

Western Province Athletics Fixture List 2010

DATE	Day	Event	Dist	Status	Time	Venue	Club	Contact Person	Contact No.	E-Mail
02-Jan-10	Sat	Poppy Run	15		06:30	Paddocks Woodbridge Island, Milnerton	Hewat AC	Kanu Sukha	072 210 1127	<a href="mailto:ctfestivalofrunning@eject.co.za">ctfestivalofrunning@eject.co.za</a>
10-Jan-10	Sun	Bay to Bay 30 km	30		06:30	Camps Bay	Atlantic AC	Chris Readman	082 808 4114	<a href="mailto:info@atlanticathletic.co.za">info@atlanticathletic.co.za</a>
	Sun	Bay to Bay Relay	2 x 15		06:30	Camps Bay	Atlantic AC	Chris Readman	082 808 4114	<a href="mailto:info@atlanticathletic.co.za">info@atlanticathletic.co.za</a>
16-Jan-10	Sat	Hohenhort	15	RCS	06:00	Alphen Centre, Main Road, Constantia	Pinelands AC	Pierre Cloete	082 654 3702	<a href="mailto:pscloete@pgwac.gov.za">pscloete@pgwac.gov.za</a>
20-Jan-10	Wed	KFC Brackenfell 10 Km	10		18:00	Brackenfell High School	Brackenfell AC	David McCarthy	084 921 4026	<a href="mailto:Rochelle.mccarthy@parmalat.co.za">Rochelle.mccarthy@parmalat.co.za</a>
		KFC Brackenfell Fun Run	5		18:20	Brackenfell High School	Brackenfell AC	Frans Marias	083 414 5936	<a href="mailto:fransmarais@transnet.net">fransmarais@transnet.net</a>
23-Jan-10	Sat	Red Hill	42		06:00	Fish Hoek Sports Grounds	Fish Hoek AC	Andy McAughey	083 626 3222	<a href="mailto:race@fishhoekac.com">race@fishhoekac.com</a>
	Sat	Red Hill	36		06:00	Fish Hoek Sports Grounds	Fish Hoek AC	Andy McAughey	083 626 3222	<a href="mailto:race@fishhoekac.com">race@fishhoekac.com</a>
23-Jan-10	Sat	WPA Walking Grand Prix 1	20 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
		WPA Walking Grand Prix 1	10 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
		WPA Walking Grand Prix 1 Development race	5 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
27-Jan-10	Wed	Dan Luyt	15		18:30	Durbanville Library	Belville AC	Martin Scott	083 320 8250	<a href="mailto:martins@clipse.co.za">martins@clipse.co.za</a>
31-Jan-10	Sun	Kloof Nek Classic	21		06:00	Camps Bay High School	Fit 2001 (WP)	Janet Lanning	021 439 4885	<a href="mailto:lanfam@iafrica.com">lanfam@iafrica.com</a>
06-Feb-10	Sat	Lion of Africa Half Marathon	21		06:00	Academy for Maths, Science , Tokai	Spartan Harriers AC	Lester Cameron	082 489 8309	<a href="mailto:camles@telkomsa.net">camles@telkomsa.net</a>
	Sat	Phillip Rabinowitz 10 Km	10 W		06:30	Academy for Maths, Science , Tokai	Spartan Harriers AC	Lester Cameron	082 489 8309	<a href="mailto:camles@telkomsa.net">camles@telkomsa.net</a>
13-Feb-10	Sat	Top Form Road Race Elite	10	Incentive	10:00	Vygieskraal Stadium Athlone	Top Form AC	Russel Mehl	084 545 5851	<a href="mailto:rmehl@pgwac.gov.za">rmehl@pgwac.gov.za</a>
		Top Form Road Race Mass	10	Incentive	08:00	Vygieskraal Stadium Athlone	Top Form AC	Russel Mehl	084 545 5851	<a href="mailto:rmehl@pgwac.gov.za">rmehl@pgwac.gov.za</a>
		Top Form Road Race Fun Run	5		08:00	Vygieskraal Stadium Athlone	Top Form AC	Russel Mehl	084 545 5851	<a href="mailto:rmehl@pgwac.gov.za">rmehl@pgwac.gov.za</a>
21-Feb-10	Sun	Peninsula Marathon	42		05:15	Green Point to Simon's Town	Celtic Harriers AC	Top Events	021 511 7130	<a href="mailto:info@topevents.co.za">info@topevents.co.za</a>
	Sun	Peninsula Half Marathon	21		07:00	Bergvliet to Simon's Town	Celtic Harriers AC	Top Events	021 511 7130	<a href="mailto:info@topevents.co.za">info@topevents.co.za</a>
27-Feb-10	Sat	Koeberg 15 km	15	RCS	07:00	Koeberg Nature Reserve	Eskom Gijimas	Kaylene van Dyk	082 509 2967	<a href="mailto:vandykk@hosaf.co.za">vandykk@hosaf.co.za</a>
	Sat	Koeberg 5km Fun Run	5		07:15	Koeberg Nature Reserve	Eskom Gijimas	Kaylene van Dyk	082 509 2967	<a href="mailto:vandykk@hosaf.co.za">vandykk@hosaf.co.za</a>
28-Feb-10	Sun	Jive Big Walk	Var		07:30	Greenpoint Track	Non WPA	Farouk Meyer	083 460 6786	<a href="mailto:itheko@mweb.co.za">itheko@mweb.co.za</a>
03-Mar-10	Wed	Men's Health Lighthouse 10 km	10		18:15	Mouille Point Lighthouse, Green Point	Atlantic AC	Chris Readman	082 808 4114	<a href="mailto:info@atlanticathletic.co.za">info@atlanticathletic.co.za</a>
06-Mar-10	Sat	Weskus Marathon	42		06:30	Langebaan	Langebaan Strandlopers	Garth Hansen	084 454 9072	<a href="mailto:weskusmarathon@strandlopers.co.za">weskusmarathon@strandlopers.co.za</a>
	Sat	Weskus Half Marathon	21		07:00	Langebaan	Langebaan Strandlopers	Garth Hansen	084 454 9072	<a href="mailto:weskusmarathon@strandlopers.co.za">weskusmarathon@strandlopers.co.za</a>
	Sat	Weskus Fun Run	5		07:30	Langebaan	Langebaan Strandlopers	Garth Hansen	084 454 9072	<a href="mailto:weskusmarathon@strandlopers.co.za">weskusmarathon@strandlopers.co.za</a>
07-Mar-10	Sun	SPAR Women's race	10		08:00	Belville Stadium Bellville	WPA	WPA Office	021 699 0615	<a href="mailto:events@wpathletics.co.za">events@wpathletics.co.za</a>
	Sun	SPAR Women's race	5		08:30	Belville Stadium Bellville	WPA	WPA Office	021 699 0615	<a href="mailto:events@wpathletics.co.za">events@wpathletics.co.za</a>
13-Mar-10	Sat	Constantia Village	15	Incentive	06:15	Constantia Village	Acscis VOB	Charlotte Kettlewell	021 761 8887	<a href="mailto:vobsec@mweb.co.za">vobsec@mweb.co.za</a>
	Sat	Constantia Village Fun Run	5		06:30	Constantia Village	Acscis VOB	Charlotte Kettlewell	021 761 8887	<a href="mailto:vobsec@mweb.co.za">vobsec@mweb.co.za</a>
14-Mar-10	Sun	Argus Cycle Tour	Var							
20-Mar-10	Sat	Century City 10km	10		07:00	Century City	Century City AC	Alan Liebenberg	083 651 8165	<a href="mailto:alanl@ccpoa.co.za">alanl@ccpoa.co.za</a>
	Sat	Century City Fun Run	5		07:30	Century City	Century City AC	Richard Kholer	083 299 6569	<a href="mailto:richk@mweb.co.za">richk@mweb.co.za</a>
21-Mar-10	Sun	Century City Street Mile	1 Mile		11:00	Century City	Century City AC	Alan Liebenberg	083 651 8165	<a href="mailto:alanl@ccpoa.co.za">alanl@ccpoa.co.za</a>
21-Mar-10	Sun	Glenryck Tygerberg 30 Km	30	RCS	06:00	Parow Athletic Track, Parow North	Tygerberg Northlink AC	Bennie van Ailmelo	088 130 1155	<a href="mailto:bennieaimelo@telkomsa.net">bennieaimelo@telkomsa.net</a>
28-Mar-10	Sun	UCT Memorial	10		07:00	Middle Campus, UCT	UCT	Sports Department	021 650 3564	<a href="mailto:athletics@sportsclub.uct.ac.za">athletics@sportsclub.uct.ac.za</a>
02-Apr-10	Fri	Two Oceans Fun Runs	Var		14:00	UCT Sports Fields	Two Oceans Marathon Company	Two Oceans Office	021 657 5140	<a href="mailto:entries@twooceansmarathon.org.za">entries@twooceansmarathon.org.za</a>
03-Apr-10	Sat	Two Oceans Ultra Marathon	56		06:25	UCT Sports Fields	Two Oceans Marathon Company	Two Oceans Office	021 657 5140	<a href="mailto:entries@twooceansmarathon.org.za">entries@twooceansmarathon.org.za</a>
	Sat	Two Oceans Half Marathon	21		06:00	UCT Sports Fields	Two Oceans Marathon Company	Two Oceans Office	021 657 5140	<a href="mailto:entries@twooceansmarathon.org.za">entries@twooceansmarathon.org.za</a>
10-Apr-10	Sat	Telkom Challenge 10km	10	RCS	07:00	Peninsula Technikon, Bellville	Telkom AC	Lionel Samuels	021 414 2932	<a href="mailto:Samuelle@telkom.co.za">Samuelle@telkom.co.za</a>
	Sat	Telkom Challenge 10km Walk	10 W	RCS	07:05	Peninsula Technikon, Bellville	Telkom AC	Lionel Samuels	021 414 2932	<a href="mailto:Samuelle@telkom.co.za">Samuelle@telkom.co.za</a>
	Sat	Telkom Challenge Fun Run	5		07:15	Peninsula Technikon, Bellville	Telkom AC	Lionel Samuels	021 414 2932	<a href="mailto:Samuelle@telkom.co.za">Samuelle@telkom.co.za</a>
17-Apr-10	Sat	Pinelands 6 x 6 Realay	6 x 6		13:00	Lower Oval, Pinelands	Pinelands AC	Tony Will	072 783 4154	<a href="mailto:info@pinelandsathleticclub.co.za">info@pinelandsathleticclub.co.za</a>
18-Apr-10	Sun	Iteko 21	21		07:00	Green Point Stadium	Iteko AC	Shiehaam Darries	084 991 1200	<a href="mailto:shiehaamd@ovationglobal.com">shiehaamd@ovationglobal.com</a>
	Sun	Iteko 10	10		07:30	Green Point Stadium	Iteko AC	Farouk Meyer	083 460 6786	<a href="mailto:iteko@mweb.co.za">iteko@mweb.co.za</a>
24-Apr-10	Sat	Cross Country Relay	CC			Pinelands High School	WPA CC	Andy James	082 707 6040	<a href="mailto:admin@siaps.wcape.school.za">admin@siaps.wcape.school.za</a>
25-Apr-10	Sun	Strand 21	21		07:30	TBA in Somerset West	Strand AC	Lester Burrow	082 424 8547	<a href="mailto:ljb@telkomsa.net">ljb@telkomsa.net</a>
	Sun	Strand 10	10		07:45	TBA in Somerset West	Strand AC	Lester Burrow	082 424 8547	<a href="mailto:ljb@telkomsa.net">ljb@telkomsa.net</a>
27-Apr-10	Tue	Mandela Road to Freedom	27		07:00	Grand Parade, Cape Town	Durbac	Portia Klassen	082 658 0025	<a href="mailto:lklassen@paliament.gov.za">lklassen@paliament.gov.za</a>
	Tue	Mandela Road to Freedom 10	10		07:30	Grand Parade, Cape Town	Durbac	Portia Klassen	082 658 0025	<a href="mailto:lklassen@paliament.gov.za">lklassen@paliament.gov.za</a>
02-Mei-10	Sun	Cross Country League 1	CC			UCT Campus	WPA CC	Andy James	082 707 6040	<a href="mailto:admin@siaps.wcape.school.za">admin@siaps.wcape.school.za</a>
08-Mei-10	Sat	Cross Country League 2	CC			UWC Campus	WPA CC	Andy James	082 707 6040	<a href="mailto:admin@siaps.wcape.school.za">admin@siaps.wcape.school.za</a>
08-Mei-10	Sat	WPA Walking Grand Prix 2	30 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
	Sat	WPA Walking Grand Prix 2	20 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
	Sat	WPA Walking Grand Prix 2	10 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
	Sat	WPA Walking Grand Prix 2 Development race	5 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
09-Mei-10	Sun	Milkwood	21	RCS	07:30	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Carl Watermeyer	083 462 0876	<a href="mailto:carl@rarewoods.co.za">carl@rarewoods.co.za</a>
	Sun	Milkwood	10	RCS	07:45	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Carl Watermeyer	083 462 0876	<a href="mailto:carl@rarewoods.co.za">carl@rarewoods.co.za</a>
15-Mei-10	Sat	Brackenfell Pick n Pay Family Store 21	21	WPA 21.1	07:00	Brackenfell High School	Brackenfell AC	David McCarthy	084 921 4026	
	Sat	Brackenfell Pick n Pay Family Store Fun Run	5		07:15	Brackenfell High School	Brackenfell AC	Marinelle Tolken	082 870 3983	<a href="mailto:tolkenm@telkomsa.net">tolkenm@telkomsa.net</a>
22-Mei-10	Sat	Darling Half Marathon	21		08:30	Darling Primary School	Darling AC	Mary Ashford	082 684 5575	<a href="mailto:mary@toucancape.co.za">mary@toucancape.co.za</a>

	Sat	Darling 10	10		08:30	Darling Primary School	Darling AC	Mary Ashford	082 684 5575	<a href="mailto:mary@toucancape.co.za">mary@toucancape.co.za</a>
	Sat	Darling Fun Run	5		08:30	Darling Primary School	Darling AC	Mary Ashford	082 684 5575	<a href="mailto:mary@toucancape.co.za">mary@toucancape.co.za</a>
23-Mei-10	Sun	Cross Country League 3	CC			TBA	WPA CC	Andy James	082 707 6040	<a href="mailto:admin@siaps.wcape.school.za">admin@siaps.wcape.school.za</a>
29-Mei-10	Sat	Cross Country League 4	CC			TBA	WPA CC	Andy James	082 707 6040	<a href="mailto:admin@siaps.wcape.school.za">admin@siaps.wcape.school.za</a>
30-Mei-10	Sun	Comrades	99			Durban	KZN			
05-Jun-10	Sat	UWC	10		07:30	UWC Campus	UWC	Jerome Walters	083 766 5188	<a href="mailto:jwalters@uwc.ac.za">jwalters@uwc.ac.za</a>
	Sat	UWC Walk	10 W		07:30	UWC Campus	UWC	Jerome Walters	083 766 5188	<a href="mailto:jwalters@uwc.ac.za">jwalters@uwc.ac.za</a>
	Sat	UWC Fun Run	5		07:45	UWC Campus	UWC	Jerome Walters	083 766 5188	<a href="mailto:jwalters@uwc.ac.za">jwalters@uwc.ac.za</a>
06-Jun-10	Sun	Table Mountain	16		08:00	Constantia Nek	Acis VOB	Charlotte Kettlewell	021 761 8887	<a href="mailto:vobsec@mweb.co.za">vobsec@mweb.co.za</a>
12-Jun-10	Sat	Khayelitsha Development 10km	10		07:30	Khayelitsha Rugby Club	WPA	WPA Office	021 699 0615	<a href="mailto:events@wpathletics.co.za">events@wpathletics.co.za</a>
12-Jun-10	Sat	Orak 12 Hour Race	Var		07:00	Vredendal Sports Grounds	Orak	Gerrie Cillires	083 650 0642	<a href="mailto:gerrie@kingsleyemail.co.za">gerrie@kingsleyemail.co.za</a>
19-Jun-10	Sat	Mamre	15	RCS	08:00	Mamre Primary School	Mamre AC	Lesley Daniels	079 716 2955	<a href="mailto:daniell@eskom.co.za">daniell@eskom.co.za</a>
	Sat	Mamre Fun Run	5		08:05	Mamre Primary School	Mamre AC	Lesley Daniels	079 716 2955	<a href="mailto:daniell@eskom.co.za">daniell@eskom.co.za</a>
26-Jun-10	Sat	Eersterivier 15	15		07:15	Stratford Primary School	Eersterivier AC			
	Sat	Eersterivier Walk	10 W		07:25	Stratford Primary School	Eersterivier AC	Johannes Kamfer	072 178 0578	<a href="mailto:gpekeur@pgwc.gov.za">gpekeur@pgwc.gov.za</a>
	Sat	Eersterivier Fun Run	5		07:30	Stratford Primary School	Eersterivier AC	Johannes Kamfer	072 178 0578	<a href="mailto:gpekeur@pgwc.gov.za">gpekeur@pgwc.gov.za</a>
03-Jul-10	Sat	Fine Food and Wine SPAR Spookhill	15	RCS	08:00	Beaumont Primary School, Somerset West	Helderberg Harriers	Hans Hugo	072 290 8179	<a href="mailto:hugh@arc.agric.za">hugh@arc.agric.za</a>
	Sat	Fine Food and Wine SPAR Spookhill	5		08:15	Beaumont Primary School, Somerset West	Helderberg Harriers	Hans Hugo	072 290 8179	<a href="mailto:hugh@arc.agric.za">hugh@arc.agric.za</a>
04-Jul-10	Sun	SA Race Walking Championship	Var	ASA Walking		Oudstroom	ASA	ASA	011 880 5800	<a href="mailto:asa@athletics.co.za">asa@athletics.co.za</a>
11-Jul-10	Sun	RCS Guguletu	10		07:30	Green Point	RCS Guguletu AC	Tanya Schouw	083 293 3966	<a href="mailto:tanyashouw@woolworths.co.za">tanyashouw@woolworths.co.za</a>
17-Jul-10	Sat	Cross Country League 5	CC			Koeborg Nature Reserve	WPA CC	Andy James	082 707 6040	<a href="mailto:admin@siaps.wcape.school.za">admin@siaps.wcape.school.za</a>
18-Jul-10	Sun	Elsiesriver 10	10	WPA 10	08:00	Peninsula Technikon, Bellville	Elsies River AC	Bertram Windvogel	082 398 7148	
24-Jul-10	Sat	Cross Country League 6	CC			TBA	WPA CC	Andy James	082 707 6040	<a href="mailto:admin@siaps.wcape.school.za">admin@siaps.wcape.school.za</a>
24-Jul-10	Sat	Arcelor Mittal Saldanha 21	21		08:00	Saldanha	Arcelor Mittal AC	Richard Holcroft		<a href="mailto:richard.holcroft@arcelor4ormittal.com">richard.holcroft@arcelor4ormittal.com</a>
24-Jul-10	Sat	ASA Half Marathon Championships	21	ASA 21,1		Port Elizabeth	ASA	ASA	011 880 5800	<a href="mailto:asa@athletics.co.za">asa@athletics.co.za</a>
25-Jul-10	Sun	Voet of the wine route	10		07:00	Zewenwacht Mall Kuilsrivier	In Touch AC	Priscilla Williams	021 887 3825	<a href="mailto:priscilla@radionet.co.za">priscilla@radionet.co.za</a>
	Sun	Voet of the wine route Fun Run	5		07:10	Zewenwacht Mall Kuilsrivier	In Touch AC	M Roos	082 214 9007	<a href="mailto:mroos@dla.gov.za">mroos@dla.gov.za</a>
31-Jul-10	Sat	Cross Country League 7	CC			TBA	WPA CC	Andy James	082 707 6040	<a href="mailto:admin@siaps.wcape.school.za">admin@siaps.wcape.school.za</a>
01-Aug-10	Sun	Pinelands 10	10		07:15	Lower Oval , Pinelands	Pinelands AC	Hayley Smith	082 774 0228	<a href="mailto:stromsky@mweb.co.za">stromsky@mweb.co.za</a>
	Sun	Pinelands Fun Run	5		07:15	Lower Oval , Pinelands	Pinelands AC	Pierre Cloete	082 654 3702	<a href="mailto:pscloete@pawc.wcape.gov.za">pscloete@pawc.wcape.gov.za</a>
07-Aug-10	Sat	Cross Country League 8	CC			TBA	WPA CC	Andy James	082 707 6040	<a href="mailto:admin@siaps.wcape.school.za">admin@siaps.wcape.school.za</a>
07-Aug-10	Sat	WPA Walking Grand Prix 3	30 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
	Sat	WPA Walking Grand Prix 3	20 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
	Sat	WPA Walking Grand Prix 3	10 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
	Sat	WPA Walking Grand Prix 3 Development race	5 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
09-Aug-10	Mon	Edgemead Ladies Race	10		08:00	Bellville Stadium	Edgemead AC	Deon Rossouw	083 300 0299	<a href="mailto:committee@edgemead.co.za">committee@edgemead.co.za</a>
	Mon	Edgemead Ladies Race	5		08:00	Bellville Stadium	Edgemead AC	Deon Rossouw	083 300 0299	<a href="mailto:committee@edgemead.co.za">committee@edgemead.co.za</a>
09-Aug-10	Mon	Namakwa 10	10		08:00	Vredendal	Namakwa AC	Adele Maass	083 627 7759	<a href="mailto:adele@cybersmart.co.za">adele@cybersmart.co.za</a>
14-Aug-10	Sat	WPA Cross Country Championship	CC	WPA CC		TBA	WPA CC	Andy James	082 707 6040	<a href="mailto:admin@siaps.wcape.school.za">admin@siaps.wcape.school.za</a>
15-Aug-09	Sun	Reutech Solutions John Korasie	30		07:00	Navy Sports Fields Simonstown	Defence AC	Willy Honeyman	083 345 8507	<a href="mailto:willyhoneyman@webmail.co.za">willyhoneyman@webmail.co.za</a>
20-Aug-10	Fri	Tuffer Puffer	160		10:00	V & A to Cape Point to V&A	Fish Hoek AC	Jean-Paul van Belle	021 782 3923	<a href="mailto:race@fishhoekac.com">race@fishhoekac.com</a>
21-Aug-10	Sat	Puffer	80		05:30	Cape Point to V&A	Fish Hoek AC	Jean-Paul van Belle	021 782 3923	<a href="mailto:race@fishhoekac.com">race@fishhoekac.com</a>
21-Aug-10	Sat	SA 10km Championship	10	ASA 10		TBA Stellenbosch	ASA	ASA	011 880 5800	<a href="mailto:asa@athletics.co.za">asa@athletics.co.za</a>
22-Aug-10	Sun	Don Lock Memorial	8		07:30	Brookside Claremont	Celtic Harriers AC	Celtic	021 761 0881	<a href="mailto:mwceltic@mweb.co.za">mwceltic@mweb.co.za</a>
	Sun	Don Lock Memorial	5		07:45	Brookside Claremont	Celtic Harriers AC	Celtic	021 761 0881	<a href="mailto:mwceltic@mweb.co.za">mwceltic@mweb.co.za</a>
28-Aug-10	Sat	Atlantis	15	RCS	08:00	Westfleur Park	Atlantis Harris AC	Desmond Arendse	087 392 1061	<a href="mailto:desmond.arendse@capetown.gov.za">desmond.arendse@capetown.gov.za</a>
29-Aug-10	Sun	Blisters for bread	Var			Green Point Track	Top Events	Top Events	021 511 7130	<a href="mailto:info@topevents.co.za">info@topevents.co.za</a>
04-Sep-10	Sat	New Balance 10km	10		07:00	Willowbridge Centre, Bellville	New Balance Multi Sport	Clive Idas	082 784 5783	<a href="mailto:cliveidas@gmail.com">cliveidas@gmail.com</a>
05-Sep-10	Sun	Satori Camel Run	15		07:00	Noordhoek Sportsfields	Satori AC	Charissa Balman	083 377 3806	<a href="mailto:satoris@mweb.co.za">satoris@mweb.co.za</a>
11-Sep-10	Sat	Bike and Tekkie Run	10		07:00	Jan Kriel School, Kuilsriver	New Balance Multi Sport	Suzette Goldie	076 107 5412	<a href="mailto:suzette@jankriel.co.za">suzette@jankriel.co.za</a>
	Sat	Bike and Tekkie Run	5		07:15	Jan Kriel School, Kuilsriver	New Balance Multi Sport	Suzette Goldie	076 107 5412	<a href="mailto:suzette@jankriel.co.za">suzette@jankriel.co.za</a>
11-Sep-10	Sat	WPA Walking Grand Prix 4	20 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
	Sat	WPA Walking Grand Prix 4	10 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
	Sat	WPA Walking Grand Prix 4 Development race	5 W		07:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 1668	<a href="mailto:swalters@absamail.co.za">swalters@absamail.co.za</a>
11-Sep-10	Sat	ASA Cross Country Champs	CC	ASA CC			ASA	ASA	011 880 5800	<a href="mailto:asa@athletics.co.za">asa@athletics.co.za</a>
18-Sep-10	Sat	Beachcomer Race against crime 10km	15	Incentive	07:00	Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	<a href="mailto:mammoo@absamail.co.za">mammoo@absamail.co.za</a>
	Sat	Beachcomer Race against crime 10km Walk	10 W		07:05	Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	<a href="mailto:mammoo@absamail.co.za">mammoo@absamail.co.za</a>
	Sat	Beachcomer Race against crime Fun Run	5		07:15	Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	<a href="mailto:mammoo@absamail.co.za">mammoo@absamail.co.za</a>
25-Sep-10	Sat	Cape Town 100 Miler	160		00:05	Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	<a href="mailto:ctfestivalofrunning@eject.co.za">ctfestivalofrunning@eject.co.za</a>
	Sat	Cape Town 100km	100		00:05	Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	<a href="mailto:ctfestivalofrunning@eject.co.za">ctfestivalofrunning@eject.co.za</a>
26-Sep-10	Sun	Cape Town Marathon	42	ASA+WPA 42,RCS	06:30	Grand Parade, Cape Town	WPA	WPA Office	021 699 0615	<a href="mailto:events@wpathletics.co.za">events@wpathletics.co.za</a>
	Sun	Cape Town Marathon	10	Incentive	06:30	Grand Parade, Cape Town	WPA	WPA Office	021 699 0615	<a href="mailto:events@wpathletics.co.za">events@wpathletics.co.za</a>
02-Okt-10	Sat	Cape Gate 10	10		07:00	Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	082 962 3538	<a href="mailto:jaques.vanheerden@dcs.gov.za">jaques.vanheerden@dcs.gov.za</a>
	Sat	Cape Gate 10	10 W		07:00	Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	082 962 3538	<a href="mailto:jaques.vanheerden@dcs.gov.za">jaques.vanheerden@dcs.gov.za</a>
	Sat	Cape Gate Fun Run	5		07:15	Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	082 962 3538	<a href="mailto:jaques.vanheerden@dcs.gov.za">jaques.vanheerden@dcs.gov.za</a>
03-Okt-10	Sun	Hewat 21	21		06:00	Sea Point	Hewat AC	Kanu Sukha	072 210 1127	<a href="mailto:ctfestivalofrunning@eject.co.za">ctfestivalofrunning@eject.co.za</a>
06-Okt-10	Wed	Prima Tyres	10		18:00	Prima Tyre Bellville	Belville AC	Pieter Carstens	084 404 4933	<a href="mailto:pieter@hg.oktd.com">pieter@hg.oktd.com</a>
10-Okt-10	Sun	Outsurance 94,5 KFM Gun Run	21		07:00	Hamiltons Rugby Club , Green Point	Atlantic AC	Chris Readman	082 808 4114	<a href="mailto:info@atlanticathletic.co.za">info@atlanticathletic.co.za</a>

	Sun	Outsurance 94,5 KFM Gun Run	10		07:30	Hamiltons Rugby Club , Green Point	Atlantic AC	Chris Readman	082 808 4114	<a href="mailto:info@atlanticathletic.co.za">info@atlanticathletic.co.za</a>
	Sun	Outsurance 94,5 KFM Gun Run	5		07:45	Hamiltons Rugby Club , Green Point	Atlantic AC	Chris Readman	082 808 4114	<a href="mailto:info@atlanticathletic.co.za">info@atlanticathletic.co.za</a>
16-Oct-10	Sat	Road to the Vineyard	10		07:00	Pick 'n Pay Shopping Centre Soneike	Blue Downs AC	Harry Noemdoe	084 789 5177	<a href="mailto:noemdoehr@elswood.wcape.school.za">noemdoehr@elswood.wcape.school.za</a>
20-Oct-10	Wed	Silver Queen	10		18:30	Air Force Base Ysterplaat	Defence AC	BA Jefferies	073 705 3647	<a href="mailto:willyhoneyman@webmail.co.za">willyhoneyman@webmail.co.za</a>
	Wed	Silver Queen Fun Run	5		18:30	Air Force Base Ysterplaat	Defence AC	BA Jefferies	073 705 3647	<a href="mailto:willyhoneyman@webmail.co.za">willyhoneyman@webmail.co.za</a>
23-Oct-10	Sat	Strand 10	10		07:00	Radloff Park, Somerset West	Strand AC	Lester Burrow	082 424 8547	<a href="mailto:ljb@telkomsa.net">ljb@telkomsa.net</a>
	Sat	Strand Fun Run	5		07:00	Radloff Park, Somerset West	Strand AC	Lester Burrow	082 424 8547	<a href="mailto:ljb@telkomsa.net">ljb@telkomsa.net</a>
24-Oct-10	Sun	Constantia Village Grape Run	21		06:30	Constantia Valley Grape Run	Acis VOB	Charlotte Kettlewell	021 761 8887	<a href="mailto:vobsec@mweb.co.za">vobsec@mweb.co.za</a>
27-Oct-10	Wed	Old Mutual	10		18:30	Old Mutual Sports Grounds, Pinelands	Old Mutual AC	Shaun Williams	083 963 0276	<a href="mailto:om05694@oldmutual.com">om05694@oldmutual.com</a>
30-Oct-10	Sat	Olifants River Rittelfees	10		07:00	Vredendal Sports Grounds	ORAK	Gerrie Cilliers	083 650 0642	<a href="mailto:gerrie@kingsleyemail.co.za">gerrie@kingsleyemail.co.za</a>
	Sat	Olifants River Rittelfees Fun Run	5		07:00	Vredendal Sports Grounds	ORAK	Gerrie Cilliers	083 650 0642	<a href="mailto:gerrie@kingsleyemail.co.za">gerrie@kingsleyemail.co.za</a>
30-Oct-10	Sat	Isostar 15	15		06:30	Tokai Forest	Foresters AC	Gavin Wright	072 142 7263	<a href="mailto:gavin@delispices.co.za">gavin@delispices.co.za</a>
31-Oct-10	Sun	Plexus Half Marathon	21	RCS	07:30	Durbanville Athletic Club	Durbac			
	Sun	Plexus 10	10	RCS	07:45	Durbanville Athletic Club	Durbac	Wayne Sneyd	082 820 4404	<a href="mailto:sneydw@telkom.co.za">sneydw@telkom.co.za</a>
	Sun	Plexus Fun Run	5		08:00	Durbanville Athletic Club	Durbac	Wayne Sneyd	082 820 4404	<a href="mailto:sneydw@telkom.co.za">sneydw@telkom.co.za</a>
	Sun	Plexus Fun Run	5		08:00	Durbanville Athletic Club	Durbac	Wayne Sneyd	082 820 4404	<a href="mailto:sneydw@telkom.co.za">sneydw@telkom.co.za</a>
03-Nov-10	Wed	Eskom 10	10		18:30	Parow Athletic Track, Parow North	Eskom Gijmas	Kaylene van Dyk	082 509 2967	<a href="mailto:vandykk@hosaf.co.za">vandykk@hosaf.co.za</a>
06-Nov-10	Sat	International Realtors 21	21	RCS	06:00	Seaside Village Centre Big Bay	West Coast AC	Alan Green	082 450 8034	<a href="mailto:alancg@telkomsa.net">alancg@telkomsa.net</a>
07-Nov-10	Sun	Discovery Cape Times Big Walk	Var				Spartan Harries AC	Big Walk Trust	021 665 3333	<a href="http://www.bigwalk.co.za">www.bigwalk.co.za</a>
13-Nov-10	Sat	Easterns	10		07:00	Aristea Primary School, Kraaifontein	Easterns Kraaifontein AC	Anvir Logenstein	084 400 5821	<a href="mailto:anvir@telkomsa.net">anvir@telkomsa.net</a>
	Sat	Easterns 10 Walk	10W		07:00	Aristea Primary School, Kraaifontein	Easterns Kraaifontein AC	Anvir Logenstein	084 400 5821	<a href="mailto:anvir@telkomsa.net">anvir@telkomsa.net</a>
	Sat	Easterns Fun Run	5		07:00	Aristea Primary School, Kraaifontein	Easterns Kraaifontein AC	Anvir Logenstein	084 400 5821	<a href="mailto:anvir@telkomsa.net">anvir@telkomsa.net</a>
14-Nov-10	Sun	Landmarks 21	21		06:00	WP Cricket Club Grounds	WPCC	Bruce Cruickshank	072 400 0046	<a href="mailto:members@wpcc.co.za">members@wpcc.co.za</a>
	Sun	Landmarks 6	6		06:00	WP Cricket Club Grounds	WPCC	Bruce Cruickshank	072 400 0046	<a href="mailto:members@wpcc.co.za">members@wpcc.co.za</a>
20-Nov-10	Sat	Mr Price Winelands Marathon	42		05:30	Markotter Sports Complex ,Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	<a href="mailto:huhoh@arc.agric.za">huhoh@arc.agric.za</a>
	Sat	Mr Price Winelands Half Marathon	21		05:45	Markotter Sports Complex ,Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	<a href="mailto:huhoh@arc.agric.za">huhoh@arc.agric.za</a>
	Sat	Mr Price Winelands Fun Run	5		06:30	Markotter Sports Complex ,Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	<a href="mailto:huhoh@arc.agric.za">huhoh@arc.agric.za</a>
23-Nov-10	Tue	Twilight Run	5		19:30	Founder's Garden , Cape Town	WPA / Spartan Harriers	Events Office	021 671 9407	<a href="mailto:entries@twoceansmarathon.org.za">entries@twoceansmarathon.org.za</a>
24-Nov-10	Wed	Neil Joubert Farm Race	13		18:15	Neil Joubert Fram near Klappmuts	Sanlam AC	Christian Pieters	084 234 8224	<a href="mailto:ChristianRudolf.Pieters@capetown.gov.za">ChristianRudolf.Pieters@capetown.gov.za</a>
27-Nov-10	Sat	Phil Pansergrouw Brooks 21	21		06:00	Bellville Stadium	Belville AC	Pieter Carstens	084 404 4933	<a href="mailto:pieter@hq.okfd.com">pieter@hq.okfd.com</a>
	Sat	Phil Pansergrouw Brooks 10	10		06:15	Bellville Stadium	Belville AC	Johan Marnewick	073 265 0412	<a href="mailto:jmarnewick@uwc.ac.za">jmarnewick@uwc.ac.za</a>
01-Dec-10	Wed	Metropolitan	10		18:30	Parc Du Cap Bellville	Metropolitan AC	Christo McDonald	082 533 0045	<a href="mailto:athletics@metropolitan.co.za">athletics@metropolitan.co.za</a>
04-Dec-10	Sat	Run / Walk for life New Balance	21		06:30	Radloff Park Somerset West	Run / Walk for life AC	Marie Barnard	021 852 8473	<a href="mailto:runwalk@intekom.co.za">runwalk@intekom.co.za</a>
	Sat	Run / Walk for life New Balance	10		07:30	Radloff Park Somerset West	Run / Walk for life AC	Marie Barnard	021 852 8473	<a href="mailto:runwalk@intekom.co.za">runwalk@intekom.co.za</a>
	Sat	Run / Walk for life New Balance	10W		07:30	Radloff Park Somerset West	Run / Walk for life AC	Marie Barnard	021 852 8473	<a href="mailto:runwalk@intekom.co.za">runwalk@intekom.co.za</a>
	Sat	Run / Walk for life New Balance	4		07:30	Radloff Park Somerset West	Run / Walk for life AC	Marie Barnard	021 852 8473	<a href="mailto:runwalk@intekom.co.za">runwalk@intekom.co.za</a>
11-Dec-10	Sat	AVBOB 15	15		06:00	Pick 'n PayShopping Centre, Table View	Tygerberg Nortlink AC	Bennie van Almelo	088 130 1155	<a href="mailto:benniealmelo@telkomsa.net">benniealmelo@telkomsa.net</a>
16-Dec-10	Thur	RCS Guguletu Reconciliation day	10		07:30	Guguletu Sport Stadium NY49	RCS Guguletu AC	Tanya Schouw	083 293 3966	<a href="mailto:TanyaSchouw@woolwoths.co.za">TanyaSchouw@woolwoths.co.za</a>
18-Dec-10	Sat	Mitchells Plain 21	21	RCS	06:00	Rocklands Sports Ground, Mitchell's Plain	Mitchell's Plain Titans AC	Lance Scheepers	021 959 3861	<a href="mailto:lascheepers@uwc.ac.za">lascheepers@uwc.ac.za</a>
	Sat	Mitchells Plain 10 Walk	10W	RCS	06:15	Rocklands Sports Ground, Mitchell's Plain	Mitchell's Plain Titans AC	Lance Scheepers	021 959 3861	<a href="mailto:lascheepers@uwc.ac.za">lascheepers@uwc.ac.za</a>
	Sat	Mitchells Plain Fun Run	5		08:00	Rocklands Sports Ground, Mitchell's Plain	Mitchell's Plain Titans AC	Lance Scheepers	021 959 3861	<a href="mailto:lascheepers@uwc.ac.za">lascheepers@uwc.ac.za</a>
22-Dec-10	Thur	Mitchell's Brewery Sundowner	10		18:30	Mitchell's Brewert V & A	Fit 2000 (WP)	Janet Lanning	021 439 4885	<a href="mailto:lanfam@afrika.com">lanfam@afrika.com</a>
26-Dec-10	Sun	Tokai Manor House	16		07:00	Tokai Forest	Southern Striders AC	Peter Powell	085 892 3772	<a href="mailto:peter.powell@capetown.gov.za">peter.powell@capetown.gov.za</a>
31-Dec-10	Fri	Brooks Runner's Memorial	8		18:01	Moullie Point	Edgemead AC	Deon Rossouw	083 300 0299	<a href="mailto:committee@edgemead.co.za">committee@edgemead.co.za</a>