1/31/2010 | Kloof Nek Classic | Camps Bay High School | 21.1 | | 06h00 | Jan & Rob Lanning | 082-6912681 | |
| Western Province | 2/3/2010 | Montrail-Capestorm Cape Summer Trail Series 3 | Silvermine South | 12.0 | 10; 5 | 18h00 | Race Secretary | 084-2218422 | |
| Central Gauteng | 2/3/2010 | McCarthy Volkswagen Westgate 15 km Nite | Khosa Sports Club | 15.0 | | 19h00 | Ken Henderson | 083-3247304 | 011-3562701 |
| Mpumalanga | 2/3/2010 | Middelburg Ferrochrome 10 km | Kees Taljaard Stadium | 10.0 | | 19h00 | Conrad van den Berg | 082-9081228 | 013-2472770 |
| Central North West | 2/6/2010 | Monkey Remax Mountain 32 km & 15 km | Gert van Rensburg Stadium | 32.0 | 15 | 06h00 | Elmarie Hayes | 083-4697098 | 018-7003014 |
| Free State | 2/6/2010 | Sasol Marathon & Half Marathon | Flavius Mareka College Sport | 42.2 | 21.1; 10; 5 | 06h00 | Dolf Binneman | 073-3396809 | 016-9603544 |
| Free State | 2/6/2010 | Kloppers/Adidas Festival of Running | Bloemfontein Achilles Sports | 42.2 | 21.1; 10 | 06h00 | Marijke de Wet | 083-2873050 | 051-4445867 |
| Gauteng North | 2/6/2010 | McCarthy Toyota Half Marathon, 10 km & 5 km | Rietondale Park | 21.1 | 10; 5 | 06h00 | Hank Bezuidenhout | 083-2560241 | |
| Western Province | 2/6/2010 | The Lion of Africa Half Marathon | School of Mathematics & | 21.1 | 10; 5 | 06h00 | Lester Cameron | 082-4898309 | |
| Boland | 2/6/2010 | United Bulk Prison-to-Prison Half Marathon | Brandvlei Gevangenis | 21.1 | | 06h30 | Derrick Losper | 073-9254939 | 023-3408000 |
| Eastern Province | 2/6/2010 | Cassies 15 km | Verkenner Primary School | 15.0 | | 06h30 | Irene van Eeden | 083-2991775 | |
| KwaZulu-Natal | 2/6/2010 | Emondlo Half Marathon & 10 km Run/Walk | Emondlo Sport Grounds | 21.1 | 10 | 06h30 | Joseph Mdletshe | 083-3197821 | |
| Limpopo | 2/6/2010 | Soutpansberg Mountain Race | Soutpansberg Athletics Club | 21.1 | 10 | 07h00 | Stanley Thompson | 082-4933897 | |
| Mpumalanga | 2/6/2010 | Rainbow Half Marathon & 10 km | Machado Primary School | 21.1 | 10 | 07h00 | Frans Kruger | 082-5633112 | 013-2565052 |
| Border | 2/6/2010 | Mondi Pack Tomato Trot/Shuffle 15 km | Lilyfontein Primary School | 15.0 | | 16h00 | Danie Bessinger | 082-2025310 | 043-7269026 |
| KwaZulu-Natal | 2/7/2010 | Durban City Marathon incorporating S.A. | Kings Park Athletics | 42.2 | 10; 5 | 05h30 | Kwa-Zulu Natal | | 031-3129374 |
| Central Gauteng | 2/7/2010 | Brooks Striders 32 km | Springs Rugby Club | 32.0 | 15; 5 | 06h00 | Petra Myburgh | 082-3368634 | 011-8117767 |
| Border | 2/8/2010 | Wild Coast Ultra Marathon | Silaka Nature Reserve | 270.0 | | 06h00 | Dave Gassner | 076-8179058 | |
| Western Province | 2/10/2010 | Montrail-Capestorm Cape Summer Trail Series 4 | Silvermine West | 12.0 | 10; 5 | 18h00 | Race Secretary | 084-2218422 | |
| Gauteng North | 2/10/2010 | Spar Lantern 10 km | Agricultural Research Council | 10.0 | 5 | 18h30 | Call Centre | | 012-6540005 |
| Mpumalanga | 2/10/2010 | Energotec Valentine's 10 km Nite | Secunda High School | 10.0 | | 19h00 | Julie Botha | 082-5700180 | |
| Vaal Triangle | 2/10/2010 | Nedbank (AVT) Valentine's 15 km & 10 km | Kollegepark Primary School | 15.0 | 10; 5 | 19h00 | Pierre Pretorius | 082-5723334 | |
| Boland | 2/12/2010 | Model Sport Valentine's 10 km Nite Race | Moutain Mill Mall | 10.0 | 5 | 18h15 | Kosie Koopman | 082-6141027 | 023-3477622 |

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|----------------------|------------------|---------------------------------------------------------|--------------------------------------|-------------|---------------------|--------------|-------------------------|--------------------|--------------------|
| Central Gauteng | 2/12/2010 | Randburg Harriers 10 km Valentines Nite | Randburg Central Sports | 10.0 | | 19h00 | Michelle Knotzer | | 011-7927003 (1) |
| Free State | 2/12/2010 | Valentine 10 km Nite | Welkom Square | 10.0 | | 19h00 | Deon Lodder | 082-9213330 | 057-2312274 |
| KwaZulu-Natal | 2/13/2010 | Emnambithi Half Marathon & 5 km Fun Run | Spioenkop Lodge | 21.1 | 5 | 05h00 | Ashwin Parthab | 082-9026705 | 036-6382800 |
| Eastern Province | 2/13/2010 | Metlife/Die Burger Valentine's Day 10 km | Metlife Plaza, Samantha Way | 10.0 | 5 | 06h00 | Milka Boshoff | 072-4637065 | 041-3630924 |
| Gauteng North | 2/13/2010 | Rudnikhorstspuit 32 km | Erasmus High School | 32.0 | 10 | 06h00 | Rudi | 082-7751779 | |
| Limpopo | 2/13/2010 | Potties 4-in-1 Marathon | Hoer Skool Piet Potgieter | 42.2 | 32; 21.1; 10; | 06h00 | Hennie Smit | 082-6029830 | 015-4916459 |
| Mpumalanga | 2/13/2010 | Eskom Distribution Northern Region Marathon | Eskom Park | 42.2 | | 06h00 | Paul Bester | 082-9667767 | |
| Districts | 2/13/2010 | Karoo National Park Half Marathon | Karoo National Park Camping | 21.1 | 10 | 06h00 | Renate Wagener | 082-4207622 | 023-4142101 |
| Free State | 2/13/2010 | Planeet Rooies Valentines Half Marathon | Afrikaanse Hoerskool | 21.1 | 10 | 06h30 | Jack Morton | 083-3020703 | 056-2123126 |
| Western Province | 2/13/2010 | Top Form 10 km | Fort iKapa Military Base | 10.0 | | 08h00 | Achmat Peters | 082-7820866 | |
| Border | 2/13/2010 | Discovery Surfers' Challenge | Kwelera River at Yellow Sands | 16.5 | | 14h30 | Neville Wilkins | 082-4131150 | 043-7062503 |
| KwaZulu-Natal | 2/14/2010 | Nimas Challenge | Hillcrest Sports Club | 42.2 | 21.1 | 05h00 | Roy Uren | 072-5887387 | |
| Central Gauteng | 2/14/2010 | Pick 'n Pay Marathon & Half Marathon | Saheti School | 42.2 | 21.1; 5 | 06h00 | Race Office | | 011-4632743 |
| KwaZulu-Natal | 2/14/2010 | Edumbe Mayor's Fund Half Marathon | Bilanyoni Stadium | 21.1 | 10; 5 | 07h00 | Bussie Dlamini | 083-4797780 | 034-9951630 |
| KwaZulu-Natal | 2/14/2010 | DB Enterprises 10 km Run/Walk | Fitty Park | 10.0 | 5 | 10h00 | Digby Shabangu | 084-6401213 | |
| Western Province | 2/17/2010 | Montrail-Capestorm Cape Summer Trail Series 5 | Constantia Green Belts | 12.0 | 10; 5 | 18h00 | Race Secretary | 084-2218422 | |
| Border | 2/20/2010 | Border Masters Half Marathon | Old Pineapple Research | 21.1 | | 05h30 | Tony Viljoen | 084-2919029 | |
| Free State | 2/20/2010 | Dairy Belle Naval Duiwel | Bloemfontein Bowls Club | 32.0 | 10 | 06h00 | Johan Coetzee | 083-2893235 | |
| Gauteng North | 2/20/2010 | Tuks Half Marathon & 10 km | L C De Villiers Sports Grounds | 21.1 | 10; 5 | 06h00 | Vollie Spies | 082-8216952 | 012-4202559 |
| Limpopo | 2/20/2010 | Modern Autohouse BMW 4-in-1 | Peter Mokamba Stadium | 42.2 | 21.1; 10; 5 | 06h00 | Pieter Pretorius | 084-4006667 | |
| Mpumalanga | 2/20/2010 | Assegai Marathon & Half Marathon | Municipality Communal | 42.2 | 21.1; 5 | 06h00 | Andrie van der Walt | 082-4936352 | 017-8242300 |
| North West North | 2/20/2010 | EHK NW Architects Mafikeng Marathon | Mafikeng Primary School | 42.2 | 10 | 06h00 | Mary King | 082-3328722 | |
| Eastern Province | 2/20/2010 | Kromberg & Schubert 15 km | Despatch Sport Grounds | 15.0 | 5 | 07h00 | Margie du Toit | 082-5475413 | |
| Free State | 2/20/2010 | Winburg 20 km & 10 km | City Hall | 20.0 | 10 | 07h00 | Petrus Pienaar | 083-2695282 | |
| Districts | 2/20/2010 | Outeniqua Harriers Women's Half Marathon | TBA | 21.1 | 10 | 07h00 | Henry Hill | 082-9067331 | 044-8031409 |
| Districts | 2/20/2010 | Outeniqua Wheelchair Marathon, Half Marathon | George Tourist Resort | 42.2 | 21.1; 10 | 08h00 | Esther Watson | 082-4219359 | |
| KwaZulu-Natal | 2/21/2010 | TPAC 32 km & 16 km Run/Walk | Outspan Ground, Tongaat | 32.0 | | 05h00 | Basil Pillay | 083-7867535 | 031-3010057 |
| Western Province | 2/21/2010 | Peninsula Marathon & Half Marathon | Main Road | 42.2 | 21.1 | 05h15 | Top Events | | 021-5117130 |
| KwaZulu-Natal | 2/21/2010 | Mondi Half Marathon & 10 km Walk | Bay Hall - Richards Bay | 21.1 | 10 | 06h00 | Virna McMaster | 082-4473040 | |
| KwaZulu-Natal | 2/21/2010 | Kearsney Striders Half Marathon & 16 km | Kearsney College | 21.1 | | 06h00 | Steve Owen | 083-4593802 | 031-7137709 |
| Central Gauteng | 2/21/2010 | Pirates Half Marathon | Pirates Club | 21.1 | | 07h00 | Brian Leask | 082-4513429 | |
| Boland | 2/24/2010 | Gino's 10 km Nite & Die Boord Superspar 5 km | Coetzenburg Athletics Stadium | 10.0 | 5 | 18h30 | Athletics Office | | 021-8084694 |
| Mpumalanga | 2/24/2010 | McCarthy Volkswagen Panorama 10 km Nite | Panorama Laerskool | 10.0 | | 19h00 | Neels Vermeulen | 082-4564822 | |
| Eastern Province | 2/27/2010 | Bay Ultra 50 km | Hobie Beach | 50.0 | 10; 5 | 05h00 | Eckart Schumann | 083-2992092 | 041-5860632 |
| Border | 2/27/2010 | Old Mutual Buffs Marathon | The Stutterheim side of | 42.2 | | 05h30 | James Anderson | 079-4935994 | 043-7483419 |
| Gauteng North | 2/27/2010 | Deloitte Pretoria Marathon & Half Marathon | PHSOB Club, Hofmeyr Park | 42.2 | 21.1; 10 | 06h00 | Gerald Kroukamp | 084-5827242 | |
| KwaZulu-Natal | 2/27/2010 | Vryheid Athletic Club Half Marathon & 10 km | Cecil Emmett Sports | 21.1 | 10 | 06h00 | Ingrid Kusel | 073-8675712 | |
| Mpumalanga | 2/27/2010 | Matla Black Gold Marathon, Half Marathon & 10 | Matla Colliery | 42.2 | 21.1; 10; 5 | 06h00 | Collin van Rooyen | 083-5792341 | |
| Districts | 2/27/2010 | Infantry School Cango Caves Marathon & Half | Cango Caves | 42.2 | 21.1 | 06h00 | Richard Hughes | 082-5634573 | 044-2034265 |
| Griqualand West | 2/27/2010 | Pirates Groot Gat Marathon | Pirates Club | 42.2 | 21.1; 10; 5 | 06h30 | Jan Naborn | 082-4902788 | 053-8410163 |
| Boland | 2/27/2010 | Breede River Challenge | Outdoor Arena | 21.1 | 10; 5 | 07h00 | Anna-Christa | 082-8259891 | 023-6151461 |
| Limpopo | 2/27/2010 | Marula Festival Half Marathon & 10 km | Phalaborwa | 21.1 | 10 | 07h00 | Roelf Coetzee | 082-6763350 | |
| Western Province | 2/27/2010 | Koeberg 15 km | Koeberg Nature Reserve | 15.0 | 5 | 07h00 | Kaylene van Dyk | 082-5092967 | 021-52122109 |
| Free State | 2/27/2010 | Harrismith Sterkfontein 25 km | Sterkfontein Dam | 25.0 | | 09h00 | Pieter du Toit | | 058-6230667 |
| Districts | 2/27/2010 | MadScientist Midnight Hell Run | De Hel | 80.0 | | 21h30 | Deon Moller | 082-3767175 | |
| KwaZulu-Natal | 2/28/2010 | Checkout Gateway 27 km Challenge | Verulam Recreation | 27.0 | 15 | 05h00 | Rogine Moodley | 084-2451357 | |
| KwaZulu-Natal | 2/28/2010 | Maritzburg Marathon & Half Marathon | Drill Hall - Pietermaritzburg | 42.2 | 21.1 | 05h00 | John Hall | 076-1649554 | |
| Central Gauteng | 2/28/2010 | Township Marathon & 15 km Run/Walk | Eldorado Park Stadium | 42.2 | 15 | 06h00 | Joe Morris | 082-4433777 | |
| Western Province | 2/28/2010 | Jive 10 km Big Walk | Hamiltons Rugby Grounds | 10.0 | | 08h00 | Saaid Waggie | | 021-6371607 |
| Western Province | 3/3/2010 | Men's Health Lighthouse 10 km Nite | Mouille Point Lighthouse | 10.0 | | 18h15 | Herbie Rehder | 082-7681537 | |
| Central Gauteng | 3/4/2010 | J.P. Morgan Corporate Challenge | Wanderers Club | 5.6 | | 18h30 | Race Office | 086-0460906 | |
| KwaZulu-Natal | 3/6/2010 | Battlefields 5-in-1 | Ferrum Swimming Pool | 50.0 | 42.2; 21.1; | 05h30 | Andre Grundlingh | 083-6532865 | 034-3125781 |
| Free State | 3/6/2010 | Surrender Hill Marathon | Clarens | 42.2 | 21.1; 10; 5 | 06h00 | Enslin van Blerk | 082-9205997 | |
| Gauteng North | 3/6/2010 | Wonderpark Akasia 3-in-1 Marathon, Half | Wonderpark Shopping Centre | 42.2 | 21.1; 10; 5 | 06h00 | Paul Ferreira | 082-8235159 | |
| Limpopo | 3/6/2010 | Marakele National Parks Marathon | Marakele National Park | 42.2 | 21.1; 10; 5 | 06h00 | Piet van Staden | 073-0020873 | 014-7722857 |
| Mpumalanga | 3/6/2010 | PWC Fast 3-in-1 | Nelspruit - Sabie Road | 42.2 | 21.1; 10 | 06h00 | Annabelle Dixon | 083-4527549 | |
| Free State | 3/6/2010 | Grootvlei Half Marathon | Grootvlei Prison | 21.1 | 10 | 06h30 | Maki Kotwane | 072-4316728 | |
| North West North | 3/6/2010 | Lichtenburg Zebra Zamba 32 km, 10 km | Lichtenburg Hoërskool | 32.0 | 10; 5 | 06h30 | Corne van Rooyen | 082-2545224 | |
| Western Province | 3/6/2010 | Seeff Weskus Marathon & Half Marathon | Westcoast National Park | 42.2 | 21.1; 5 | 06h30 | Garth Hansen | 083-2833493 | 022-7722707 |
| Eastern Province | 3/6/2010 | Sportsmans Warehouse 15 km | Moffat Retail Park | 15.0 | 5 | 07h00 | Alan Taylor | 083-6580050 | 041-4842211 |
| Districts | 3/6/2010 | Palm Tyres 10 km | Palm Tyre Garage | 10.0 | | 07h00 | Sidwell Oktober | 073-7807783 | |
| Border | 3/6/2010 | Kempston Truck Hire Ladies' 10 km | Oxford Striders Club | 10.0 | 5 | 18h00 | Stan Barbour | 083-6084353 | |
| KwaZulu-Natal | 3/7/2010 | VAC Marathon Run & Half Marathon & 10 km | Verulam Recreation | 42.2 | 21.1; 10 | 05h30 | Anand Naicker | 083-7836363 | |
| Central Gauteng | 3/7/2010 | Remax Rand Road Warriors Marathon | Horwood's Farm | 42.2 | 21.1; 5 | 06h00 | Bruce Tobias | 084-3626485 | |
| Vaal Triangle | 3/7/2010 | Cape Gate Vaal Marathon & Half Marathon | Dick Fourie Stadium | 42.2 | 21.1; 10; 5 | 06h00 | Nadia Coen | 082-4960007 | |
| Central Gauteng | 3/7/2010 | Diepkloof Half Marathon | University of Johannesburg | 21.1 | 10; 5 | 07h00 | Mofuti Mehlape | 072-4137615 | |
| Western Province | 3/7/2010 | Spar Ladies' 10 km Challenge (WP) | Bellville Stadium | 10.0 | 5 | 08h00 | Race Information | | 021-6990615 |
| Boland | 3/10/2010 | Drakenstein Correctional Services 10 km Nite | Faure Stadium | 10.0 | | 18h15 | David Strauss | 083-9806495 | 021-8648000 |
| Border | 3/12/2010 | Jevon Tyres 10 km Nite | Montrose Avenue | 10.0 | | 18h00 | Peter Bursery | 083-6271713 | |
| Griqualand West | 3/13/2010 | GWK Diamant Marathon | GWK Premises | 42.2 | 21.1; 10; 5 | 06h00 | David Janse van | 083-4438198 | 053-8317662 |
| Limpopo | 3/13/2010 | Tarentaal Trio Marathon & Half Marathon | Die Oog Holiday Resort | 42.2 | 21.1; 10 | 06h00 | Freek Swanepoel | 082-4400696 | |
| Mpumalanga | 3/13/2010 | Lake Umuzi Kosmos 3-in-1 | Lake Umuzi Waterfront | 42.2 | 21.1; 10 | 06h00 | Chris Claassens | 082-4941478 | |
| Mpumalanga | 3/13/2010 | Lowveld Memorial 3-in-1 | Lowveld Country Club | 21.1 | 10; 5 | 06h00 | Beth Bloch | 082-8013600 | |
| Gauteng North | 3/13/2010 | Medihelp Sunrise Monster, Mini & Baby Monster | Harlequin Club | 32.0 | 10; 5 | 06h07 | Frans Verwoerd | 082-7747070 | |
| Western Province | 3/13/2010 | Constantia Village 15 km | Constantia | 15.0 | 5 | 06h15 | Richard Acheson | 082-4115533 | |

| Province | Race Date | Race Name | Start Venue 1 | Distance | Alternate Distances | Start Time | Contact Name | Cell | Work Tel |
|----------------------|------------------|------------------------------------------------------|-----------------------------------|-------------|---------------------|-------------------|---------------------------|--------------------|--------------------|
| Boland | 3/13/2010 | Rainbow 30 km | National Institute for the Deaf | 30.0 | 5 | 06h30 | Natale Roelofse | 082-7711543 | 023-342555 |
| Eastern Province | 3/13/2010 | Despatch 10 km & 5 km | Despatch Sports Centre | 10.0 | 5 | 06h30 | John Allers | 084-5904301 | |
| Griqualand West | 3/13/2010 | Jan Kempdorp Half Marathon | Andalusia Primary School | 21.1 | 10; 5 | 06h30 | Ferdi Nel | 083-2942640 | |
| Districts | 3/13/2010 | Tortoise Tuff Challenge 30 km Run/Walk | Sedgefield Primary School | 30.0 | 10 | 07h00 | Willy-J Ward | 072-4459301 | 044-8831095 |
| Central Gauteng | 3/14/2010 | Alberton 15 km | Alberton Sports Stadium | 15.0 | 10 | 06h00 | Michael Brandon Kirby | 084-9500078 | |
| KwaZulu-Natal | 3/14/2010 | Oasis Crescent Challenge | | 21.1 | 10 | 06h00 | Bilal Rawat | 072-6343386 | |
| Central Gauteng | 3/14/2010 | The Amazing Race 10 km | Modderbee Correctional | 10.0 | 5 | 07h00 | Bheki Tshabalala | 084-0446359 | |
| KwaZulu-Natal | 3/14/2010 | Umgeni Water Marathon, 32 km & 15 km | Midmar Dam | 42.2 | 32; 15; 5 | 07h00 | Warren Phippen | 082-6852294 | |
| Mpumalanga | 3/17/2010 | Eskom Wellness 10 km Nite | Eskom Clubhouse | 10.0 | | 19h00 | Paul Bester | 082-9667767 | |
| KwaZulu-Natal | 3/20/2010 | Kosmos Balele Mountain Challenge | Utrecht Balele Community | 42.2 | 21.1; 10 | 06h00 | Andre Grundlingh | 083-6532865 | 034-3125781 |
| Mpumalanga | 3/20/2010 | Elands Valley 3-in-1 | Waterval Boven Station | 42.2 | 21.1; 10; 5 | 06h00 | Cyprian Mshali | 082-4901679 | |
| North West North | 3/20/2010 | Old Mutual Om Die Dam 50 km & Half Marathon | Hartebeespoort High School | 50.0 | 21.1; 5 | 06h00 | Hannes Barendse | 083-3903695 | 012-2530252 |
| Eastern Province | 3/20/2010 | Kouga Kus Half Marathon | Nico Malan High School | 21.1 | 5 | 07h00 | Wilma Wiehahn | 083-2071447 | 042-2952153 |
| Gauteng North | 3/20/2010 | Sunnypark Right to Run/Walk | Sunnypark Shopping Centre | 21.1 | 10; 5 | 07h00 | John Gwetsa | 082-4359212 | |
| Districts | 3/20/2010 | Great Brak Grasshoppers Half Marathon | Vorentoe Primary Sports | 21.1 | 10; 5 | 07h00 | Jacob Karelse | 073-3838409 | |
| Western Province | 3/20/2010 | Century City 10 km & 5 km | Century City Athletic Club | 10.0 | 5 | 07h00 | Alan Liebenberg | 083-651865 | |
| Boland | 3/20/2010 | Beesloop Farm Race 15 km & 5 km Fun Run | Oudewagendrift Farm | 15.0 | 5 | 07h30 | Elda van Dijk | 082-3318889 | |
| Free State | 3/20/2010 | National Business Challenge Relay | Pellis Park Athletic Track | 42.2 | 21.1 | 08h00 | Marijke de Wet | 083-2873050 | 051-4445867 |
| Boland | 3/20/2010 | Anna Foundation Charity Run | Eagleview Wines (on the R101) | 12.0 | | 08h30 | Anna Foundation | 082-8571538 | 021-8851922 |
| KwaZulu-Natal | 3/21/2010 | Boxer Superstores Stella Royal 25 km & 10 | Stella Sports Club | 25.0 | 10 | 05h00 | Cecil Sher | 083-5663333 | |
| KwaZulu-Natal | 3/21/2010 | Zululand District Marathon | Kwa-gzikazi Main Gate | 56.0 | 10 | 06h00 | Mangele Mphatiseni | 083-4329566 | 083-4329566 |
| Western Province | 3/21/2010 | Glenryck Tygerberg 30 km | Parow Athletic Track | 30.0 | | 06h00 | Voice Link (all hrs) | | 088-1301155 |
| Central Gauteng | 3/21/2010 | Stadium-to-Stadium | Germiston Stadium | 15.0 | | 07h00 | Michael Mbatha | 073-1430062 | |
| Western Province | 3/21/2010 | Century City Street Mile | Century City | 0.0 | | 11h00 | Alan Liebenberg | 083-6518165 | |
| Mpumalanga | 3/22/2010 | Standerton Goldi 3-in-1 | Standerton Showgrounds | 42.2 | 21.1; 10 | 06h00 | Heidi van der Merwe | 072-3910788 | 017-7192009 |
| Central Gauteng | 3/25/2010 | Trevor Forsythe Memorial Ten Day Circuit Race | HP6 Patatadraai | 649.0 | | 15h00 | George Archer | 082-5360077 | |
| Free State | 3/27/2010 | Transnet Marathon & Half | Transnet Main Gate | 42.2 | 21.1 | 06h00 | Elias Modise | 073-2711087 | |
| Gauteng North | 3/27/2010 | Denel Half Marathon & 10 km | Denel Dynamics (Kentron) | 21.1 | 10 | 06h00 | Kierie vd Schyff | 082-8044803 | 012-6711775 |
| Mpumalanga | 3/27/2010 | Xstrata Long Tom Ultra Marathon | Sybrand Van Niekerk High | 56.0 | | 06h00 | Loma v d Walt | 082-5579604 | 012-3462400 |
| Mpumalanga | 3/27/2010 | Xstrata Long Tom Half Marathon | Hops Hollow Mauchsberg | 21.1 | | 06h30 | Loma vd Walt | 082-5579604 | 012-3462400 |
| Boland | 3/27/2010 | Kleinmond Spar Half Marathon | Cnr Fourth Street & Main | 21.1 | 10; 5 | 07h00 | Race Secretary | 079-4136610 | |
| Eastern Province | 3/27/2010 | Umhlobo Wenene 10 km & 5 km Fun Run | Kings Beach | 10.0 | 5 | 07h00 | Bennie Thyse | 082-2939289 | 041-3981198 |
| Griqualand West | 3/27/2010 | Konica Minolta Kimberley Road Runners 15 km | Bishops Club, Kimberley | 15.0 | | 07h00 | Gerhard Kruger | 082-4995990 | 053-8334674 |
| Free State | 3/27/2010 | Memel Mahem Padwedloop 26 km | Boerevereniging Saal | 26.0 | 10 | 07h30 | Schalk Steyn | 082-6007581 | 058-9240253 |
| Districts | 3/27/2010 | Wilderness Eden 10 km | Wilderness Green | 10.0 | | 08h00 | Marthinus Jenkins | 072-5142423 | |
| Boland | 3/27/2010 | Perdekop 10 km | Cnr Fourth Street & Main | 10.0 | 5 | 10h00 | Race Secretary | 079-4136610 | |
| Border | 3/27/2010 | ELAC 10 km | Cambridge Club House | 10.0 | | 16h00 | Graham Reynolds | 082-4480727 | 043-7311714 |
| KwaZulu-Natal | 3/28/2010 | Capitol Caterers Midlands Meander Marathon | Clifton Junior School | 42.2 | 21.1 | 06h00 | Lee Gillies | 076-4079226 | |
| Vaal Triangle | 3/28/2010 | Midvaal Fordyce Ultra Marathon | Kareekloof Facility | 50.0 | 10 | 06h00 | Brian Gould | 082-6192399 | 011-9158934 |
| Central Gauteng | 3/28/2010 | Johannesburg City Marathon & 10 km | Botanical Gardens | 42.2 | 10; 5 | 06h30 | Central Gauteng | | 011-8732726 |
| KwaZulu-Natal | 3/28/2010 | Queensburgh Mineshaft Half Marathon & 10 | Queensburgh Sports | 10.0 | 07h00 | Des Wight | 083-6430333 | 031-5620774 | |
| Western Province | 3/28/2010 | Capestorm UCT Memorial 10 km Race | Middle Campus, UCT | 10.0 | | 07h00 | UCT Sports Admin | 021-6503564 | |
| Central Gauteng | 3/28/2010 | Gandhi 15 km & 7 km Walk | Gandhi Hall | 15.0 | | 08h15 | Ramesh Baichar | 082-6509416 | 011-9079410 |
| Central Gauteng | 3/29/2010 | George Archer Six Day Circuit | HP6 Patatadraai | 403.0 | | 14h00 | George Archer | 082-5360077 | |
| Central Gauteng | 3/30/2010 | Hekpoort 201.0 km Circuit Race | HP6 Patatadraai | 201.0 | | 10h00 | George Archer | 082-5360077 | |
| Central Gauteng | 4/2/2010 | RHM Randburg Harriers Easter 100 | Randburg Central Sports | 48.0 | | 06h00 | Michelle Knotzer | | 011-7927003 (1) |
| Western Province | 4/2/2010 | Old Mutual/Oxygen Two Oceans Fun Runs | UCT Rugby Fields | 5.0 | | 12h00 | The Entries Co- | | 021-6575140/1 |
| Free State | 4/3/2010 | Pentagon Half Marathon | Caramellos | 21.1 | | 06h00 | Francois Cilliers | 082-7555559 | |
| KwaZulu-Natal | 4/3/2010 | Vryheid Cash & Carry Liquors Easter Ultra | Paulpietersburg Country | 50.0 | 21.1 | 06h00 | Ingrid Kusel | 073-8675712 | |
| Western Province | 4/3/2010 | Old Mutual Two Oceans Half Marathon | Outside SA Breweries | 21.1 | | 06h00 | The Entries Co- | | 021-6575140/1 |
| Western Province | 4/3/2010 | Old Mutual Two Oceans Ultra Marathon | Outside SA Breweries | 56.0 | | 06h25 | The Entries Co- | | 021-6575140/1 |
| Gauteng North | 4/3/2010 | Mazda Zoom Zoom 15 km Run/Walk | Ford Sport & Recreation | 15.0 | 5 | 06h30 | Daniel Nkoana | 072-1717390 | |
| Gauteng North | 4/5/2010 | Family Day 10 km & Fun Runs | Gift Acres Shopping Centre | 10.0 | 5 | 07h00 | Daan du Toit | 082-5724169 | 012-3653553 |
| Free State | 4/10/2010 | Syngenta Wildfees Marathon & 10 km | Willem Pretorius Game | 42.2 | 10 | 06h00 | Frikkie van Zyl | 083-3885384 | 056-2125433 |
| KwaZulu-Natal | 4/10/2010 | Arthur Creswell Memorial Marathon | Bergville Farmers Hall | 52.0 | 21.1 | 06h00 | Johan van Dyk | 082-6523596 | |
| Limpopo | 4/10/2010 | Westfalia 4-in-1 | Westfalia Sports Field | 42.2 | 21.1; 10; 5 | 06h00 | Timothy Nkuna | 082-8062305 | |
| Gauteng North | 4/10/2010 | Solomon Kalushi Mahlangu 10 km & 5 km | Solomon Mahlangu Square | 10.0 | 5 | 06h30 | Mike Matlala | 083-2687730 | |
| Gauteng North | 4/10/2010 | Magnolia 60km Long Run | Brooklyn | 4 x 15 | | 06h00 | Colin Billau | 083-578-3935 | 012-842-2566 |
| Boland | 4/10/2010 | MKB Swartland Half Marathon & 10 km | Gene Louw Sports Grounds | 21.1 | 10; 5 | 07h00 | Dienie Truter | 082-8958395 | |
| Districts | 4/10/2010 | Klein Karoo Kunstefees Half Marathon | Wesbank Laerskool | 21.1 | 10 | 07h00 | Herman Myburgh | 082-3450796 | |
| Western Province | 4/10/2010 | Pro Sano 10 km Challenge | Cape Peninsula University of | 10.0 | 5 | 07h00 | Lionel Samuels | | 021-4142932 |
| KwaZulu-Natal | 4/11/2010 | Exxaro uMhlatuze Marathon & Half Marathon | Addison Park | 42.2 | 21.1 | 05h30 | Sonia Baumann | 082-5583404 | |
| Central Gauteng | 4/11/2010 | Slow Mag Marathon & Half Marathon | Benoni Northerns Sports | 42.2 | 21.1; 5 | 06h30 | Madge Atwell | 083-5731011 | 011-8498473 |
| KwaZulu-Natal | 4/11/2010 | Phoenix Striders Mara Fun Run | Kings Park Athletics | 5.0 | 07h00 | Kay Naidoo | 083-3441560 | 031-5052478 | |
| Griqualand West | 4/13/2010 | Griqualand West Half Marathon Championships | Kimberley Athletic Stadium | 21.1 | 10 | 07h00 | Peter Wax | 073-2337672 | |
| Border | 4/17/2010 | East London Pacers 15 km | Beacon Bay Country Club | 15.0 | | 06h00 | Sharonne Dewing | 083-3183853 | 043-7022123 |
| Mpumalanga | 4/17/2010 | Forever Resorts Loskop Ultra Marathon | Municipal Offices | 50.0 | 42.2 | 06h00 | Middelburg Marathon | | 013-2432683 |
| Mpumalanga | 4/17/2010 | Forever Resorts Loskop Series "The Wild" | Loskop Nature Reserve | 21.1 | | 06h30 | Middelburg Marathon | | 013-2432683 |
| Eastern Province | 4/17/2010 | Lake Farm Charity Run | Lake Farm Centre | 25.0 | 10; 5 | 07h00 | Graham Channon | 078-1849723 | 041-3671710 |
| Free State | 4/17/2010 | Lesedi Radio FM 15 km | Zamdela Stadium | 15.0 | 5 | 07h00 | Thabo Mashoane | 083-7616086 | 016-9741011 X |
| KwaZulu-Natal | 4/17/2010 | Foskor Half Marathon | Zululand Multi Sports Club | 21.1 | 10; 5 | 07h00 | Casper Kriel | 035-7533974 | |
| KwaZulu-Natal | 4/17/2010 | The Fugitives Trail - 2 Days | Isandlwana | 19.0 | | 07h00 | Wildrunner | 084-2218422 | |
| Gauteng North | 4/17/2010 | Take Five Team Relay Pretoria | Cornwall Hill College | 5.0 | | 07h30 | Event Office | | 012-4609065 |
| Boland | 4/17/2010 | Stellenbosch Vista Trail Run | Coetzenburg Athletic Stadium | 12.0 | 5 | 08h00 | Dolf Adendorff | 083-2646289 | |
| Western Province | 4/17/2010 | Pinelands Six by Six Relay | Pineland Athletic Club | 36.0 | | 13h00 | Tony Will | 072-7834154 | 021-5074421 |

| Province | Race Date | Race Name | Start Venue 1 | Distance | Alternate Distances | Start Time | Contact Name | Cell | Work Tel |
|------------------|-----------|-------------------------------------------------|-------------------------------|----------|---------------------|------------|----------------------|-------------|-------------|
| KwaZulu-Natal | 4/18/2010 | Estcourt Wagendrift Dam Cavanagh Marathon | Bushmans Boating Club | 52.0 | 42.2 | 06h00 | Alan Jennings | 082-4907383 | 036-3523456 |
| KwaZulu-Natal | 4/18/2010 | Dick King Half Marathon & 15 km Walk | Hutchison Park, | 21.1 | 15; 5 | 06h00 | Renier Fouche | 084-5049808 | |
| Central Gauteng | 4/18/2010 | Callies Comrades Legends 32 km & 15 km | Germiston Stadium | 32.0 | 15; 5 | 06h30 | Steve Jones | 082-3389794 | 011-8257701 |
| Central Gauteng | 4/21/2010 | Noordheuwel 10 km Nite | Noordheuwel High School | 10.0 | 5 | 19h00 | Daniel Kriel | 082-5529243 | |
| Eastern Province | 4/24/2010 | Spar Bruintjieshoogte Ultra Marathon, 25 km & 5 | Pearston (10km on the | 50.0 | 5 | 06h00 | Riaan van der Walt | 083-4468260 | 042-2432008 |
| Free State | 4/24/2010 | Ultimag SATB 3-in-1 Marathon | Bloemfontein Achilles Sports | 64.0 | 42.2; 10 | 06h00 | Marijke de Wet | 083-2873050 | 051-4445867 |
| Gauteng North | 4/24/2010 | Telkom ConnecXion Half Marathon, 10 km & 5 | Telkom Technopark | 21.1 | 10; 5 | 06h00 | Lucky Dlamini | 082-8295272 | |
| Limpopo | 4/24/2010 | Land of Legends Thohoyandou Marathon | Thohoyandou Independence | 42.2 | 21.1 | 06h00 | Stanley Thompson | 082-4933897 | 015-5161338 |
| Mpumalanga | 4/24/2010 | Coaldust 3-in-1 km Challenge | Witbank Dam | 48.0 | | 06h00 | Neels Vermeulen | 082-4564822 | |
| Border | 4/24/2010 | Pick 'n Pay 10 km & 5 km | Kuswag Primary School | 10.0 | 5 | 07h00 | Daan Louw | 083-4492991 | |
| Mpumalanga | 4/24/2010 | Matha Series - Middelburg | Steelcrest High School | 21.1 | 5 | 07h00 | Mpumalanga Road | | 013-7528676 |
| Districts | 4/24/2010 | Outeniqua Marathon, Half Marathon & 5 km | 42 km George Sports Club | 42.2 | 21.1; 5 | 07h00 | Henry Hill | 082-9067331 | 044-8031409 |
| North West Cape | 4/24/2010 | Kenhardt Dorperland 15 km | Kenhardt Hotel | 15.0 | 5 | 07h30 | Marius Stander | 082-4660872 | 054-6510564 |
| Central Gauteng | 4/25/2010 | Springbok Pharmacy Jackie Gibson Marathon & | Klipriviersberg Recreation | 42.2 | 21.1 | 06h00 | Race Secretary | | |
| Free State | 4/25/2010 | Maluti-A-Phofung Half Marathon & 10 km | Harrismith City Hall | 21.1 | 10 | 06h00 | Sergio Motsoeneng | 083-5881980 | |
| KwaZulu-Natal | 4/25/2010 | Chatsworth Freedom Marathon | Chatsworth Stadium | 52.0 | | 06h00 | Dees Govender | 083-7854333 | |
| KwaZulu-Natal | 4/25/2010 | Giant's Castle Two Passes Trail Run | Giant's Castle Game | 29.0 | | 07h00 | Race Organiser | 082-4025654 | |
| Western Province | 4/25/2010 | Strand Half Marathon & 10 km | TBA | 21.1 | 10 | 07h00 | Lester Burrow | 082-4248547 | |
| Central Gauteng | 4/27/2010 | Cradle Half Marathon & 10 km | Olde Conferenz | 21.1 | 10; 5 | 07h00 | Chris Smit | 083-5191286 | |
| Eastern Province | 4/27/2010 | Summerbrezz Superspar Men's 10 km & 5 km | Kings Beach Parking | 10.0 | 5 | 07h00 | Loynes Jenkerson | 082-6446422 | |
| Mpumalanga | 4/27/2010 | Steinmuller 2-in-1 | Marietjie v Niekerk School | 21.1 | 10 | 07h00 | Pieter Botes | 082-9207555 | 017-6475315 |
| Western Province | 4/27/2010 | Mandela Road to Freedom 27 km Run & 10 km | Grand Parade | 27.0 | 10 | 07h00 | Top Events | | 021-5117130 |
| Eastern Province | 5/1/2010 | Addo Elephant 100 Mile & 50 Mile Trail Run/Hike | Kirkwood Hotel | 161.0 | | 06h00 | Nadia Arndt | 083-3097755 | |
| Border | 5/1/2010 | New Balance Beachfront Half Marathon | Orient Beach | 21.1 | | 06h30 | Stan Barbour | 083-6084353 | |
| Gauteng North | 5/1/2010 | Traumeel Wally Hayward Marathon | Hoerskool Zwartkop | 42.2 | 21.1; 10; 5 | 06h30 | Mike Summerfield | 082-7814357 | |
| KwaZulu-Natal | 5/1/2010 | Build-It Half Marathon | Camperdown Police Station | 21.1 | | 06h30 | Sarah Botha | 083-3416095 | |
| Limpopo | 5/1/2010 | Nylstroom Mini Marathon | Nylstroom High School | 28.0 | | 06h30 | Marina Lombaard | 084-5812901 | 014-7172663 |
| Boland | 5/1/2010 | Safari Half Marathon | Huegenote High School | 21.1 | 10; 5 | 07h00 | Top Events | | 021-5117130 |
| Eastern Province | 5/1/2010 | Spar Ladies' 10 km Challenge (EP) | Kings Beach Parking | 10.0 | 5 | 07h00 | Eastern Province | 083-2991775 | 041-3742818 |
| Free State | 5/1/2010 | Matha Series - Bloemfontein | City Hall, Pres Brand Road | 21.1 | 5 | 07h00 | Free State Athletics | | 051-4303251 |
| Griqualand West | 5/1/2010 | Vaalharts Kontreifees Marathon | Hoerskool Hartswater | 42.2 | 21.1; 10; 5 | 07h00 | Johan Bloem | 082-8344576 | |
| Griqualand West | 5/1/2010 | Phokwane Marathon | Hartswater High School | 42.2 | 21.1; 10 | 07h00 | Christel Pelsler | 083-4540904 | 053-4565004 |
| Limpopo | 5/1/2010 | Spar Half Marathon & 10 km | Kruger Park Spar | 21.1 | 10 | 07h00 | Alan Cole | 082-2295570 | 015-7812804 |
| Mpumalanga | 5/1/2010 | Sudwala Screaming Monster Half Marathon | Sudwala Lodge | 21.1 | | 07h00 | Jurgen Halbich | 083-2900678 | 013-7527456 |
| Districts | 5/1/2010 | Prince Albert Olive Festival Half Marathon & 10 | Show Grounds | 21.1 | 10; 5 | 07h30 | Terry Barnato | 072-3319354 | 023-5411462 |
| Districts | 5/1/2010 | Two Lagoons 32 km & 10 km | Karataru | 32.0 | 10 | 08h00 | Ivan Palmer | 072-2221283 | |
| Central Gauteng | 5/1/2010 | Sowetan Big Walk 10 km & 5 km | Mapetla Sport Complex | 10.0 | 5 | 9h00 | Pango Makhale | 072-5563678 | |
| KwaZulu-Natal | 5/2/2010 | Checkout Marathon, Half Marathon & 10 km | Verulam Recreation Ground | 42.2 | 21.1; 10 | 06h00 | Joyce Moonsamy | 076-9108575 | |
| Border | 5/8/2010 | Grant Thornton Diesel Depot Challenge | Pearce & Chamberlain Road | 15.0 | | 06h00 | Bronek Urban | 082-5770932 | |
| Gauteng North | 5/8/2010 | Mini Mekler 25 km | Pretoria Military Sports Club | 25.0 | 10; 5 | 06h00 | Vivian Petrus | 082-5582968 | 012-3923033 |
| Gauteng North | 5/8/2010 | PMMC 10 km Memorial | Pretoria Military Sports Club | 10.0 | 5 | 06h15 | Vivian Petrus | 082-5582968 | 012-3923033 |
| Eastern Province | 5/8/2010 | Elite Andre van Coler Memorial Run | Portugese Club | 21.1 | 5 | 07h00 | Jakkie Gerber | 083-6516800 | |
| Free State | 5/8/2010 | Interstate Buslines Glen Half Marathon | Circle Andries Pretorius & | 21.1 | | 07h00 | Marijke de Wet | 083-2873050 | 051-4445867 |
| Mpumalanga | 5/8/2010 | Selati Half Marathon & 10 km | Malelane Rugby Club | 21.1 | 10; 5 | 07h00 | Deon Valks | 082-7880675 | 013-7911056 |
| Boland | 5/8/2010 | Hermanus Wheels & Runners Half Marathon | Hermanus Old Harbour | 21.1 | 10; 5 | 08h00 | Karin Coetzee | 082-9233201 | 028-3121889 |
| Free State | 5/8/2010 | Wonderwater NG Vaalpark Half Marathon | NG Church | 21.1 | 10 | 08h00 | Boet Beukes | 084-5054371 | 016-9603275 |
| North West North | 5/8/2010 | Bojanala 20 km Road Race | Mogwase | 20.0 | 10; 5 | 08h00 | Athletics North West | | 014-5942895 |
| Districts | 5/8/2010 | Mossel Bay Mall Half Marathon, 10 km & 5 km | Mossel Bay Mall, Heiderand | 21.1 | 10; 5 | 08h00 | Des Harris | 083-3098732 | 044-6905390 |
| KwaZulu-Natal | 5/9/2010 | Starling Plumbers 3-in-1 | Mount Edgecombe | 32.0 | 21.1; 10 | 06h00 | Ritesh Ramraj | 083-5002265 | 031-5692866 |
| KwaZulu-Natal | 5/9/2010 | RBM 32 km Run & 10 km Run/Walk | Bay Hall - Richards Bay | 32.0 | 10 | 06h00 | Virna McMaster | 082-4473040 | |
| Central Gauteng | 5/9/2010 | Colgate 32 km & 15 km | Boksburg City Stadium | 32.0 | 15; 5 | 06h30 | Race Secretary | | 011-9173721 |
| Western Province | 5/9/2010 | Milkwood Half Marathon | Soetwater Recreational Area | 21.1 | 10; 5 | 07h30 | Graeme Trautmann | 083-6288641 | |
| Eastern Province | 5/15/2010 | Sunridge Park Shopping Complex 10 km | Sunridge Superspar Car Park | 10.0 | 5 | 07h00 | Shane Brown | 079-4900669 | |
| Gauteng North | 5/15/2010 | Race for Friendship 16 km & 8 km | Moreleta Plaza | 16.0 | | 07h00 | Daan du Toit | 082-5724169 | 012-3653553 |
| Limpopo | 5/15/2010 | Coca-Cola Polokwane Half Marathon | Peter Mokaba Stadium | 21.1 | 10; 5 | 07h00 | Pieter Pretorius | 084-4406667 | |
| Districts | 5/15/2010 | George Habelgaarn Memorial 10 km | Sao Bras School Rugby Field | 10.0 | | 07h00 | Derrick Hendricks | 083-4184109 | |
| Western Province | 5/15/2010 | Brackenfell Pick n Pay Family Store Half | Brackenfell High School | 21.1 | 5 | 07h00 | David McCarthy | 084-9214026 | |
| Free State | 5/15/2010 | Zio Cash & Carry 10 km | Flavius Mareka College Sport | 10.0 | 5 | 08h00 | Polleie Massyn | 083-6293107 | 016-9602607 |
| Boland | 5/15/2010 | Asics X-Treme 17 km Mountain | Avalon Springs Hotel | 17.0 | 10 | 08h30 | Ilse Esterhuysen | 072-1251854 | 023-6142880 |
| Free State | 5/15/2010 | DR Church Universitas 10 km | DR Church | 10.0 | | | DB Prinsloo | 083-2878810 | |
| KwaZulu-Natal | 5/16/2010 | Savages Athletic Club Challenge Half | Cyril Geoghegan Cycle | 21.1 | 10 | 06h00 | Race Organiser | 078-2816981 | |
| Central Gauteng | 5/16/2010 | Gauteng Striders Half Marathon & 5 km | Johannesburg Stadium | 21.1 | 5 | 07h00 | Nimrod Vanto | 079-5113656 | |
| KwaZulu-Natal | 5/16/2010 | Spartan 10 km Flying Challenge | TBA | 10.0 | | 07h00 | Barry Swaminathan | 083-7891246 | |
| Gauteng North | 5/22/2010 | Quagga Sentrum Muller Potgieter 15 km | Quagga Centre | 15.0 | 5 | 07h00 | Leon Bezuidenhout | 076-3739019 | |
| Boland | 5/22/2010 | Herfsprag APL Cartons Half Marathon, 10 km & | Hexvallei High School | 21.1 | 10 | 08h00 | Bennie du Plessis | 083-3241675 | 023-3581057 |
| Districts | 5/22/2010 | Saasveld Forest 10 km Run | Saasveld NMMU Campus | 10.0 | 5 | 08h00 | Henry Hill | 082-9067331 | 044-8031409 |
| Western Province | 5/22/2010 | Darling Half Marathon | Darling Laerskool | 21.1 | 10; 5 | 08h30 | Mary Ashford | 082-6845575 | 022-4923401 |
| KwaZulu-Natal | 5/23/2010 | Discovery East Coast Radio Big Walk | TBA | 10.0 | | TBA | Grant Pedler | 083-2925956 | |
| Districts | 5/27/2010 | Red Stone Nite & Trail Run | Buffelskloof | 10.0 | | 20h00 | Carel Herholdt | 082-3791177 | |
| Border | 5/29/2010 | Meeg Bank 10 km | TBA | 10.0 | 5 | 07h00 | Nkosinkulu | | 043-7222427 |
| Gauteng North | 5/29/2010 | Brooklyn School 11 km & Fun Runs | Brooklyn Primary School | 11.0 | | 07h00 | Daan du Toit | 082-5724169 | 012-3653553 |
| KwaZulu-Natal | 5/29/2010 | National Youth Run | Durban Exhibition Centre | 10.0 | 5 | 09h00 | The Secretary | | 033-8978650 |
| KwaZulu-Natal | 5/29/2010 | National Youth Day Run/Walk | TBA | 10.0 | 5 | 09h00 | Kwa-Zulu Natal | | 031-3129374 |
| KwaZulu-Natal | 5/30/2010 | Comrades Marathon | City Hall | 89.0 | | 05h30 | Race Enquiries | | 033-8978650 |
| Free State | 6/5/2010 | Transwerk Free State 10 km Championships | Schoemanpark Sports Ground | 10.0 | | 07h00 | Elias Modise | 073-2711087 | |

| Province | Race Date | Race Name | Start Venue 1 | Distance | Alternate Distances | Start Time | Contact Name | Cell | Work Tel |
|--------------------|-----------|-------------------------------------------------|-------------------------------|----------|---------------------|------------|----------------------|-------------|-------------|
| Western Province | 6/5/2010 | Your Fast & Flat 10 km & 5 km Fun Run | University Student Centre | 10.0 | 5 | 07h30 | Jerome Walters | 083-7665188 | 021-9592056 |
| Boland | 6/5/2010 | Miles of Smiles Half Marathon & 10 km | Robertson Winery | 21.1 | 10; 5 | 08h00 | John Booysen | 083-4583237 | 023-6263579 |
| Central Gauteng | 6/5/2010 | Connies 10 km Run/Walk | Connie Mulder Centre | 10.0 | | 08h00 | Gordon Henney | 082-4416008 | |
| Central North West | 6/5/2010 | Vescotech-Vyfhoek Half Marathon & 10 km | N G Gemeente Potch-Vyfhoek | 21.1 | 10; 5 | 08h00 | Barbara Jacobs | 084-5809430 | |
| Districts | 6/5/2010 | Thembaletu Development Run | Thembaletu Primary School | 5.0 | | 09h00 | Henry Hill | 082-9067331 | 044-8031409 |
| Gauteng North | 6/5/2010 | Hazeldene 10 km | TBA | 10.0 | 5 | | Liesel van Zyl | 079-8695030 | 012-3475795 |
| Limpopo | 6/5/2010 | The Big Five Marathon Trail Run | Lakeside Lodge | 42.2 | 21.1 | | Rune Nortoft | | 021-4243122 |
| Western Province | 6/6/2010 | New Balance Table Mountain 16 km | Constantia Nek | 16.0 | | 08h00 | Richard Acheson | 082-4115533 | |
| Central Gauteng | 6/6/2010 | Montrail-Capestom Gauteng Winter Trail Series | Gauteng Area | 12.0 | | 09h00 | Race Secretary | 084-2218422 | |
| Gauteng North | 6/12/2010 | Race for Faith 15 km, 10 & Fun Runs | Silver Oaks Crossing | 15.0 | | 07h00 | Daan du Toit | 082-5724169 | 012-3653553 |
| Western Province | 6/12/2010 | New Balance Khayelitsha 10 km Development | Khayelitsha Rugby Club | 10.0 | | 07h30 | Western Province | | 021-6990615 |
| Districts | 6/12/2010 | Outeniqua Harriers Cheese Festival Half | 4 Brothers Warehouse | 21.1 | 10; 5 | 08h00 | Henry Hill | 082-9067331 | 044-8031409 |
| Central Gauteng | 6/13/2010 | Daveyton Brakpan Half & 10 km | Brakpan Athletics Stadium | 21.1 | 10 | 07h00 | Bheki Tshabalala | 084-0446359 | |
| Central Gauteng | 6/13/2010 | RAC The Sweat Shop / Asics 10 km | Old Parktonian Sports Club | 10.0 | | 08h00 | Vreni Welch | | 011-4428256 |
| Free State | 6/16/2010 | Danie Bosman Memorial 10 km | Welkom | 10.0 | | | Deon Lodder | 082-9213330 | 057-2312274 |
| Gauteng North | 6/19/2010 | Fanie Booysen Ice Breaker | Garsfontein Primary School | 10.0 | | 06h45 | Rita van der Merwe | 083-6570508 | |
| Border | 6/19/2010 | Contract Refrigeration Mountain Challenge | Queenstown Harriers | 24.0 | | 07h00 | Patrick Seddon | 082-4417805 | 045-8382031 |
| Western Province | 6/19/2010 | Mamre 15 km | Mamre Primary School | 15.0 | | 08h00 | Peter Julies | 082-7390070 | |
| Boland | 6/19/2010 | Napier Half Marathon & 10 km | Napier High School | 21.1 | 10 | 08h30 | Sakkie le Roux | 082-5610345 | 028-4233235 |
| Gauteng North | 6/26/2010 | Heroes of Attridgeville | Ga Mthaka Resort | 21.1 | 10; 5 | 07h00 | Tsomberri Tshankie | 082-8871696 | |
| Western Province | 6/26/2010 | Eerstervier 15 km | Strafport Primary School | 15.0 | 10; 5 | 07h15 | Johannes Kamfer | 084-4627431 | |
| Eastern Province | 6/26/2010 | Trailer Hyper Time Challenge 17 km & 5 km | Kirkwood Tennis Club | 17.0 | 5 | TBA | Alan Taylor | 083-6580050 | 041-4842211 |
| Central Gauteng | 6/27/2010 | Ebony 10 km | Elkah Stadium | 10.0 | 5 | 08h00 | Dedrick Motsepe | 083-2313090 | |
| Central Gauteng | 6/27/2010 | Montrail-Capestom Gauteng Winter Trail Series | Gauteng Area | 12.0 | | 09h00 | Race Secretary | 084-2218422 | |
| Border | 7/3/2010 | Liberty Health Rhodes Trail Run | Rhodes Farmers Hall | 52.0 | | 07h00 | Evie Raubenheimer | | |
| Gauteng North | 7/3/2010 | Harlequin Challenge | Harlequin Club | 15.0 | 10; 5 | 07h00 | Frans Verwoerd | 082-7747070 | |
| Mpumalanga | 7/3/2010 | Kaftan Half Marathon & 10 km Reloaded | Managa Road outside | 21.1 | 10 | 07h00 | Mac van der | 082-7836456 | |
| Western Province | 7/3/2010 | Spookhill 15 km | Beaumont Primary School | 15.0 | 5 | 07h30 | Hans Hugo | 072-2908179 | |
| Districts | 7/3/2010 | Top Gear 10 km & 5 km | Hibernia Street | 10.0 | 5 | 08h00 | Sidwell Oktober | 073-7807783 | |
| Eastern Province | 7/3/2010 | Running of the Bullshitters | The Scout Hall | 7.0 | | 14h00 | Colin Parkins | 083-6513836 | 041-4075035 |
| Central Gauteng | 7/4/2010 | Northgate 10 km | Northgate Shopping Centre | 10.0 | 5 | 07h30 | Charlie Herselman | 082-7701143 | |
| North West Cape | 7/4/2010 | Desert Flower Run | 24 km south of New Xanagas | 24.0 | | 08h00 | Gawi Joubert | | 00267- |
| Mpumalanga | 7/9/2010 | Sasol 10 km Nite | Sasol Recreation Club | 10.0 | | 19h00 | Oockert Stoop | 082-9013735 | 017-6342112 |
| Boland | 7/10/2010 | Bastille Festival Half Marathon Freedom Run & | The Huguenot Monument | 15.0 | 10; 5 | 07h00 | Klaas Maffa | 082-8768643 | 021-8763055 |
| Boland | 7/10/2010 | Freedom Half Marathon, 10 km & 5 km Run/Walk | Drakenstein Correctional | 21.1 | 10; 5 | 07h00 | Matthew Cyster | | 021-8851300 |
| Districts | 7/10/2010 | Pick 'n Pay Cape Times Knysna Forest Marathon | Knysna Marathon Club - | 42.2 | 5 | 07h00 | Knysna Marathon Club | 076-1954832 | |
| Western Province | 7/10/2010 | ORAK 12 Hour Track Race | Vredendal Sportsgrounds | 0.0 | | 07h00 | Gerrie Cilliers | 083-6500642 | 027-2133016 |
| Gauteng North | 7/10/2010 | Aminostim 15 km | Agricultural Research Council | 15.0 | 5 | 07h30 | Call Centre | | 012-6540005 |
| Griqualand West | 7/10/2010 | Griqualand West 10 km Championships | Kimberley Athletic Stadium | 10.0 | | 08h00 | Peter Wax | 073-2337672 | |
| Mpumalanga | 7/10/2010 | Sasol Secunda Marathon | Sasol Recreation Club | 42.2 | 21.1; 10 | 08h00 | Oockert Stoop | 082-9013735 | 017-6342112 |
| Districts | 7/10/2010 | Pick 'n Pay Cape Times Knysna Forest Half | Knysna Marathon Club - | 21.1 | | 08h00 | Knysna Marathon Club | 076-1954832 | |
| KwaZulu-Natal | 7/10/2010 | Mfuli Mountain 15 km Run/Walk | Mfuli Game Farm | 15.0 | | 13h30 | Sonia Bauman | 082-5583404 | |
| KwaZulu-Natal | 7/11/2010 | South Coast Striders Sardine Half Marathon | Douglas Mitchell Sports | 21.1 | | 06h30 | Kim Rice | 084-5117651 | |
| KwaZulu-Natal | 7/11/2010 | Forest 10 km | Forest Hills Sports Club | 10.0 | | 07h00 | Lucy Kewley | 082-8682723 | |
| Western Province | 7/11/2010 | RCS Guguletou 10 km | Green Point | 10.0 | | 07h30 | Tanya Schouw | 083-2933966 | |
| Central Gauteng | 7/11/2010 | ADT Security Pirates 10 km Run & Walk | Pirates Club | 10.0 | | 08h00 | Brian Leask | 082-4513429 | |
| Central Gauteng | 7/17/2010 | Mercury 10 km | Cecil Payne Stadium | 10.0 | | 07h00 | Claude Vergie | 082-9059252 | 011-7175002 |
| Gauteng North | 7/17/2010 | Dinamika Springbok Vasbyt 23.3 km, 10.5 km & 5 | Voortrekker Monument | 23.3 | 10; 5 | 07h30 | Alexander Hattingh | 083-4158016 | |
| Boland | 7/17/2010 | Worcester Hospice Half Marathon & 10 km | Worcester Voorsieners | 21.1 | 10; 5 | 08h00 | Faezal Karriem | 083-4159601 | |
| Mpumalanga | 7/17/2010 | Richkim Engineering/Oasis Water 10 km & 20 km | Midack Clubhouse | 20.0 | 10 | 08h00 | Conrad van den Berg | 082-9081228 | 013-2472770 |
| Districts | 7/17/2010 | Ebenharts Half Marathon & 10 km | Ebenharts Restaurant | 21.1 | 10 | 08h00 | Sanet Wentzel | 082-8526378 | |
| Central North West | 7/17/2010 | St Michaels Spar 10 km | St. Michaels Spar | 10.0 | | 08h30 | Charles Wade | 082-8284357 | |
| Limpopo | 7/17/2010 | Enthabeni Game Lodge 32 km, Half Marathon & | Mokopane | 32.0 | 21.1; 10 | 08h30 | Gustav van der Merwe | 082-8076213 | |
| KwaZulu-Natal | 7/17/2010 | Coca Cola Vryheid Game Park 15 km | Cecil Emmett Park, Vryheid | 21.1 | 15; 5 | 13h30 | Ingrid Kusel | 073-8675712 | |
| KwaZulu-Natal | 7/18/2010 | Value Prop Orion Half Marathon | Protea Sports Centre | 21.1 | 10; 5 | 07h00 | Ajith Deena | 083-6592732 | 033-3878471 |
| Western Province | 7/18/2010 | Elsies Rivier 10 km | Cape Peninsula University of | 10.0 | | 07h00 | Betram Windvogel | 082-3987148 | 021-5087170 |
| Central Gauteng | 7/18/2010 | Breakthru Midrand 15 km | Midrand High School | 15.0 | 5 | 08h00 | Penny Visser | 083-2664232 | |
| Border | 7/23/2010 | Washie 100 Miler | Port Alfred Country Club | 161.0 | | 17h00 | James Anderson | 079-4935994 | 043-7483419 |
| Eastern Province | 7/24/2010 | Matha Series incorporating SA Half Marathon | NU2 Stadium | 21.1 | 5 | 07h00 | Eastern Province | 083-2991775 | 041-3742818 |
| Gauteng North | 7/24/2010 | Maxi Cross Trail Race | Fountains Valley | 15.0 | | 07h00 | Pierre Jordaan | 082-8219836 | 012-3053046 |
| Mpumalanga | 7/24/2010 | Legogote Villagers/York Timbers Half Marathon & | White River Rugby Club | 21.1 | 10 | 07h00 | Jurgen Halbic | 083-2900678 | 013-7527456 |
| Western Province | 7/24/2010 | Arcelor Mittal Half Marathon | Saldanha | 21.1 | | 07h00 | Richard Holcroft | 083-4482149 | |
| Limpopo | 7/24/2010 | Foskor Half Marathon | Foskor Community Centre | 21.1 | 5 | 14h30 | Attie Swiegers | 072-3424299 | 015-7892174 |
| KwaZulu-Natal | 7/25/2010 | Richards Bay Coal Terminal Charity Relay | Richards Bay | 8.2 | | 06h30 | Lisa Christowitz | 082-6311282 | 035-7896907 |
| KwaZulu-Natal | 7/25/2010 | Stonebridge 20 km, 10 km & 5 km Fun Run | Siphosethu Primary School | 20.0 | 10; 5 | 07h00 | Shamalen Gouden | 084-5819300 | 031-5602250 |
| Central Gauteng | 7/25/2010 | Discovery/702 Walk The Talk 30 km & 15 km | Cnr Judith Road & Hill Street | 30.0 | 15 | 07h30 | Race Office | | 011-4632743 |
| KwaZulu-Natal | 7/25/2010 | Mtontwane Half Marathon Run/Walk | Mtontwane Game Ranch | 21.1 | 10 | 08h30 | Cheryl Maitre | 082-5676669 | 036-3522985 |
| Central Gauteng | 7/25/2010 | Discovery/702 Walk The Talk Fun Run | Marks Park | 8.0 | 15; 5 | 09h00 | Race Office | | 011-4632743 |
| Border | 7/31/2010 | Mandrin Buffalo Flats 10 km | United Cricket Grounds | 10.0 | 5 | 07h00 | Greg Minnie | 072-4317841 | |
| Eastern Province | 7/31/2010 | Clover Milk Run | Kings Beach | 10.0 | 5 | 07h00 | Shane Brown | 079-4900669 | |
| Gauteng North | 7/31/2010 | Jolly Jumbo Half Marathon & 10 km | Zwartkop Lapa | 21.1 | 10; 5 | 07h00 | Sharon Badenhorst | 082-4541598 | |
| KwaZulu-Natal | 7/31/2010 | The Braai Kettis Longest Day 12 Hour Track | Collegians Club | 100.0 | | 07h00 | Brian Swart | 079-9133305 | |
| North West North | 7/31/2010 | Old Mutual Rustenburg Mountain | Bergsig High School | 25.5 | 5 | 07h00 | Heleen Olwagen | 082-8517421 | |
| Boland | 7/31/2010 | PPC Riebeeck Berg Marathon & Half Marathon | PPC Cement | 42.2 | 21.1; 10; 5 | 07h30 | Ilse Vlok | 079-5235145 | |
| Limpopo | 7/31/2010 | Spur Polokwane 10 km | Savannah Shopping Centre | 10.0 | 5 | 08h00 | Pieter Pretorius | 084-4006667 | |

| Province | Race Date | Race Name | Start Venue 1 | Distance | Alternate Distances | Start Time | Contact Name | Cell | Work Tel |
|----------------------|------------------|-------------------------------------------------------------------------------------|-----------------------------------|--------------|---------------------|--------------|--------------------------|--------------------|--------------------|
| Mpumalanga | 7/31/2010 | Hall's Half Marathon & 10 km | Hall's Gateway to the Lowveld | 21.1 | 10 | 08h00 | Mark Greeff | 083-2993779 | |
| Districts | 7/31/2010 | Seweekspoort Half Marathon & 3 x 7 km Relay | TBA | 21.1 | | 08h00 | Sanet Wentzel | 082-8526378 | 044-2724518 |
| North West North | 7/31/2010 | Buffalo Mountain Race | ATKV Resort | 15.0 | 21.1; 10 | 09h00 | Jeremy | 076-1002044 | |
| Central Gauteng | 8/1/2010 | Randburg Harriers Half Marathon & 10 km | Randburg Central Sports | 21.1 | 10 | 07h00 | Michelle Knotzer | | 011-7927003 (1) |
| Western Province | 8/1/2010 | Pinelands 10 km & 5 km Fun Run/Walk | Pinelands Athletic Club | 10.0 | 5 | 07h30 | Hayley Smith | 082-7740228 | |
| KwaZulu-Natal | 8/1/2010 | Ladies' Spar 10 km Challenge | Sahara Stadium | 10.0 | 5 | 09h00 | Race Secretary | | 031-3129374 |
| Border | 8/1/2010 | Hagmorkei Halfish | Haga Haga | 21.1 | | 10h00 | Bob Norris | 082-5544016 | 043-7268056 |
| Central North West | 8/7/2010 | D.I.Y. Depot Marathon | Bloemhof Skool Sportsgronde | 42.2 | 21.1; 10; 5 | 07h00 | Tiekie Erasmus | 083-5970250 | |
| Free State | 8/7/2010 | D.I.Y. Depot Marathon, Half Marathon & 10 km | Bloemhof School | 42.2 | 21.1; 10; 5 | 07h00 | Tiekie Erasmus | 083-5970250 | |
| Gauteng North | 8/7/2010 | Carlton Half Marathon & 10 km | Medunsa Campus | 21.1 | 10; 5 | 07h00 | Dukes Mokonoto | 082-24125673 | 012-3120395 |
| KwaZulu-Natal | 8/7/2010 | Mkuze Game Run 10 Miler | TBA | 16.1 | | 07h00 | Arnold Freese | 082-8948152 | 034-4131737 |
| KwaZulu-Natal | 8/7/2010 | Madaka Game Run/Walk | Amadaka Game Farm | 21.1 | 10; 5 | 07h00 | Andre Grundlingh | 083-6532865 | 034-3124929 |
| Limpopo | 8/7/2010 | Matha Series - Polokwane | TBA | 21.1 | 5 | 07h00 | Roelf Coetzee | 082-6763350 | |
| Eastern Province | 8/7/2010 | Heartbreak Hill Half Marathon | Italian Club, Charlo | 21.1 | 5 | 07h30 | Roy Heine | 082-4560659 | |
| Districts | 8/7/2010 | Sharon Fruit Swellendam Half Marathon | Swellendam Rugby Club | 21.1 | 10; 5 | 08h00 | Willem Hough | 083-2876952 | 028-5141051 |
| Mpumalanga | 8/7/2010 | Skukuza Castle Half Marathon | Skukuza Rugby Field | 21.1 | | 08h30 | Marie Oosthuizen | 082-6803864 | 013-7355354 |
| Border | 8/8/2010 | Women's Day 10 km & 5 km | Kuswag Primary School | 10.0 | 5 | 07h00 | Graham Reynolds | 082-4480727 | 043-7311714 |
| KwaZulu-Natal | 8/8/2010 | Mtunzini Bush Run | Mtunzini Town Hall | 16.0 | | 07h00 | Paul Mannix | 082-5716559 | 035-7721164 |
| Central Gauteng | 8/8/2010 | Alberton Rietvlei 15 km | Rietvlei Farm | 15.0 | | 08h00 | Michael Brandon Kirby | 084-9500078 | |
| Boland | 8/9/2010 | Totalsports National Womens Day Ladies Race | Outside Town Hall | 10.0 | 5 | 08h00 | Top Events | | 021-5117130 |
| Free State | 8/9/2010 | Setings Super Spar Women's 10 km & 5 km | Setings Cresta Mall | 10.0 | 5 | 08h00 | Sergio Motsoengeng | 083-5881980 | |
| KwaZulu-Natal | 8/9/2010 | Women in Action Ladies' 10 km Challenge | Chatsworth Stadium | 10.0 | 5 | 08h00 | Dees Govender | 083-7854333 | |
| Mpumalanga | 8/9/2010 | Wakkerstroom Mountain Challenge | NGK Grounds | 21.1 | 10; 5 | 08h00 | Joanna Burgers | 082-8731354 | |
| Districts | 8/9/2010 | Nostalgie Women's Day Challenge 10 km | Nostalgie B & B | 10.0 | 5 | 08h00 | Sanet Wentzel | 082-8526378 | 044-2724518 |
| Western Province | 8/9/2010 | Women's Day Challenge 10 km & 5 km | Bellville Stadium | 10.0 | 5 | 08h00 | Deon Rossouw | 083-3000299 | |
| Free State | 8/13/2010 | Welkom Medi-Clinic Women's 5 km | Welkom Medi-Clinic | 5.0 | | 18h00 | Hilde du Plessis | 072-4992602 | |
| Free State | 8/13/2010 | Welkom Medi-Clinic 10 km Nite | Welkom Medi Clinic | 10.0 | | 18h45 | Sarel Bouwer | | |
| Boland | 8/14/2010 | McCarthy Toyota Paarlberg Half Marathon | McCarthy Toyota | 21.1 | 10; 5 | 07h00 | Sybrandt du Plessis | 083-4446940 | |
| Gauteng North | 8/14/2010 | Ocean Basket Marcel van't Slot Memorial Race | Phobians Club | 15.0 | 5 | 07h00 | Gerald Kroukamp | 084-5827242 | |
| Mpumalanga | 8/14/2010 | Sportsmans Warehouse Half Marathon | Nelspruit Marathon Club | 21.1 | 10 | 07h00 | Annabelle Dixon | 083-4527549 | |
| Districts | 8/14/2010 | PetroSA Diaz Marathon, Half Marathon, 10 km & PG Glass Mountain Drive Half Marathon | Santos Caravan Park | 42.2 | 21.1; 10; 5 | 07h00 | Jacob Karelse | 073-3838409 | |
| Eastern Province | 8/14/2010 | PG Glass Mountain Drive Half Marathon | Albany Sports Club | 21.1 | 5 | 08h00 | Christine Hart | 083-3910460 | |
| KwaZulu-Natal | 8/14/2010 | The Witness Capital Climb | Pietermaritzburg City Hall | 15.0 | 5 | 08h00 | Tony Morrison | 083-3749502 | 031-3272963 |
| Limpopo | 8/14/2010 | Weir Warman Maroela to Maroela 10 km & 5 km | Phalaborwa Road Runners | 10.0 | 5 | 08h00 | Alan Cole | 082-2295570 | 015-7812804 |
| Central North West | 8/14/2010 | Bospoort Chicken Trail Run | NG Church | 15.0 | | 09h00 | Leanda Griesel | 076-8248393 | |
| KwaZulu-Natal | 8/15/2010 | Nongoma Build-It Half Marathon | Kwa-Gqikazi Main Gate | 21.1 | 5 | 07h00 | Mphathiseni | 083-4329566 | 035-8316263 |
| Western Province | 8/15/2010 | Reutech Solution John Korasie 30 km Run/Walk | St. Georges Road (M4) | 30.0 | | 07h00 | Des Freethas | 082-4469033 | 021-7874082 |
| Central Gauteng | 8/15/2010 | Old Eds Half Marathon & 10 km | Virgin Active Old Eds Club | 21.1 | 10 | 08h00 | Anne Pratt | | 011-7287335 |
| KwaZulu-Natal | 8/15/2010 | KwaMashu 15 km | KwaMashu | 15.0 | | TBA | Ajen Rooplal | 083-7793142 | |
| Central Gauteng | 8/20/2010 | Golden Reef 100 Miler | Silver Star Casino | 161.0 | | 18h00 | Race Secretary | 072-1266865 | |
| Western Province | 8/21/2010 | Puffer & Tuffer Puffer | The Good Hope Nature | 80.0 | | 05h30 | Serena Haupt | 083-2733260 | |
| Gauteng North | 8/21/2010 | Dawn 2 Dusk 12 Hour Circuit | Akasia High School | 80.0 | | 06h00 | Gerrie Strudom | 082-9405453 | 012-4294410 |
| Eastern Province | 8/21/2010 | ITEC 10 km & 5 km Fun Run | Hobie Beach | 10.0 | 5 | 07h00 | Eckart Schumann | 083-2992092 | 041-5860532 |
| Limpopo | 8/21/2010 | Limpopo Province Premier's 15 km | Peter Mokaba Stadium | 21.1 | 5 | 07h00 | Roelf Coetzee | 082-6763350 | |
| Districts | 8/21/2010 | Beaufort West Half Marathon & 5 km Run/Walk | Rustdene Sports Stadium | 21.1 | 5 | 07h00 | Selma Murray | | 023-4148020 |
| Boland | 8/21/2010 | S.A. 10 km Championships - Stellenbosch | Stellenbosch | 10.0 | 5 | 08h00 | Boland Athletics | | 021-8620924 |
| Mpumalanga | 8/21/2010 | Rotary Greatest Train Race | Emalahleni Station | 28.0 | | 08h00 | Race Office | | 086-1187246 |
| Boland | 8/21/2010 | Fynbos Half Marathon | Potberg Environmental Centre | 21.1 | | 08h30 | Mariaan Dunn | 082-5054624 | 028-5421326 |
| Gauteng North | 8/21/2010 | Spar Ladies' 5 km & 10 km Challenge (GN) | Tuks Rag Farm | 10.0 | 5 | 14h00 | Henning van Aswegen | 082-3445641 | |
| Border | 8/21/2010 | Living Free Half Marathon | East London Esplanade | 21.1 | 10; 5 | TBA | Llewellyn Mountfort | 083-2549932 | 043-7223554 |
| KwaZulu-Natal | 8/22/2010 | Ethekwini Township to Township Marathon | King Zwelithini Station | 50.0 | | 05h30 | Sipho | 082-4609761 | |
| KwaZulu-Natal | 8/22/2010 | Merewent 10 km | Dhubri Road Grounds | 10.0 | | 07h00 | Pat Pather | 083-7391248 | 031-3323106 |
| Western Province | 8/22/2010 | Don Lock 8 km Memorial | Brookside | 8.0 | 5 | 07h30 | Leigh Goldschmidt | 072-4471600 | 021-5318208 |
| Central Gauteng | 8/22/2010 | Vodacom Country Half Marathon Challenge | Vodaworld | 21.1 | 10; 5 | 08h00 | Mark Struwig | 082-4924416 | 011-6083071 |
| Free State | 8/22/2010 | Standard Bank 10 km | UF | 10.0 | 5 | 08h00 | Arnold Motsoengeng | | 058-7135469 |
| Central North West | 8/25/2010 | Rassie Smith Memorial Nite | Cricket Club | 10.0 | 5 | 19h00 | Charles Wade | 082-8284357 | |
| Limpopo | 8/27/2010 | St Peters 10 km Nite Fun Run | St Peters Anglican Church | 10.0 | | 18h30 | St Peters Office-Wendy | | 015-3073534 |
| KwaZulu-Natal | 8/27/2010 | Midlands 100 Miler | Winterton Country Club | 161.0 | | 19h00 | Brian Jarmey-Swan | 083-4965980 | |
| Free State | 8/28/2010 | Lente Wilge Marathon & Half Marathon | NG Kerk | 42.2 | 21.1; 10 | 06h30 | Wanda Kuit | 082-4162421 | |
| Free State | 8/28/2010 | Windmill Casino 10 km | Windmill Casino | 10.0 | 5 | 06h30 | Johan Coetzee | 083-2893235 | |
| Border | 8/28/2010 | White Clay Half Coffee Bay Trail Run | Ocean View Hotel | 21.1 | | 07h00 | Roy or Karen Sparg | 083-9794499 | 047-5750008 |
| Eastern Province | 8/28/2010 | Despatch 15 km & 5 km | Despatch Sports Centre | 15.0 | 5 | 07h00 | John Allers | 084-5904301 | |
| Boland | 8/28/2010 | Zoetendal Akad Lente 12 km | L'Agulhas | 12.0 | 5 | 08h00 | Yolanda de Waal | | 028-4356556 |
| Limpopo | 8/28/2010 | Executive Mayor's Half Marathon | Monsterius | 21.1 | | 08h00 | Willie Thole | 079-7784835 | |
| Districts | 8/28/2010 | Saasveld Half Marathon | Saasveld (NMMU) Campus | 21.1 | | 08h00 | Henry Hill | 082-9067331 | 044-8031409 |
| Western Province | 8/28/2010 | Atlantis Harriers 15 km & 5 km | Westfleur Sports Grounds | 15.0 | 5 | 08h00 | Desmond Arendse | 084-3921061 | 021-5737130 |
| KwaZulu-Natal | 8/29/2010 | uMhlatuze AC Half Marathon & 10 km | Addison Park | 21.1 | 10; 5 | 06h00 | Sonia Baumann | 082-5583404 | |
| Gauteng North | 8/29/2010 | Castle Walk Women's Day 10 km | Castle Walk Shopping Centre | 10.0 | 5 | 06h30 | Liesel van Zyl | 079-8695030 | 012-3475795 |
| Central Gauteng | 8/29/2010 | Joe Stutzen Half Marathon & Matthews | Venus Road | 21.1 | 10; 5 | 08h00 | Francesca Parini | 083-5049150 | |
| Western Province | 8/29/2010 | Blisters for Bread Walks | Green Point Track | 20.0 | 10; 5 | 09h00 | Top Events | | 021-5117130 |
| Mpumalanga | 9/1/2010 | Eskom Gijimas Mpumalanga Cansa Nite Race | Eskom Park | 10.0 | | 19h00 | Paul Bester | 082-9667767 | |
| KwaZulu-Natal | 9/4/2010 | Emondio 32 km & 10 km Run/Walk | | 32.0 | 10 | 06h00 | Joseph Mdletshe | 083-3197821 | |
| Border | 9/4/2010 | Border Masters Marathon & Half Marathon Walk | Macleanstown Road | 42.2 | 21.1 | 06h30 | Tony Viljoen | 084-2919029 | |
| Eastern Province | 9/4/2010 | Muirite Marathon, 10 km & 5 km Fun Run | Muir College | 42.2 | 10; 5 | 06h30 | Margie du toit | 082-5475413 | |
| Gauteng North | 9/4/2010 | Spirit of Flight 10 km | Airforce Base | 10.0 | 5 | 06h30 | Vivian Petrus | 082-5582968 | 012-3923033 |

| Province | Race Date | Race Name | Start Venue 1 | Distance | Alternate Distances | Start Time | Contact Name | Cell | Work Tel |
|----------------------|------------------|-----------------------------------------------------|------------------------------------|-------------|---------------------|--------------|--------------------------|--------------------|--------------------|
| North West Cape | 9/4/2010 | Daisy Marathon | Springbok Sports Grounds | 42.2 | 21.1; 5 | 06h30 | Ingrid Cloete | 084-8230705 | 027-7181060 |
| Free State | 9/4/2010 | Vic Theron's & Webbers Lentedraffie | Bloemfontein Achilles Sport | 10.0 | | 07h00 | Marijke de Wet | 083-2873050 | 051-4445867 |
| Free State | 9/4/2010 | Bultfontein Boertjie Fees Half Marathon | Bultfontein Fees | 21.1 | | 07h00 | Deon Lodder | 082-9213330 | 057-2312274 |
| Griqualand West | 9/4/2010 | Newton Gariep Festival Half Marathon | Newton Primary School | 21.1 | 10; 5 | 07h00 | Boontjie Boonzaier | 083-6523540 | |
| North West North | 9/4/2010 | Rustenburg Spring 10 km Run | Rustenburg Kloof Holiday | 10.0 | 5 | 07H00 | Anton Bester | 082-7732867 | |
| Vaal Triangle | 9/4/2010 | Nedbank (AVT) Spring Run | Kollegepark Primary School | 21.1 | 10; 5 | 07h00 | Dawid Jordaan | 082-3641954 | |
| Western Province | 9/4/2010 | Willowbridge NBAC 10 km | Willowbridge Centre | 10.0 | | 07h00 | Clive Idas | 082-7845783 | |
| Boland | 9/4/2010 | Riebeeck Kasteel Half Marathon & 10 km | Riebeeck Kasteel Church Hall | 21.1 | 10 | 07h30 | Peter Hall | 072-3568693 | |
| Central Gauteng | 9/4/2010 | Take Five Team Relay Germiston | Germiston Stadium | 5.0 | | 07h30 | Race Office | | 012-4609065 |
| Mpumalanga | 9/4/2010 | Botshabelo Challenge | Botshabelo Caravan Park | 21.1 | 10 | 08h00 | Middelburg Marathon | | 013-2432683 |
| Boland | 9/4/2010 | Pillar of Salt Charity Trail Run | Tswaing Farm | 20.0 | 10 | 08h30 | Donne van der Walt | 082-4611723 | 021-9516501 |
| Districts | 9/4/2010 | Zwartberg Marathon & 10 km | Show Grounds | 42.2 | 10; 5 | | Terry Barnato | 072-3319354 | 023-5411462 |
| KwaZulu-Natal | 9/5/2010 | Orange Grove Dairy Imamba 15 km & 10 km | Empangeni Rugby Club | 15.0 | 10 | 06h00 | Shadrack Mncwango | 072-4371347 | 035-5500799 |
| Central Gauteng | 9/5/2010 | Porters Auto/ADT Fred Morrison 15 km | Germiston Stadium | 15.0 | | 07h00 | Steve Jones | 082-3389794 | 011-8257701 |
| Western Province | 9/5/2010 | Satori Camel Run | Noordhoek Sportsfields | 16.1 | | 07h00 | Keith Gurney | 083-9480076 | 021-7891654 |
| KwaZulu-Natal | 9/5/2010 | Spar Weekend Witness Ladies' 10 km | The Oval | 10.0 | | 08h00 | Brad Glasspoole | | |
| Eastern Province | 9/9/2010 | Wildcoast Wildrun - 3 Days | Kei Mouth | 112.0 | | 06h30 | Race Secretary | 084-2218422 | |
| Districts | 9/11/2010 | Karoo Ultra Marathon | Engen Garage | 80.0 | 21.1; 10 | 06h00 | Petro Buys | 073-6541652 | 023-5511019 |
| Central North West | 9/11/2010 | Powerade Drie Provinsies Marathon & Half | Grensstraat Jan Kempdorp | 42.2 | 21.1; 5 | 06h30 | Francois Conradie | 082-8335625 | 053-4412219 |
| Gauteng North | 9/11/2010 | Value Logistics Ou Voetpad Mountain 10 Miler | Tshwane University of | 16.0 | 5 | 06h30 | Leon Bezuidenhout | 076-8545210 | |
| KwaZulu-Natal | 9/11/2010 | Mont-Aux-Sources 50 km Challenge | Royal Natal National Park | 50.0 | 06h30 | 06h30 | Kim Faure | 072-3299829 | |
| Limpopo | 9/11/2010 | Northern Timbers Modjadiskloof Half Marathon | Trophy Motors | 21.1 | 10 | 06h30 | Timothy Nkuna | 082-8062305 | |
| Mpumalanga | 9/11/2010 | Nedbank Om-die-Dammetjie Half Marathon & 10 | Witklip Dam | 21.1 | 10 | 07h00 | Tony De Freitas | 082-4176564 | |
| Western Province | 9/11/2010 | Medihelp Bike & Takkie Challenge | Jan Kriel School | 10.0 | 5 | 07h00 | Clive Idas | 082-7845783 | |
| Boland | 9/11/2010 | Tru-Cape Kogelberg Mountain Race | Pringle Bay CBD | 21.1 | 10; 5 | 08h00 | Race Secretary | 079-4136610 | |
| Boland | 9/11/2010 | Hexkoel Orchard PS Road | Orchard Primary School | 10.0 | 5 | 08h00 | T. Benjamin | 072-2226925 | |
| Eastern Province | 9/11/2010 | Zuurberg Mountain Inn | Zuurberg Mountain Inn | 15.0 | | 08h00 | Bob Stedman | 079-8942585 | 041-9944302 |
| KwaZulu-Natal | 9/11/2010 | Lynford Trail run | Lynford School | 22.0 | 10 | 08h00 | Sue Squires | | 039-8341927 |
| Districts | 9/11/2010 | SAPS (Southern Cape) Race Against Crime | Herbertsdale Primary School | 21.1 | 15; 5 | 08h00 | Diane Oosthuizen | 084-3692731 | 044-6511603 |
| Mpumalanga | 9/11/2010 | Apollo Half Marathon & 10 km | Secunda High School | 21.1 | 10 | 09h00 | Jurie Botha | 082-5700180 | |
| KwaZulu-Natal | 9/11/2010 | Mpati Mountain | King Edward Park (oval) | 15.0 | | 14h00 | George Groenewald | 082-3379374 | 034-2125683 |
| Boland | 9/11/2010 | Kopbeenskloof 35 km & 20 km Trail Run | Touwsrivier Primary School | 35.0 | | 20h00 | Bennie du Plessis | 083-3241675 | 023-3581057 |
| KwaZulu-Natal | 9/12/2010 | Dolphin Coast Lifestyle Ultra Marathon | Lifestyle Centre | 50.0 | 21.1; 10 | 06h00 | Barry Currin | 082-4800925 | |
| Central Gauteng | 9/12/2010 | The Citizen Gerald Fox Memorial Half Marathon | Johannesburg Zoo | 21.1 | 10; 5 | 07h00 | Val Wilkinson | | 086-1076259 |
| KwaZulu-Natal | 9/12/2010 | Duke of York "Flying Scramble" | Carwin Heights Farm | 16.0 | | 07h00 | Warren Phippen | 082-6852294 | |
| Free State | 9/15/2010 | Kroonstad Mini Kroon Nite Race | Kroonstad Correctional | 15.0 | | 19h00 | Frikkie van Zyl | 083-3885384 | 056-2125433 |
| Free State | 9/17/2010 | Engen Run/Walk for Toys 10 km | Stateway | 10.0 | 5 | 18h00 | Paul Barnes | 072-4818057 | 057-9046112 |
| Eastern Province | 9/18/2010 | Alan Alchin Memorial 100 km & 50 km & 50 km | Italian Club | 100.0 | 10; 5 | 05h00 | Eastern Province | | 041-3742818 |
| Vaal Triangle | 9/18/2010 | Lite2Nite Circuit Race | Laerskool Kollegepark | 80.0 | | 06h00 | Malie van der Walt | 082-8539144 | |
| Gauteng North | 9/18/2010 | CSIR Half Marathon & 10 km | CSIR Conference Centre | 21.1 | 10; 5 | 06h30 | Sisa Pityana | 083-3168690 | 012-8412803 |
| Free State | 9/18/2010 | Coca-Cola Allan Ferguson Round Naval Hill | Hamilton Park | 10.0 | | 07h00 | Race Secretary | | 051-4445867 |
| Mpumalanga | 9/18/2010 | Collisen Electrical Midack Half Marathon & 10 km | Oilfants River Lodge | 21.1 | 10 | 07h00 | Conrad van den Berg | 082-9081228 | 013-2472770 |
| Western Province | 9/18/2010 | Crazy Store Table Mountain Challenge Trail Run | Kloof Nek | 35.0 | | 07h00 | Chrisheila | | 021-4244760 |
| Western Province | 9/18/2010 | Beachcomber - Race Against Crime | Strandfontein Sportsfield | 15.0 | 10; 5 | 07h00 | Pro Arumugam | 082-9265840 | |
| Free State | 9/18/2010 | Correctional Services 10 km | Goedemoed Sports Field | 10.0 | | 08h00 | Benjamin Meje | 083-9466290 | |
| Districts | 9/18/2010 | Leani Nursery Spring Day 15 km & 5 km Fun Run | Leani Nursery | 15.0 | 5 | 08h00 | Des Harris | 083-3098732 | 044-6905390 |
| Boland | 9/18/2010 | Adam Kok 15 km | Paarl | 15.0 | 5 | 08h30 | Freddie | | 021-8775724 |
| North West North | 9/18/2010 | Magaliesburg Mega Trail Run | Van Gaalen Cheese Farm | 21.1 | 10 | 08h30 | Race Organiser | 084-4848844 | |
| KwaZulu-Natal | 9/19/2010 | SAPS Striders 15 km Run/Walk | Kings Park Athletic Stadium | 15.0 | | 06h00 | VG Naidoo | 082-4180743 | |
| Border | 9/19/2010 | Caltex Beacon Bay Motors Sole Destroyer | Gilwood Scout Camp | 21.1 | | 06h30 | Stan Barbour | 083-6084353 | |
| Central Gauteng | 9/19/2010 | Daxina Half Marathon | Lenasia South East | 21.1 | 10; 5 | 07h00 | Rodger Govender | 083-2635008 | 011-3421444 |
| Districts | 9/22/2010 | Garden Route Big Walk 20 km | Garden Route Mall | 20.0 | 10; 5 | 07h00 | At Schoeman | 082-3436394 | |
| Boland | 9/24/2010 | Bainskloof Pass Ultra Marathon & Half Marathon | Huguenot High Sports Field | 62.0 | 21.1; 5 | 06h00 | Charles Botman | 079-9360532 | 021-4672990 |
| Central Gauteng | 9/24/2010 | Clearwater Florida Flat One | Clearwater Mall | 21.1 | 10; 5 | 06h00 | Megan Scannell | 082-7856919 | |
| KwaZulu-Natal | 9/24/2010 | Verulam Challenge | Verulam Recreation Ground | 42.2 | 21.1; 10 | 06h00 | Anand Naicker | 083-7836363 | |
| Border | 9/24/2010 | Hemingway's 8 km Casino Nite | Hemingway's Casino | 8.0 | | 17h00 | Bronck Urban | 082-5770932 | |
| Western Province | 9/25/2010 | Cape Town 100 Miler & Ultra, 10x10 & 10 x 5 | Three Anchor Bay Lawns | 161.0 | | 00h05 | Kanu Sukha | 072-2101127 | 021-6963058 |
| Gauteng North | 9/25/2010 | McCarthy Volkswagen Classic Half Marathon | Rietondale Park | 21.1 | 10; 5 | 06h00 | Event Office (Pretoria) | | 012-4609065 |
| Griqualand West | 9/25/2010 | Kimberley Flat & Fast Ultra Marathon | Flamingo Casino | 50.0 | 10; 5 | 06h00 | Jan Naborn | 082-4902788 | 053-8410163 |
| Rest of Africa | 9/25/2010 | Standard Bank Swazi Slojos Half Marathon & 5 | Ezulwini Sun Hotel | 21.1 | 5 | 06h00 | Lynne Taylor | 002-686020202 | |
| Mpumalanga | 9/25/2010 | Business Connexion Marathon, 32 km, 15 km & | Sasol Recreation Club | 60.0 | 42.2; 32; 15; | 06h30 | Ockert Stoop | 082-9013735 | 017-6342112 |
| Boland | 9/25/2010 | Whale Festival Half Marathon & 6 km Fun Run | Hermanus High School | 21.1 | | 07h00 | Ria Acker | | 028-3123760 |
| Border | 9/25/2010 | Lammergeyer Mountain Challenge | Lady Grey Country Club | 24.0 | | 07h00 | Pieter du Preez | 083-2949477 | |
| Central North West | 9/25/2010 | Vlakvark Half Marathon Trail Run, 10 km & 5 km | Faan Meintjies Resort | 21.1 | 10; 5 | 07h00 | Robin Stocken | 082-4693330 | |
| KwaZulu-Natal | 9/25/2010 | Ithala Game Park Challenge 35 km & 10 km | Ntshondwe Main Camp | 35.0 | 10 | 07h00 | Ingrid Kusel | 073-8675712 | |
| Limpopo | 9/25/2010 | Foskor Open Pit Half Marathon, 10 km & 5 km | Bottom of Foskor Open Pit | 21.1 | 10; 5 | 07h00 | Alan Cole | 082-2295570 | 015-7812804 |
| Districts | 9/25/2010 | Sedgefield Striders Andries Steyn Half Marathon | Buffels Bay Restaurant | 21.1 | 10 | 08h00 | Bomber Webb | 072-5164701 | 044-3432415 |
| Central Gauteng | 9/26/2010 | Blue IQ City2City Ultra Marathon | TBA | 50.0 | 21.1 | 06h00 | Central Gauteng | | 011-8732726 |
| Western Province | 9/26/2010 | Cape Town City Marathon incorporating S.A. | Grand Parade | 42.2 | 10 | 06h30 | Western Province | | 021-6990615 |
| Border | 9/26/2010 | Mdantsane 10 km | Sisa Dukashe Stadium | 10.0 | 5 | 07h00 | Alex Kambule | 084-2024872 | |
| KwaZulu-Natal | 9/26/2010 | Mtubatuba 10 km Challenge | Kwamsane Sport Ground | 10.0 | | 07h00 | Jabulani Mhlungu | 072-8436482 | |
| North West North | 10/2/2010 | Kromberg & Schubert 15 km - Brits | Hoerskool Brits | 15.0 | 5 | 07:00 | Mias van der Merwe | 083-3202466 | 012-3481822 |
| Free State | 10/2/2010 | Golden Gate Half Marathon | Golden Gate Reserve | 21.1 | 10 | 06h00 | Enslin van Blerk | 082-9205997 | |
| Gauteng North | 10/2/2010 | National Business Challenge Relay | Rietondale Park | 42.2 | 21.1 | 06h00 | Events Office | | 012-4609065 |
| Mpumalanga | 10/2/2010 | Delmas 4-in-1 | Hoerskool Delmas Sports | 42.2 | 21.1; 10; 5 | 06h00 | Jacky Grassman | 079-5266827 | 013-6655867 |

| Province | Race Date | Race Name | Start Venue 1 | Distance | Alternate Distances | Start Time | Contact Name | Cell | Work Tel |
|----------------------|-------------------|---------------------------------------------------------|------------------------------------|-------------|---------------------|--------------|-------------------------|--------------------|--------------------|
| Boland | 10/2/2010 | Boland Masters 10 km | Paarl Shopping Mall | 10.0 | | 07h00 | Noel Daniels | 073-7789703 | |
| Eastern Province | 10/2/2010 | Ebenezer 10 km | Ebenezer Centre | 10.0 | | 07h00 | Cyril Platjies | 072-3924047 | |
| Western Province | 10/2/2010 | Cape Gate 10 km | Cape Gate Shopping Centre | 10.0 | 5 | 07h00 | Jacques van Heerden | 082-9623538 | 021-5506089 |
| Districts | 10/2/2010 | Kurlandbrik Half Marathon | Plett Rugby Club | 21.1 | 5 | 08h00 | Andre Els | 082-9282858 | |
| KwaZulu-Natal | 10/2/2010 | ABI Hamilton Half Marathon Nite | Ladysmith Sports Club | 21.1 | 5 | 17h00 | Johan van Dyk | 082-6523596 | |
| Districts | 10/2/2010 | Kanniedood 10 km & 5 km Nite | Nico Brummer Laerskool | 10.0 | 5 | 19h00 | Renate Wagener | 082-4207622 | 023-4142101 |
| Border | 10/3/2010 | Amatola Marathon | 17 km from Stutterheim on | 42.2 | | 06h00 | Alex Kambule | 084-2024872 | |
| KwaZulu-Natal | 10/3/2010 | Hindu Half Marathon | Kings Park Athletic Stadium | 21.1 | 5 | 06h00 | Ajen Rooplal | 083-7793142 | 031-5794472 |
| KwaZulu-Natal | 10/3/2010 | Vusi Nxumalo Half Marathon | Ulundi Regional Sports | 21.1 | 10 | 06h00 | Mbuyiseni Albert | 082-8171535 | 035-8798322 |
| Central Gauteng | 10/3/2010 | Tsakane Half Marathon | Faranani Sports Complex | 21.1 | 10 | 07h00 | Mbuyiselo Nkuna | 072-2163610 | |
| Central Gauteng | 10/3/2010 | Roy Brown Memorial Half Marathon & 10 km | Rodepoort Athletics Stadium | 21.1 | 10; 5 | 07h00 | Race Secretary | 072-1266865 | |
| KwaZulu-Natal | 10/3/2010 | Saints Thorntree Challenge | Coach House, St Charles | 15.0 | 10 | 07h00 | Alan Kockott | 083-4406765 | 033-3411267 |
| Western Province | 10/3/2010 | Cape Town Half Marathon Classic | Sea Point | 21.1 | 10 | 07h00 | Kanu Sukha | 072-2101127 | 021-6963058 |
| Western Province | 10/6/2010 | Prima Tyres Hi-Q 10 km Nite | Hi-Q Prima Tyres | 10.0 | | 18h15 | Pieter Carstens | 084-4044933 | |
| Mpumalanga | 10/6/2010 | Maximed Pharmacies 10 km & 5 km Nite | Standeron Showgrounds | 10.0 | 5 | 19h00 | Lukas van der Merwe | 082-8269122 | 017-7129149 |
| Central Gauteng | 10/8/2010 | 18 & 9 Hour Relay Marathon | Jan Viljoen High School | 0.0 | | 13h00 | Ria Bornman | 082-5609872 | |
| Boland | 10/8/2010 | Deetlefs Estate 9.9 km Nite Race | Deetlefs Wine Estate | 9.9 | 5 | 18h00 | Karlien Nell | | 023-3491260 |
| Free State | 10/8/2010 | Pentagon Jool 12.25 km | Caramellos | 12.3 | | 18h00 | Francois Cilliers | 082-7555559 | |
| Boland | 10/9/2010 | Coca Cola Voet van Afrika Marathon | Elim Road | 42.2 | | 06h00 | Bredasdorp A.C. Office | | 028-4251087 |
| Gauteng North | 10/9/2010 | Chamberlain Capital Classic Half Marathon & 10 | PHSOB Club, Hofmeyr Park | 21.1 | 10; 5 | 06h00 | Gerald Kroukamp | 084-5827242 | |
| Griqualand West | 10/9/2010 | Louis Massyn Kalahari Marathon | Kathu Sports Grounds | 42.2 | 21.1 | 06h00 | Bernard Seujka | 083-8791908 | |
| Limpopo | 10/9/2010 | Two Countries at Musina Marathon | Eric Lowe High School | 42.2 | 21.1; 10 | 06h00 | Stanley Thompson | 082-4933897 | 015-5161338 |
| Boland | 10/9/2010 | Coca Cola Voet van Afrika Half Marathon | Bredasdorp Police Station | 21.1 | | 06h30 | Bredasdorp A.C. Office | | 028-4251087 |
| Eastern Province | 10/9/2010 | Willard Batteries 15 km | Gelvandale Stadium | 15.0 | 5 | 06h30 | Roland Dace | 076-6090629 | |
| Free State | 10/9/2010 | Parys River Jool | Hoerskool Parys | 25.0 | 10; 5 | 06h30 | Gerrie Bester | 083-4535270 | 056-8113472 |
| Boland | 10/9/2010 | Coca Cola Voet van Afrika 10 km | Bredasdorp Police Station | 10.0 | | 07h00 | Bredasdorp A.C. Office | | 028-4251087 |
| Mpumalanga | 10/9/2010 | York Timber God's Window Half Marathon & 10 | Graskop Caravan Park | 21.1 | 10 | 07h00 | Jurgen Halbich | 083-2900678 | 013-7527456 |
| Districts | 10/9/2010 | Heatherpark Super Spar 10 km | Heatherpark Super Spar | 10.0 | 5 | 07h00 | Danie Raubenheimer | 083-3767414 | 044-8015600 |
| Border | 10/9/2010 | Matola Game 18 km Run/Walk | Matola Private Game Reserve | 18.0 | | 08h30 | Bob Norris | 082-5544016 | |
| Free State | 10/9/2010 | Harrismith Mountain Race | Platberg Stadium | 15.0 | | 11h00 | Jaco du Toit | 082-8984630 | |
| KwaZulu-Natal | 10/9/2010 | Bayside 15 km Run & 10 km Walk | Bay Hall - Richards Bay | 15.0 | 10 | 15h00 | Virna McMaster | 082-4473040 | |
| KwaZulu-Natal | 10/10/2010 | Goss & Balfe South Coast Marathon & Half | Scottburgh - 42.2km | 42.2 | 21.1; 5 | 06h00 | Renier Fouche | 084-5049808 | |
| Western Province | 10/10/2010 | OUTsurance 94.5KFM Gun Run Half Marathon | Beach Road | 21.1 | 10; 5 | 07h00 | Andrew Smit | 082-7858530 | |
| Western Province | 10/10/2010 | OUTsurance 94.5KFM Gun Run 10 km | Beach Road | 10.0 | 10; 5 | 07h30 | Andrew Smit | 082-7858530 | |
| Central Gauteng | 10/10/2010 | Spar Ladies' 10 km Challenge (CGA) | Old Parktonians Club | 10.0 | | 08h00 | Central Gauteng | | 011-8732726 |
| Free State | 10/13/2010 | Grey College Street Mile | Grey College | 0.0 | | 17h30 | Race Secretary | 083-4505430 | |
| Mpumalanga | 10/13/2010 | Waypoint 10 km Nite | Secunda High School | 10.0 | | 19h00 | Jurie Botha | 082-5700180 | |
| Districts | 10/14/2010 | Lamprecht & Meyer 6x2 Sakeaflos | Santa Fe Spur | 12.0 | | 18h00 | David McKinnon | 082-3748632 | |
| North West Cape | 10/15/2010 | Kalahari Augrabies Extreme Marathon | Augrabies Falls National Park | 250.0 | | | Nadia Arndt | 083-3097755 | 031-7011814 |
| Eastern Province | 10/16/2010 | SMSDirect 27 km Run/Walk | Port Alfred Country Club | 27.0 | 10 | 05h30 | Sylvia Murdoch | 082-6828023 | |
| Border | 10/16/2010 | Amatola 100 km Trail Run (Big Bafer) | Maden Dam | 100.0 | | 06h00 | Dave Gassner | 076-8179058 | |
| Gauteng North | 10/16/2010 | Woodlands Boulevard Run for Cancer | Woodlands Boulevard | 21.1 | 10; 5 | 06h00 | Gideon Adriaanse | 083-6296693 | |
| Mpumalanga | 10/16/2010 | Eskom Bruce Crookes Memorial | Eskom Park | 42.2 | | 06h00 | Paul Bester | 082-9667767 | |
| Vaal Triangle | 10/16/2010 | Arcelor Mittal 32 km, Half Marathon & 10 km | Riverside Mall | 32.0 | 21.1; 10; 5 | 06h00 | Malie vd Walt | 082-8539144 | |
| Boland | 10/16/2010 | Ceres Fruit Juices Mitchell's Pass Half Marathon | J.P. Venter Sportsgrounds | 21.1 | 10; 5 | 07h00 | Roy Abrahams | 084-5811120 | |
| Border | 10/16/2010 | Elac 10 km & 5 km | East London Athletic Club | 10.0 | 5 | 07h00 | Graham Reynolds | 082-4480727 | 043-7311714 |
| Free State | 10/16/2010 | Bloemwater Kovie 10 km | University of Free State | 10.0 | | 07h00 | Mr D B Prinsloo | 083-2878810 | 051-4012859 |
| Free State | 10/16/2010 | Old Mutual Gat Fees Half Marathon | Zastron Golf Club | 21.1 | 10; 5 | 07h00 | Retha Marais | 082-7729082 | 051-6731816 |
| Griqualand West | 10/16/2010 | Kimberley Transnet Half Marathon & 10 km | Hoffe Park Club | 21.1 | 10 | 07h00 | Donald Phillipson | 072-5981445 | 053-8383303 |
| Districts | 10/16/2010 | Meiringspoort Half Marathon & 10 km | Meiringspoort | 21.1 | 10 | 07h00 | Martie van der | 082-4213113 | 044-2412522 |
| Western Province | 10/16/2010 | Road to the Vineyard 10 km | Pick 'n Pay | 10.0 | | 07h00 | Harry Noemdoe | 084-7895177 | |
| KwaZulu-Natal | 10/16/2010 | Spar Nite Half Marathon & 10 km Run/Walk | Ferrum Swimming Pool | 21.1 | 10; 5 | 16h00 | Andre Grundlingh | 083-6532865 | 034-3125781 |
| KwaZulu-Natal | 10/17/2010 | Sugar Coast Half Marathon | Outspan Ground | 21.1 | 10 | 06h00 | Basil Pillay | 083-7867535 | 031-3010057 |
| KwaZulu-Natal | 10/17/2010 | Swift Half Marathon | Hulamin Grounds | 21.1 | 10 | 06h00 | Alex Anthony | | 033-3956214 |
| Central Gauteng | 10/17/2010 | Southgate Value Market Brotherhood 15 km | Market Value - Southgate | 15.0 | 5 | 06h30 | Gerard van Wyk | 083-2929551 | |
| Border | 10/17/2010 | Amatola 35 km Trail Run (Little Bafer) | Hobiton on Hogsback | 35.0 | | 07h00 | Dave Gassner | 076-8179058 | |
| Central Gauteng | 10/17/2010 | Carnival City Sherwood Pick 'n Pay Half | Carnival City | 21.1 | 10; 5 | 07h00 | Piet Combrinck | 082-8063719 | |
| Border | 10/20/2010 | Metrorail Train Relay Race | Fort Jackson Station on the | 20.0 | 10 | 09h00 | Oxford Striders Office | | 043-7353411 |
| Districts | 10/20/2010 | Geronimo Spur 10 km | Geronimo Spur - York Street | 10.0 | 5 | 18h00 | Henry Hill | 082-9067331 | 044-8031409 |
| Western Province | 10/20/2010 | Silver Queen 10 km | Air Force Base | 10.0 | 5 | 18h30 | "BA" Jefferies | 073-7053647 | 021-5086314 |
| Central Gauteng | 10/20/2010 | Joseph Moqobane 15 km Nite | Germiston Stadium | 15.0 | | 19h00 | Benjamin Maphanga | 073-4631181 | |
| Free State | 10/22/2010 | Berg en Daller 10 km & 5 km Fun Run | Berg en Daller Kerk | 10.0 | 5 | 18h00 | Ben Schoonwinkel | 082-8241836 | |
| Vaal Triangle | 10/22/2010 | Nedbank (AVT) Ultimate 100 Miler Circuit | Kollegepark Primary School | 161.0 | | 18h00 | Hennie van Rensburg | 082-8943394 | 016-9860064 |
| Vaal Triangle | 10/23/2010 | Nedbank (AVT) 100 km & 50 km Circuit | Kollegepark Primary School | 100.0 | 50 | 05h00 | Hennie van Rensburg | 082-8943394 | |
| Gauteng North | 10/23/2010 | Tuks Alumni Legends | Waterkloof Airforce Base | 21.1 | 10; 5 | 06h00 | Danie van Wyk | 083-3310294 | |
| Border | 10/23/2010 | Border 15 km Championships | Gleneagles Road | 15.0 | | 06h30 | Peter Bursay | 083-6271713 | |
| Free State | 10/23/2010 | Pride in Tyres Berg-op-Berg-af 10 km | Naval Hill | 10.0 | | 06h30 | Johan Coetzee | 083-2893235 | |
| Free State | 10/23/2010 | Engen to Engen Half Marathon & 10 km | Engen Garage | 21.1 | 10 | 06h30 | Dr Henry Daniels | 082-5661258 | |
| Eastern Province | 10/23/2010 | The Boardwalk/Algoa FM Big Walk for Cancer | The Boardwalk | 10.0 | | 07h00 | Jakkie Gerber | 083-6516880 | |
| Griqualand West | 10/23/2010 | Van Zyl's Vleis 10 km | Van Zyl's Vleis | 10.0 | | 07h00 | Gerrit Schoeman | 082-4537175 | 053-8026402 |
| Districts | 10/23/2010 | Tradouws Pass Half Marathon | Barrydale Wine Cellars | 21.1 | | 07h00 | Ian Nienaber | 082-5503202 | |
| Vaal Triangle | 10/23/2010 | Nedbank (AVT) Half Marathon & 10 km | Kollegepark Primary School | 21.1 | 10; 5 | 07h00 | Hennie van Rensburg | 082-8943394 | 016-9860064 |
| Western Province | 10/23/2010 | Strand Athletic Club Road Race | Radloff Park | 10.0 | 5 | 07h00 | Lester Burrow | 082-4248457 | |
| Western Province | 10/24/2010 | Constantia Valley Grape Run | Constantia Valley Sports Complex | 21.1 | 5 | 06h00 | Richard Acheson | 082-4115533 | |
| Central Gauteng | 10/24/2010 | Montrail-Capestorm Gauteng Summer Trail | Gauteng Area | 12.0 | | 08h00 | Race Secretary | 084-2218422 | |

| Province | Race Date | Race Name | Start Venue 1 | Distance | Alternate Distances | Start Time | Contact Name | Cell | Work Tel |
|------------------------|-------------------|-----------------------------------------------------------|--------------------------------------|-------------|---------------------|--------------|--------------------------|--------------------|--------------------|
| KwaZulu-Natal | 10/24/2010 | Tonevale Game Farm 16 km Game Run/Walk | Wallenton Farm | 16.0 | 10 | 15h00 | Sonia Baumann | 082-5583404 | |
| Boland | 10/27/2010 | Coetzenburg One Hour Run | Coetzenburg Athletics Stadium | 0.0 | | 18h00 | Athletics Office | | 021-8084694 |
| Western Province | 10/27/2010 | Old Mutual 10 km | Old Mutual Sports Grounds | 10.0 | 5 | 18h15 | Robbie Visser | 082-5558157 | 021-5091575 |
| Mpumalanga | 10/29/2010 | Coaldust Reach for a Dream Circuit | Safeway Crescent | 0.0 | | 16h00 | Abie Smit | 082-3410998 | |
| Limpopo | 10/29/2010 | Hyundai 10 km Nite | Peter Mokaba Stadium | 10.0 | 5 | 18h00 | Pieter Pretorius | 084-4006667 | |
| North West North | 10/29/2010 | Rustenburg 10 km Nite | Bergsig High School | 10.0 | 5 | 18h30 | Heleen Olwagen | 082-8517421 | |
| Gauteng North | 10/30/2010 | The Hunter's Half Marathon Challenge | Maritimo Marathon Clubhouse | 21.1 | 10; 5 | 06h00 | Pieter v d Merwe | 082-5938778 | |
| Eastern Province | 10/30/2010 | Charlo Tuff 10 km | Charlo Primary School | 10.0 | 5 | 06h30 | Shane Brown | 079-4900669 | 041-5013585 |
| Griqualand West | 10/30/2010 | MacSteel Half Marathon & 10 km | Bishops Club, Kimberley | 21.1 | 10; 5 | 06h30 | Gerhard Kruger | 082-4995990 | 053-8334674 |
| Western Province | 10/30/2010 | Isostar/Sanparks Forest 15 km | Tokai Forest | 15.0 | | 06h30 | Gavin Wright | 072-1427263 | |
| Free State | 10/30/2010 | Eunice 10 km | Eunice School | 10.0 | | 07h00 | Mr DB Prinsloo | 083-2878810 | |
| Limpopo | 10/30/2010 | Run & Walk For Life Half Marathon & 10 km | Builders Warehouse Parking | 21.1 | 10; 5 | 07h00 | Kobie Marais | 082-5615429 | |
| Mpumalanga | 10/30/2010 | Sabie Shufflers 2-in-1 | Castle Rock Caravan Park | 32.0 | 10 | 07h00 | Grant Bosman | 082-8221929 | |
| North West North | 10/30/2010 | Zeerust Bosveld Mountain Race | Avanti Hall | 24.0 | | 07h00 | Debra v d Merwe | 082-8203118 | 018-6423602 |
| Districts | 10/30/2010 | On Tap Plumbing Neighbour 5 x 10 km Relay | Eden Country Inn | 50.0 | | 07h00 | Des Harris | 083-3098732 | 044-6905390 |
| Western Province | 10/30/2010 | Olifantsrivier Rittelfees Half Marathon & 6 km | NG Kerk | 21.1 | | 07h00 | Gerrie Cilliers | 083-6500642 | 027-2133016 |
| Boland | 10/30/2010 | Rustenburg 12 km Farm | Idas Valley Primary School | 12.0 | | 07h30 | Alexander Carstens | 082-8542809 | |
| Central Gauteng | 10/31/2010 | Sportsmans Warehouse East Rand 15 km | East Rand Value Mall | 15.0 | 5 | 07h00 | Race Secretary | | 011-9173721 |
| Western Province | 10/31/2010 | Plexus Half Marathon & 10 km Run/Walk | Durbanville Sports Club | 21.1 | 10; 5 | 07h30 | Wayne Sneyd | 082-8205504 | |
| Central Gauteng | 10/31/2010 | Celebration of Life Hospice 4 km, 8 km & 12 km | Zoo Lake | 12.0 | | 08h00 | Alicia Lerm | | 011-4839170 |
| Western Province | 11/3/2010 | Eskom 10 km | Jan Burger Sports Park | 10.0 | | 18h30 | Kaylene van Dyk | 082-5092967 | 021-5212210 |
| Central North West | 11/3/2010 | Harry's Tyres 10 km Nite | Olenpark Rugby Stadium | 10.0 | 5 | 19h00 | Theo Coetzee | 083-5383162 | |
| Border | 11/6/2010 | Twizza Bongolo Marathon & Half Marathon | Yacht Club | 42.2 | 21.1 | 05h30 | Theo Ferreira | 082-8734597 | |
| Free State | 11/6/2010 | Sasol Summer 10 km | D.P. de Villiers Stadium | 10.0 | | 06h00 | Dolf Bineman | 073-3396809 | 016-9603544 |
| Gauteng North | 11/6/2010 | Agape 32 km, Half Marathon & 10 km | Adelaars Sports Federasie | 32.0 | 21.1; 10; 5 | 06h00 | Marieta Bortoli | 082-4667031 | 012-4283747 |
| Mpumalanga | 11/6/2010 | Rudamans Kaapsehoop 3-in-1 Marathon | Kaapsehoop Town Main Street | 42.2 | 21.1; 10 | 06h00 | Anabelle Dixon | 083-4527549 | |
| Western Province | 11/6/2010 | International Realtors Half Marathon | Seaside Village Shopping | 21.1 | | 06h00 | Alan Green | 082-4508034 | |
| Eastern Province | 11/6/2010 | MTN SP "Yello Community" | Malabar Community Centre | 10.0 | 5 | 06h25 | Cresen Balakistnen | 083-3767491 | 041-3985828 |
| Griqualand West | 11/6/2010 | Naborn Konstruksie Half Marathon & 10 km | Pirates Club | 21.1 | 10; 5 | 06h30 | Jan Naborn | 082-4902788 | 053-8410163 |
| Boland | 11/6/2010 | Boschendal Dwars Rivier Valley Half Marathon & | Dwars River Valley Sport | 21.1 | 10; 5 | 07h00 | Nolan Hendon | 072-7856529 | |
| Districts | 11/6/2010 | Dyasons 10 km | Dyasons | 10.0 | | 07h00 | Sidwell Oktober | 073-7807783 | |
| Central Gauteng | 11/7/2010 | Soweto City Marathon | TBC | 42.2 | 10; 5 | 06h00 | Central Gauteng | | 011-8732726 |
| KwaZulu-Natal | 11/7/2010 | VENK PAC 15 km Challenge | Verulam Recreation Ground | 15.0 | | 06h00 | Sheila Persad | 083-4543625 | |
| Western Province | 11/7/2010 | Discovery Cape Times Big Walk | Various | 80.0 | | TBA | Events Office | | 021-6853333 |
| Mpumalanga | 11/10/2010 | Frans Moolman Memorial 10 km Nite | Secunda High School | 10.0 | | 19h00 | Jurie Botha | 082-5700180 | |
| Limpopo | 11/13/2010 | Warmbad/Bela-Bela Marathon, Half, 10 km & 5 | Warmbad Laerskool | 42.2 | 21.1; 10; 5 | 05h30 | Erica Kotze | | 014-7366008 |
| Eastern Province | 11/13/2010 | Builders Warehouse 27 km & 10 km | Builders Warehouse | 27.0 | 10; 5 | 06h00 | Alan Taylor | 083-6580060 | 041-4842211 |
| Gauteng North | 11/13/2010 | Liquifruit Irene Half Marathon & 10 km | Agricultural Research Council | 21.1 | 10; 5 | 06h00 | Call Centre | | 012-6540005 |
| Griqualand West | 11/13/2010 | Louise Jooste Memorial Half Marathon, 10 & 5 | Kimberley Pirates Club | 21.1 | 10; 5 | 06h00 | Jan Naborn | 082-4902788 | 053-8410163 |
| Central North West | 11/13/2010 | Vryburg Spar Half Marathon | Vryburg Showgrounds | 21.1 | 10; 5 | 06h30 | Herman Swanepoel | 082-3384722 | 053-9273964 |
| Boland | 11/13/2010 | Moreson Sean Dowling 15 km Race | Moreson Wine Farm | 15.0 | 5 | 07h00 | Race Secretary | 082-5783017 | |
| Mpumalanga | 11/13/2010 | Calderys Refractory Solutions Half Marathon & | Midack Clubhouse | 21.1 | 10 | 07h00 | Conrad van den Berg | 082-9081228 | 013-2472770 |
| Districts | 11/13/2010 | Heatherpark Super Spar Half Marathon | Heatherpark Super Spar | 21.1 | 5 | 07h00 | Danie Raubenheimer | 083-3767414 | 044-8015650 |
| Western Province | 11/13/2010 | Easterns Kraaifontein 10 km Run/Walk | Aristae Primary School | 10.0 | | 07h00 | Anvir Logenstein | 084-4005821 | 021-9819143 |
| KwaZulu-Natal | 11/14/2010 | The Bluff Meat Supply Vets Half Marathon | Fynlands Sports Complex | 21.1 | 15 | 05h00 | Grant Howes | 083-2259815 | |
| Central Gauteng | 11/14/2010 | Paul Ras Half Marathon | Springs Rugby Club | 21.1 | 10; 5 | 06h00 | Petra Myburgh | 082-3368634 | 011-8117767 |
| Western Province | 11/14/2010 | Landmarks Half Marathon | WP Cricket Club Sports | 21.1 | | 06h00 | Secretary | | 021-6573300 |
| Central Gauteng | 11/14/2010 | Sportsmans Warehouse 10 km & 5 km | Princess Crossing Shopping | 10.0 | 5 | 07h00 | Charlie Herselman | 082-7701143 | |
| Border | 11/14/2010 | Lightning Fast 10 km | Johnson & Johnson | 10.0 | | 08h00 | Stan Barbour | 083-6084353 | |
| KwaZulu-Natal | 11/14/2010 | Greater Edendale 10 km Run/Walk | FNB Wadley Stadium | 10.0 | 5 | 08h00 | The Secretary | | 033-8978650 |
| Central Gauteng | 11/17/2010 | Austin Jordaan Attorneys 15 km Nite | Benoni Northerns Sports | 15.0 | | 19h00 | Madge Attwell | 083-5731011 | 011-8498473 |
| Limpopo | 11/19/2010 | Woodcity Polokwane 10 km & 5 km | Polokwane Athletic Club | 10.0 | 5 | 18h30 | Pieter Pretorius | 084-4006667 | |
| Western Province | 11/20/2010 | Mr Price Winelands Marathon & Half Marathon | Markotter Sports Grounds | 42.2 | 21.1; 5 | 05h30 | Hans Hugo | 072-2908179 | |
| Border | 11/20/2010 | Gonubie Coastal Challenge | Guido's Centre | 15.0 | | 06h00 | Peter Sharp | 082-5684920 | |
| Gauteng North | 11/20/2010 | PMC Andrew Greyling Half Marathon | Anton van Wouw Primary | 21.1 | 10; 5 | 06h00 | Wynand du Preez | 082-3718292 | |
| Free State | 11/20/2010 | Ficksburg Cherry Race 23 km | Ficksburg Primary School | 23.0 | | 07h00 | Audi Fourie | 073-8086189 | |
| Districts | 11/20/2010 | Lagoon to Bay Half Marathon & 5 km | Knysna Marathon Club - | 21.1 | 10; 5 | 07h00 | Mike Jacobs | 082-5667851 | |
| Eastern Province | 11/20/2010 | The Willows Challenge | The Willows | 10.0 | 5 | 07h30 | Peter Pohlmann | 082-9310731 | |
| KwaZulu-Natal | 11/21/2010 | Heatonville 19 km | Addison Park | 19.0 | | 06h00 | Sonia Baumann | 082-5583404 | |
| Western Province | 11/23/2010 | Twilight Team Run | Founder's Garden | 5.0 | | 19h30 | Lester Cameron | 082-4898309 | |
| Western Province | 11/24/2010 | Sanlam Niel Joubert Plaaswedloop 13 km | Klein Simonsvlei Farm | 13.0 | | 18h00 | Christiaan Pieters | 084-2348224 | |
| Mpumalanga | 11/24/2010 | Hans Storm Memorial 10 km Nite | Laerskool J J van der Merwe | 10.0 | | 19h00 | Adele Smit | 082-7720613 | 017-8116188 |
| Border | 11/27/2010 | Salomon Skyrun | Mountain View Country Inn | 100.0 | | 04h00 | Adrian Saffy | 082-5665668 | |
| Districts | 11/27/2010 | Die Vlakte Marathon & Half Marathon | Heidelberg High School - | 42.2 | 21.1; 10 | 05h00 | Endri Uys | 082-4941926 | 028-7221103 |
| Central Gauteng | 11/27/2010 | Soul City Half Marathon & 10 km | University of Johannesburg | 21.1 | 10; 5 | 06h00 | Colin Stone | 076-4211775 | 011-2594014 |
| KwaZulu-Natal | 11/27/2010 | Sani Stagger Marathon & Half Marathon | Sani Pass Hotel (42km) | 42.2 | 21.1 | 06h00 | Trish Crawley | 083-4470766 | 033-7011577 |
| Western Province | 11/27/2010 | Brooks Phil Pansegrouw Half Marathon | Bellville Athletic Stadium | 21.1 | 10 | 06h00 | Pieter Carstens | 084-4044933 | |
| Gauteng North | 11/27/2010 | Tom Jenkins Challenge | Union Buildings | 21.1 | 10; 5 | 06h30 | John Gweta | 082-4359212 | |
| Eastern Province | 11/27/2010 | Walmer 15 km | Portuguese Club | 15.0 | 5 | 07h00 | Loynes Jenkerson | 082-6446422 | |
| Border | 11/27/2010 | National Port Authority Bank to Bank 10 km | Buffalo Bridge | 10.0 | 5 | 18h00 | Bronek Urban | 082-5770932 | |
| Central Gauteng | 11/28/2010 | RAC City Lodge Tough One 32 km & Asics Five | Old Parktonian Club | 32.0 | 5 | 06h00 | Vreni Welch | | 011-4428256 |
| KwaZulu-Natal | 11/28/2010 | Stella Tribute 15 km Run/Walk | Stella Sports Club | 15.0 | | 06h00 | Cecil Sher | 083-5663333 | |
| Western Province | 11/28/2010 | New Balance Surfers Challenge | Kommetjie Beach | 12.0 | | 09h00 | Top Events | | 021-5117130 |
| Western Province | 12/1/2010 | Metropolitan 10 km | Parc du Cap | 10.0 | | 18h30 | Kenneth Jantjies | 083-4123366 | 021-9406294 |
| Eastern Province | 12/4/2010 | Aspen PE City Marathon | Lorraine Primary School | 42.2 | 10 | 05h00 | Graham Elbourne | 082-8253784 | 041-4072854 |

| Province | Race Date | Race Name | Start Venue 1 | Distance | Alternate Distances | Start Time | Contact Name | Cell | Work Tel |
|----------------------|-------------------|---------------------------------------------|--------------------------------|-------------|---------------------|--------------|------------------------|--------------------|--------------------|
| Districts | 12/4/2010 | Langeberg Mall Velskoen 32 km & 10 km | Langeberg Mall | 32.0 | 10; 5 | 05h00 | Des Harris | 083-3098732 | 044-6905390 |
| Western Province | 12/4/2010 | Run/Walk for Life/New Balance Half Marathon | Radloff Park Sports Ground | 21.1 | 10 | 06h30 | Marie Barnard | 083-4483090 | 021-8528473 |
| KwaZulu-Natal | 12/5/2010 | Bearing Man Stainbank Cup | Yellowwood Park Sports | 15.0 | 5 | 06h00 | Fred Schoon | 083-3844053 | 031-2741815 |
| Central Gauteng | 12/5/2010 | Ekurhuleni Half Marathon | Huntersfield Stadium | 21.1 | 10 | 07h00 | Mathapelo Morema | 083-9866376 | 011-2554898 |
| Gauteng North | 12/6/2010 | Spar Tops 10 km | TBA | 10.0 | 5 | 06h00 | Henning van Aswegen | 082-3445641 | |
| Districts | 12/8/2010 | Ernst Louw 10 km Memorial & 5 km | Eden Country Inn | 10.0 | 5 | 18h00 | Des Harris | 083-3098732 | 044-6905390 |
| Gauteng North | 12/11/2010 | Great Run 15.5 km & 5 km Fun Run | Voortrekker Monument | 15.5 | 5 | 06h00 | Mohau Molelekoa | 083-7333395 | 073-4246906 |
| Griqualand West | 12/11/2010 | Battle of Magersfontein | Magersfontein Battlefield | 25.0 | 10 | 06h00 | David Janse van | 083-4438198 | 053-8317662 |
| Western Province | 12/11/2010 | Avbob 15 km | Pick 'n Pay Shopping Centre | 15.0 | | 06h00 | Voice Link (all hrs) | | 088-1301155 |
| Eastern Province | 12/11/2010 | Despatch 10 km & 5 km | Despatch Sports Centre | 10.0 | 5 | 06h30 | John Allers | 084-5904301 | |
| Districts | 12/11/2010 | Palm Tyres Half Marathon & 5 km | Palm Tyres | 21.1 | 5 | 07h00 | Henry Hill | 082-9067331 | 044-8031409 |
| KwaZulu-Natal | 12/12/2010 | Illovo 15 km Christmas Challenge | Westville Athletic Club | 15.0 | | 06h00 | Sharon Schubach | 031-7019863 | 031-7019863 |
| Districts | 12/15/2010 | Knysna 10 km Nite | Knysna Marathon Club - | 10.0 | 5 | 18h00 | Ivan Palmer | 072-2221283 | |
| Boland | 12/15/2010 | Simonsvlei 10 km | Faure Street | 10.0 | | 18h30 | Sybrandt du Plessis | 083-4446940 | |
| Western Province | 12/16/2010 | Guguletu Reconciliation Day 10 km | Guguletu Sports Complex | 10.0 | | 06h30 | Marshall Molloa | 084-6508785 | 021-6714984 |
| Central Gauteng | 12/16/2010 | Wobblers & Wigglers Hat Race | Pirates Club | 8.3 | | 08h00 | Shelagh Smith | 082-4858168 | 011-3803000 |
| Central Gauteng | 12/16/2010 | Malcolm X 10 km | Vosloorus Stadium | 10.0 | | 08h00 | James Moloi | 082-9300344 | |
| Boland | 12/16/2010 | Big Blue Summer Series 2 : Speedy Kleinmond | Kleinmond Harbour | 10.0 | 5 | 16h00 | Race Secretary | 079-4136610 | |
| KwaZulu-Natal | 12/18/2010 | KwaZulu Weavers Summer Holiday 23 km | Bergville Primary | 23.0 | | 06h00 | Belinda Smith | 082-3968050 | 036-3523347 |
| Districts | 12/18/2010 | Somerson Half Marathon | Diaz Beach | 21.1 | 10 | 06h00 | Jacob Karelse | 073-3838409 | |
| Western Province | 12/18/2010 | Mitchells Plain Titans Half Marathon | Rocklands Sport Complex | 21.1 | 10; 5 | 06h00 | Charmaine Meyer | 084-2200271 | |
| Boland | 12/18/2010 | Whalers 10 km & 5 km Fun Run | Onrus River - Beach | 10.0 | 5 | 07h00 | Carina van der Merwe | 082-8238632 | |
| KwaZulu-Natal | 12/19/2010 | Calder Cup/Sulin Trophy | NMR Avenue | 10.0 | | 06h00 | Kitty Konar | 082-7680738 | |
| Central Gauteng | 12/19/2010 | Daveyton Stop Abuse 10 km | Dinabe Stadium | 10.0 | | 07h00 | | | |
| Districts | 12/21/2010 | Gleniqua Properties 10 km & 5 km | TBA | 10.0 | 5 | 08h00 | Henry Hill | 082-9067331 | 044-8031409 |
| Districts | 12/22/2010 | Moordkuil 15 km & 5 km | Friemersheim Sports Ground | 15.0 | 5 | 17h30 | Des Harris | 083-3098732 | 044-6905390 |
| Western Province | 12/22/2010 | Sundowner 10 km | V & A Waterfront | 10.0 | | 18h30 | Brenda Austin | 082-5617748 | 021-7885700 |
| Districts | 12/22/2010 | Outeniqua Nite Beach Run | Wilderness Beach | 10.0 | 5 | 20h30 | Henry Hill | 082-9067331 | 044-8031409 |
| Western Province | 12/26/2010 | Tokai Manor House 16 km | Porter School | 16.0 | | 07h00 | Elza Olivier | 083-9879665 | |
| Boland | 12/27/2010 | Big Blue Hangklip Half Marathon | Stony Point | 21.1 | 10; 5 | 06h30 | Race Secretary | 079-4136610 | |
| Districts | 12/27/2010 | Coreen Fourie/Eco Avonture 5 km | Bat Cave | 5.0 | | 07h00 | Des Harris | 083-3098732 | |
| Districts | 12/27/2010 | Engen 10 km | Engen Multi Centre | 10.0 | 5 | 18h00 | Danie Raubenheimer | 083-3767414 | 044-8015600 |
| Eastern Province | 12/28/2010 | Friends of St Francis Nature Areas 10 km | Main Beach Car Park | 10.0 | 5 | | Joan Brady | 083-3983948 | |
| Districts | 12/29/2010 | Garden Route Casino 10 km & 5 km Nite Race | Amphitheatre | 10.0 | 5 | 18h00 | Jakob Karelse | 073-3838409 | 044-6932904 |
| Boland | 12/31/2010 | Dangerpoint Half Marathon | Gansbaai Primary School | 21.1 | 10; 5 | 07h00 | Adele Nel | 082-5645348 | 028-3880197 |
| Gauteng North | 12/31/2010 | Cid to Cid Old Year's Race Run/Walk | Rietondale Park | 10.0 | 5 | 17h00 | John Gwetsa | 082-4359212 | |
| Vaal Triangle | 12/31/2010 | Nedbank (AVT) Ou Jaars Party 10 km & 5 km | Kollegepark Primary School | 10.0 | 5 | 18h00 | Pierre Joubert | 082-8512127 | |
| Western Province | 12/31/2010 | Runners' Memorial | Green Point Lighthouse | 8.0 | | 18h00 | Marc Naumann | 083-4658335 | |