

2012 Road Race Calendar Combined

Thank you to all the Provinces who assisted in supplying us with their Road Running Fixture for 2012

Thank you to Ernest Welch for making time inbetween his busy schedule in order to merge these dates.

January

Date	Day	Prov	Event	Distance	Time	Venue	Club	Contact	Tel
2-Jan	Mon	GN	New Years Race	5\10	7:00	Botanical Gardens	RWFL	Daan du Toit	082 5724169
2-Jan	Mon	SWD	NSRI Beach Run	10\5	16:00	Diaz Beach - Mossel Bay	Hartenbos Draww	Des Harris	083 309 8732
7-Jan	Sat	EP	Woodlands Dairy 15km & 5km F	15\5	06:30	Café Kima Main Beach J/bay	Jeffreys Bay AC	Lindi Meyer	076 5732708
7-Jan	Sat	GN	Philedelpia Gardens	5\10	6:00	Tuine H/S	FIT 2000 Pta	Theuns Coetzee	083 3989039
7-Jan	Sat	SWD	Coastline 5km and 10km	10\5	7:00	Builders Express - George	Coastline AC	Jonathan Tarentaa	083 486 7080
8-Jan	Sun	CGA	Varsity Kudus 15km	15	7:00	West Campus, Wits	Varsity Kudus	Dave Rossouw	083 6662983
8-Jan	Sun	WP	Ocean Basket Bay to Bay	30\2x15\5	6:00	Maiden's Cove, Camps Bay	Atlantic AC	Tony Breslin	082 8882307
11-Jan	Wed	WP	Cape Summer Trail series 1	Trail	18:00	Silvermine Nature Reserve East	Wildrunner	Owen Middleton	084 2218422
13-Jan	Fri	Bor	PWC			Old Boys	Old Boys	Andrew Moss	082 7823936
14-Jan	Sat	EP	Walmer TBC	10\5	07:00	Pearson High School	Walmer AC	Loynes Jenkerso	082 6446422
14-Jan	Sat	GN	ACE 10/21	10\21	6:00	Eersterus Soccer Stadium	ACE	Michael Lawrence	082 5146575
14-Jan	Sat	SWD	Benevolent Park Old Age Home 5k	10\5	7:00	Benevolent Park - Mossel Bay	Mossel Bay Harri	Maryke Sass	082 568 5490
14-Jan	Sat	WP	Asic Hohenhort 15km	15	6:00	Alphen Centre, Main Road, Const	Pinelands AC	Pierre Cloete	082 6543702
15-Jan	Sun	CGA	DisChem 21	21\5	6:00	Bedford Virgin Active	BCC	Trevor Hosking	082 8569033
15-Jan	Sun	KZN	Alex Wasps Half Marathon & 15km	21\15W	6:00	To be confirmed	Alex Wasps AC	Vic Hydes	084 9822048
15-Jan	Sun	KZN	Halfway Scottburgh	21	6:00	Scottburgh Main Beach	Scottburgh AC	Gordon Hutton	031 2669238
15-Jan	Sun	WP	Cape Summer Trail series 2	Trail	18:00	Lebanon Forest	Wildrunner	Owen Middleton	084 2218422
18-Jan	Wed	CGA	Berg'n'Dal	15\5	19:00	Key West Shopping Centre	Krugersdorp	Christo Truter	083 6809533
18-Jan	Wed	WP	KFC Brackenfell 10 Km	10\5	18:30	Brackenfell High School	Brackenfell AC	David McCarthy	079 9130618
21-Jan	Sat	EP	Bay FM Bluewaterbay 15km Challe	15\5	6:30	Bluewaterbay Primary School	Bluewaterbay RR	Colin Parkins	083 6513836
21-Jan	Sat	FS	AEL Mielie Marathon	42\21\10	5:30	HTS Welkom		Mnr Meje	083 4291032
21-Jan	Sat	GN	Akasia 3 in 1	10\21\42	6:00	Wonderpark Shopping Mall	Akasia AC	Paul Ferreira	082 8235159
21-Jan	Sat	KZN	Isandlwana Rorkes Drift	21\5	7:00	Isandlwana	Biggarsberg AC	Ken Vorster	034 2182139
21-Jan	Sat	Lim	Seeff Road Race	10\5			Polokwane AC	Pieter Pretorius	084 4006667
21-Jan	Sat	SWD	Boskabouter 7 x 3km and 21.1km	21	7:00	Boskabouter Creche - Ruiterbos	Hartenbos Draww	Des Harris	083 309 8732
21-Jan	Sat	WP	Red Hill classic	42\36	6:00	Fish Hoek Sports Grounds	Fish Hoek AC	Kim Jenkinsen - W	082 4686068
22-Jan	Sun	CGA	Bobbies	25\10k	7:00	Arthur Bloch Park	SAP	Fanie Nothnagel	082 5529005
25-Jan	Wed	CGA	Arwyp Medical Centre	15\5	19:00	Barnard Stadium	Kempton	Elize van Staden	082 5214222
25-Jan	Wed	FS	Bfn Striders Night Race	10\5	18:30	Langenhovenpark Boeremark	Bloemfontein Striders	J.S. Kabi	083 7693977
25-Jan	Wed	WP	Cape Summer Trail series 3	Trail	18:00	Silvermine Nature Reserve West	Wildrunner	Owen Middleton	084 2218422
25-Jan	Wed	WP	Durbanville Pharmacy Dan Luyt 15	15	18:30	Durbanville Library	Bellville AC	Carlo Zylstra	073 9075586
28-Jan	Sat	Bor	Penny Pinchers 10 & 21 km	21\10		Beacon Bay Country club	ELAC	Neville Burton	079 7666242
28-Jan	Sat	EP	Herald Flexider Friendly City Marat	42\10\5	5:00	Homeleigh Farm	Achilles AAA	Tommy Satchwell	083 4468172
28-Jan	Sat	FS	Monyekeng Fun Run	8\4	7:00	Monyakeng Stadiuim	Wesselsbron AC	Sam Ditshoane	072 6928923
28-Jan	Sat	GN	PwC George Claassen	42	5:30	Menlyn Shopping Centre	PMC	Loma vd Walt	082 5579604

28-Jan	Sat	GN	PwC George Claassen	5\10\21	6:00	Menlyn Shopping Centre	PMC	Loma vd Walt	
28-Jan	Sat	Mpu	Shanduka Coal 5-in-1	42\32\21\11	6:00	Shanduka Head Office Middelburg	Middelburg	Johan de Klerk	073 9695206
28-Jan	Sat	SWD	Schoemanshoek 5km, 10km and 2	21\1\10\5	6:00	Orchard Fine Foods,Schoemansh	Run / Walk For Li	Denise Nortier	083 500 4915
28-Jan	Sat	WP	WPA Race Walking Grand Prix 1	20\1\10\5	7:00	Youngsfield	WPA Race Walki	Gideon Cillie	083 3212668
29-Jan	Sun	CGA	Johnson Crane	42\21	6:00	Old Benonians Sports Grounds	Benoni Harriers	Ashwin Jivan	082 9240234
29-Jan	Sun	KZN	PDAC 25km	25	5:00	Waterfall Shopping	PDAC	Gregg Patterson	031 2792609
29-Jan	Sun	WP	Kloof Nek Classic 21km	21,1	6:00	Camps Bay High School	Fit 2001 (WP)	Brenda Austin	082 5617748

February

1-Feb	Wed CGA	McCarthy VW Westgate	1515	19:00	KHOSA Sports Club	KHOSA	Helga Weiland	083 2795498
1-Feb	Wed Mpu	Ferrochrome Nite	10	19:00	Kees Taljaard Stadion	Midack	Conrad vd Berg	082 9081228
1-Feb	Wed Mpu	Van Wettens Nite	10	18:00	LVCC Aurora St Nelspruit	Nedbank LVCC	Riaan Nel	083 4568832
1-Feb	Wed WP	Cape Summer Trail series 4	Trail	18:00	Tygerberg Nature Reserve	Wildrunner	Owen Middleton	084 2218422
1-Feb	Wed WP	Jacobus "Ballie" Bruintjies Memoriz	10	18:15	Florida Park, Ravensmead	Ravensmead AC	Abram Mahdiehe	082 3235828
4-Feb	Sat Bol	Prison to Prison Road Race	21\10\5	6:30	Worcester Gevangenis	Brandvlei Cor. Se	Kosie Botha	083 9913915
4-Feb	Sat Bor	Tomato Trot 15 km	15		Lilyfontein School	Old Boys	Danie Bessinger	082 2025310
4-Feb	Sat EP	The Historic Run	10\5	6:30	Bertram High School	X-cel AC	Dean Kivido	082 3994722
4-Feb	Sat FS	SASOL Marathon	42\21\10	6:00	DP de Villiers Std Sasolburg	Sasolburg AC	Pieter Du Toit	084 5702544
4-Feb	Sat GN	McCarthy Toyota	5\10\21.1	6:00	Rietondale Park	Magnolia RR	Hank Bezuidenhou	012 4609065
4-Feb	Sat Lim	Soutpansberg Mountain Race	21\10	6:00		Soutpansberg AC	Elmien Vd Goot	082 7814249
4-Feb	Sat Mpu	Rainbow	21\10	7:00	Machado Primary School	Rainbow RR	Faan Coetzer	082 9256333
4-Feb	Sat SWD	Pine Lodge 5km and 15km	15\5	7:00	Pine Lodge - George	Rainbow AC	Sidwell Oktober	078 395 8489
4-Feb	Sat WP	Lion of Africa 21.1km	21\10\5	6:00	Academy for Mathematics Scienc	Spartan Harriers	Reon Jacobs	082 5403092
4-Feb	Sat WP	Phillip Rabinowitz 10 Km Walk	10 W	7:00	Academy for Mathematics Scienc	Spartan Harriers	David Kirby	082 2987547
5-Feb	Sun CGA	Brooks Striders	32\15\5	6:00	Springs Rugby Club	Brooks Striders Rhoda Steyn	073 5612700	
5-Feb	Sun KZN	Langasun Marathon	42\10	6:00	Empangeni Rugby Club	Imamba AC	Shadrack Mncwan	072 4371347
5-Feb	Sun KZN	Sparkport Challenge	32\16	5:00	Sparkport Pharmacy Sydenham	Sydenham Sport: Michael Shanglee	083 2333124	
5-Feb	Sun WP	Cape Summer Trail series 5	Trail	7:30	Oak Valley, Elgin	Wildrunner	Owen Middleton	084 2218422
8-Feb	Wed GN	SPAR Lantern	5\10	18:30	ArgiculturalResearch Council	Irene	Wynand Breytenb	012 6540005
8-Feb	Wed Mpu	Valentyns Nite	10	19:00	Secunda High School	Secunda	Jurie Botha	082 5700180
8-Feb	Wed WP	Stragglers 10km	10	7:00	TBA	Stragglers AC	Pro Arumugam	082 9265840
10-Feb	Fri CGA	KFC Valentine	10	19:00	Randburg Sports Complex	Randburg Harrie Michelle Knotzer	011 7927003	
10-Feb	Fri FS	Harmony Valentine Night Race	10	18:00	Welkom Square Game Centre	Harmony Striders	Db Prinsloo	083 2878810
11-Feb	Sat Bol	Freedom Race	27\10\5	7:00	Drakenstein Prison	Correctional Serv	Pieter Bruiners	082 9610723
11-Feb	Sat Bol	Freedom Wheel Chair Race	10	7:15	Drakenstein Prison	Correctional Serv	Pieter Bruiners	082 9610723
11-Feb	Sat Bor	Masters Half marathon	21		Mount Coke	Masters	Tony Viljoen	043 7353350
11-Feb	Sat EP	Valentine's Run	10\5	6:00	Metlife Mall Kabega Park	Achilles/Malabar	Milka Boshoff	072 4637065
11-Feb	Sat FS	Kloppers Adidas Festival of Running	42\21\10	6:00	Nedbank Bfn Achilles Sport Centre	Nedbank Bfn Achilles	M.J. Mokati	084 5625124
11-Feb	Sat GN	Bronkhorstspuit 32	4\10\32	6:00	Erasmus H/S	Bronkhorstspuit	Gans Barnard	083 8770262
11-Feb	Sat Lim	Potties - Mokopane	42\32\21\10	6:00		Potties MC	Hennie Smit	082 6029830
11-Feb	Sat Mpu	Eskom	42\21\10	6:00	Eskom Clubhouse	Eskom	Paul Bester	082 9667767
11-Feb	Sat WP	Top Form 10km Road Race	10\5	7:30	Turfhall Park Stadium	Top Form AC	Russel Mehl	084 5455851
12-Feb	Fri ASA	SA Marathon Championships	42		George	ASA R/R Comm. ASA Office	011 8805800	
12-Feb	Sun CGA	Pick'n'Pay	42\21	6:00	Saheti School	Jeppe Quondun Race Office	011 4632743	
12-Feb	Sun KZN	NIMAS Marathon	42\21	5:00	Hillcrest Villagers Club	Hillcrest Villagers Voaneen Douthwai	031 7651238	
15-Feb	Wed Bol	Model Sport Valentine Night Race	10\5	18:15	Mountain Mill Mall, Worcester	Worcester AC	Russel Cupido	082 5320826

15-Feb	Wed	Mpu	Dennies Wedloop	4.91	19:00	Dennesig Laerskool	Eskom Gijimas	Theuns Luus	083 6308729
18-Feb	Sat	ASA	ASA Cross Country Trials	CC		Potchefstroom			011 8805800
18-Feb	Thu	EP	Kromberg and Schubert	1515	6:00	Frans Conradie Primary School	Muirite Striders	Margie du Toit	082 5475413
18-Feb	Sat	FS	Planeet Rooies Valentines RR	21\110	6:15	AHS Kroonstad (Rooiskool)	Syngenta MC	Danie Brummer	082 5649426
18-Feb	Sat	GN	Tuks Bestmed 21KM	5\10\21	6:00	LC de Villiers SG	Tuks A/C	Vollie Spies	082 8216952
18-Feb	Sat	KZN	Old Mutual Battlefields	50\42\21\11	5:30	Newcastle Swimming Pool	Newcastle Harrie	André Grundlingh	034 3287661
18-Feb	Sat	Mpu	Assegai 2-in-1	42\21	6:00	Rainbow Festival Grounds	Assegai	Claudine	083 2669506
18-Feb	Sat	NWN	Mafikeng Marathon & Half	42\21		Mmabatho Tusk	Mafikeng Road Runners		082 3328722
18-Feb	Sat	SWD	Outeniqua Wheelchair Challenge 4	42\21\10\5	8:00	Mountview Resort - George	Rainbow AC	Esther Watson	082 421 9359
19-Feb	Sun	ASA	SA Marathon champs	42		Durban	ASA		011 8805800
19-Feb	Sun	CGA	Pirates 21	21	7:00	Greenside	Pirates	Ainsley Williams	083 2352118
19-Feb	Sun	EP	Mini Marathon Motherwell	4.2			EPA Developmer	Aziez Madatt	082 7387029
19-Feb	Sun	KZN	Zabalaza Half Marathon	21\15\5	6:00	Hammersdale	Zabalaza AC	Bongani Ndlovu	031 7002222
19-Feb	Sun	WP	Cape Peninsula Half Marathon	21,1	7:00	Bergvliet to Simon's Town	Celtic Harriers	CI Top Events	021 5117130
19-Feb	Sun	WP	Cape Peninsula Marathon	42,2	5:15	Green Point to Simon's Town	Celtic Harriers	CI Top Events	021 5117130
22-Feb	Wed	Bol	Gino's Night Race (10Km)	10	18:00	Coetzenburg	Maties AC	Mohamed Ally	072 9959655
22-Feb	Wed	FS	USN 10km	10\5	18:15	Langenhovenpark Boeremark	Bloemfontein Striders	Jaco Grobbelaar	082 4166779
25-Feb	Sat	Bor	Bufs Marathon 21,1 km walk ,5 & 10km trail run	42\21\10\5		Macleantown	Bufs	Kerryn Newey	083 2158749
25-Feb	Sat	EP	Cassies	1515	6:30	Verkenner Primary School	Nedbank RC	Irene van Eeden	083 2991775
25-Feb	Sat	FS	Sterkfontein 25km	25\10	7:00	Sterkfontein Dam	Harrismith MC	Pieter Bailey	0845 8883860
25-Feb	Sat	GN	Deloitte Pretoria Marathon	21.1\42.2	6:00	Hoffmeyer Park Lynnwood	Phobians MC	Hennie Oosthuizer	072 3123858
25-Feb	Sat	GN	Deloitte Pretoria Marathon	10	6:20	Hoffmeyer Park Lynnwood	Phobians MC	Hennie Oosthuizer	072 3123858
25-Feb	Sat	Lim	Bmw Modern Autohouse	42\21\10\5	6:00		Polokwane AC	Pieter Pretorius	084 4006667
25-Feb	Sat	Mpu	Sasol	42\21\10	6:00	Sasol Recreation club	Sasol	Julu Mavuso	082 8061352
25-Feb	Sat	SWD	Infantry School Cango 21.1km	21	6:00	Ou Tol Road - Oudtshoorn	Military Sport Clu	Rodney Williams	082 498 4076
25-Feb	Sat	SWD	Infantry School Cango 42.2km	42	6:00	Cango Caves - Oudtshoorn	Military Sport Clu	Richard Hughes	082 563 4573
25-Feb	Sat	WP	Koeberg 5km Fun Run	5	7:15	Koeberg Nature Reserve	Eskom Gijimas	Kaylene van Dyk	082 5092967
26-Feb	Sun	CGA	Township Marathon	42\15	6:00	Eldorado Park Stadium	Pegasus	The Secretary	082 4433777
26-Feb	Sun	KZN	DB Enterprises 10km race	10\	10:00	Fitty Park Sport Ground Ladysmitt	Jabulani AC	DB Shabangu	084 6401213
26-Feb	Sun	KZN	Maritzburg Marathon and Half	42\21	5:00	Drill Hall PMB	Natal Carbineers	John Hall	033 3423284
26-Feb	Sun	WP	Milkwood	21\10	7:30	Soetwater Recreation Area, Komn	Harfield Harriers	Graeme Trautman	079 5165801
29-Feb	Wed	Mpu	McCarty VW Panorama	10	19:00	Panorama Primary Gordon str	Coaldust	Hettie Terblanche	082 6800973
29-Feb	Wed	WP	Sunset Team Time Trail	4 x 3	18:00	Green Point Urban Park	ATC Running	Steve Attwell	082 7399010

March

1-Mar	Thu	CGA	J.P. Morgan Corporate Relay	5.6	18:30	Wanderers Stadium	CGA Challenge	CGA	011 8722726
3-Mar	Sat	Bol	MKB Swartland Half Marathon	21\10\5	7:00	Gene Louw Sportgronde	Altech Autopage	Dienie Truter	022 4331895
3-Mar	Sat	Bor	Kempston Ladies 5 & 10 km	10\5		Oxford Striders	Oxford Striders	Dillon Pretorius	083 6545999
3-Mar	Sat	EP	Bay Ultra Marathon	50\5	5:00	Pollok Beach	Body Concept RV	Eckart Schumann	083 2992092
3-Mar	Sat	FS	Dairy Belle Naval Duiwel	42\21\10\5	6:00	Bfn Bowling Club Navil Hill Union Av	Bloemfontein Striders	Jaco Grobbelaar	082 4166780
3-Mar	Sat	FS	Surrender Hill Marathon	42\21\10	6:00	Clarencs	Bethlehem MC	Dolf Binneman	073 3396809
3-Mar	Sat	GN	Medihelp Sunrise Monster	5\10\32	6:03	Harlequins Club Groenkloof	Harlequins	Frans Verwoerd	082 7747070
3-Mar	Sat	KZN	Emnambithi 21,1km	21\5	17:00	Settlers Park Rugby stadium	Emnambithi Strid	Ashwin Parthab	036 6382800
3-Mar	Sat	Lim	Kumba Marekele Race	42\21\10	6:00		Thabazimbi MC	Iwalda Bezuidenhout	083 4101378
3-Mar	Sat	Mpu	PWC 3-in-1	42\21\10	6:00	Nelspruit Clubhouse	Nelspruit	Mariét Erasmus	082 0926406
3-Mar	Sat	NWN	Lichtenburg Zebra Zambra	32\10\5		Lichtenburg High School	Lichtenburg Marathon		
3-Mar	Sat	SWD	Palm Tyres 5km and 10km	10\5	7:00	Palm Tyres - George	Rainbow AC	Sidwell Oktober	078 395 8489
3-Mar	Sat	WP	Century City 10km Express	10	7:30	Central Park, Century City	Century City AC	Alan Liebenberg	083 6518165
4-Mar	Sun	CGA	Orange Farm 15	15\5	7:00	Chris Hani Complex	Orange Farm	Mayford	011 5305296
4-Mar	Sun	KZN	Mondi	21\10	5:00	Bay Hall Richards Bay	CANON Richards	Virna McMaster	082 4473040
4-Mar	Sun	KZN	Oasis Crescent Challenge	21\10	6:00	Kings Park Athletics	Oasis Crescent	Jubeira Varatharaji	031 7006300
4-Mar	Sun	WP	1 Up Big Walk	Var	7:30	Greenpoint Track			
7-Mar	Wed	WP	Lighthouse 10 km	10	18:15	Green Point Lighthouse, Mouille P	Atlantic AC	Tony Breslin	082 8882307
8-Mar	Thu	SWD	Coastline Junior Road Running Set	5\2.5	15:00	New Dawn Park Primary - George	Coastline AC	Joe Arendse	082 907 1296
10-Mar	Sat	Bol	Worcester Rainbow	30\10\5	6:30	National Institute for the Deaf	Worcester AC	Natale Roelofse	082 7711543
10-Mar	Sat	EP	Sportsmans Warehouse	15\5	6:30	Moffet Retail Centre	Triangle SC	Alan Taylor	083 6580050
10-Mar	Sat	FS	Engen to Engen and FS 10km Championship	21\10	6:00	Engen Riebeeckstad	Riebeeckstad Harriers	Hendrik Van Rensburg	083 4797448
10-Mar	Sat	GN	W/Boom Junction Bobbies	5\10\21	6:00	W/Boom Junction Shp Cntr	PPMC	Theo Naude	082 5625862
10-Mar	Sat	KZN	VAC Challenge	50\42\21\11	6:00	Pionier High School - Vryheid	Vryheid AC	Sean Roberts	034 9899423
10-Mar	Sat	Mpu	Kosmos 3-in-1	42	6:00	Lake Umuzi Waterfront	Secunda	Willie Pruis	082 4922882
10-Mar	Sat	Mpu	Kosmos 3-in-1	21	13:00	Lake Umuzi Waterfront	Secunda	Willie Pruis	082 4922882
10-Mar	Sat	Mpu	Kosmos 3-in-1	10	17:00	Lake Umuzi Waterfront	Secunda	Willie Pruis	082 4922882
10-Mar	Sat	SWD	Tortoise Tuff Challenge	30\15\10\2	7:00	Sedgefield Primary - Sedgefield	Sedgefield Stride	Dave Edge	084 312 4927
10-Mar	Sat	WP	Constantia Village	15\5	6:15	Constantia Village	Acis VOB	Charlotte Kettlewel	021 7618887
11-Mar	Sun	CGA	Remax Reach for a Dream	42\21\5	6:00	Edenvale High School	RRW	Chris Midland	084 7146232
11-Mar	Sun	KZN	Gaterite Challenge	42\21\10	5:30	Verulam Recreation	Verulam AC	Smiley Naidoo	082 2664074
11-Mar	Sun	WP	Argus Cycle Tour		6:00	Cape Town			
14-Mar	Wed	Bol	Correctional Services Road Race	10\5	18:15	Paarl, Faure Street Stadium	Drakenstein Corr	D Strauss	083 9806495
16-Mar	Fri	Bor	Seymour Beds 5 & 10km Border 10 km champs	10\5		Old Boys	Old Boys	Andrew Moss	082 7823936
17-Mar	Sat	EP	Lake Farm Charity Run	25\10\5	7:00	Lake Farm	Achilles AAA	Graham Channon	078 1849723

17-Mar	Sat	FS	Pride in Tyres / Pentagon Pistols 3:32\10	6:30	Northridge Mall Bloemfontein	Pentagon Pistols	Ebarnie Cilliers	082 8228992	
17-Mar	Sat	GN	Om die Dam	50\20	Schoemansville Primary School	Haartebeespoort		082 8232327	
17-Mar	Sat	Mpu	Bateleur Estate	10\21	6:00	Bateleur Estate, Uitkyk Rd	Nedbank LVCC	Beth Bloch	082 8013600
17-Mar	Sat	NWN	Old Mutual Om Die Dam	50\21\10\5	Schoemansville Primary School	Hartebeespoort		082 8232327	
17-Mar	Sat	WP	Seeff Weskus Marathon	42\21\5	6:30	West Coast National Park , Lange	Langebaan Stran	Louis van der Walt	074 2338865
18-Mar	Sun	CGA	Gauteng Striders 21	21\15	7:00	Wembley Stadium	Gauteng Strider Bruce	072 0743390	
18-Mar	Sun	KZN	Stella Royal	25\10	5:00	Stella Sports Club	Stella AC	Cecil Sher	031 2058573
18-Mar	Sun	KZN	Zululand District Ultra Marathon	56	6:00	Kwagqikiza(56km)	Nongoma AC	Manqele Mphathiso	083 4329566
19-Mar	Mon	Bol	Bain's Veldloop	12\7	8:00	Welvanpas Farm, Wellington	Wellington AC	Pieter van Wyk	082 8573180
21-Mar	Wed	Bol	Beesloop Farm Race	15\5	7:30	Overhex, Worcester	Worcester AC	Elda van Dijk	082 3318889
21-Mar	Wed	Bor	Away with the fairies trail run 5km,10km,15km	15\10\5		Hogsback	-	Liam Victor	082 9273395
21-Mar	Wed	EP	Seaview 24km Training Run	24	6:30	Seaview Community Centre	PEAAC	Cordell Schnetler	076 1580407
21-Mar	Wed	FS	DR Church Universitas 10km Road	10\4		DR Church Universitas	KOVISIE A/C	Danie Brummer	082 5649426
21-Mar	Wed	GN	Right to Run	5\10\21	7:00	Sunnypark Mall	Arcadia AC	John Gwetsa	082 4359212
21-Mar	Wed	Mpu	Goldi 3-in-1	42\21\10	6:00	Standerton Showgrounds	Standerton	Pieter Grobbelaar	082 9297482
21-Mar	Wed	WP	Plexus Half Marathon	21,1	7:30	Durbanville Athletic Club Sportsgr	Durbac	Wayne Sneyd	082 8205504
22-Mar	Thu	SWD	Coastline Junior Road Running Series	5\2\5	15:00	Heidedal Primary - George	Coastline AC	Joe Arendse	082 907 1296
24-Mar	Sat	EP	Kouga-Kus Half Marathon	21	7:00	Nico Malan High School H'dorp	Humansdorp AK	Freddie Jacobs	078 4743636
24-Mar	Sat	EP	Mini Marathon	4,2			Humansdorp AK		
24-Mar	Sat	GN	Great 15 KM Run	5\15	6:00	TBA	Global RC	Moha Molelekoa	071 9067144
24-Mar	Sat	Mpu	Witbank 3&1 Challenge	16\32\48	6:00	Coaldust Clubhouse	Coaldust	Hettie Terblance	082 6800973
24-Mar	Sat	WP	Vineyard Forest run 10km	10	7:45	In the Forest , Winery Road	Strand AC	Lester Burrow	082 4248547
25-Mar	Sun	CGA	Jackie Gibson	42\21	6:00	Klipriviersberg Recreation Cent	JHAC	Cathy Munn	072 6790874
25-Mar	Sun	KZN	Edumbe Mayors Race	21\10\5	7:00	Dumbe Regional Stadium	Edumbe AC Club	Bussie Dlamini	034 9951630
25-Mar	Sun	KZN	Umgeni Water Marathon	42\32\15	6:00	Midmar Dam	Collegians	Harrie Andre Booysen	082 3185137
25-Mar	Sun	KZN	21,1km Challenge	21\10	5:00	Hammarisdale,Mpumulanga stadium	Hammarisdale AC	Sanele Khomo	031 7720086
25-Mar	Sun	WP	Glenryck 30 Km	30	6:00	Parow Athletic Track, Parow North	Tygerberg North	li Leon Thelander	083 9996450
28-Mar	Wed	Mpu	Eskom Wellness	10	19:00	Eskom Clubhouse	Eskom	Paul Bester	082 9667767
31-Mar	Sat	EP	Umhlobo Wenene	10\5	7:00	King's Beach	St Albans CSEP	Bennie Thysse	082 2939289
31-Mar	Sat	FS	Memel Mahem Road Race	26\10	6:00	Memel	Warden MC	Benita Coetzee	058 6430639
31-Mar	Sat	GN	Denel Road Race	4\10\21	6:00	Denel Irene Campus	Denel AC	Corrie Fourie	083 6292644
31-Mar	Sat	KZN	Masakhane Road Race	42\28\10\5	6:00	Utrecht to Osizweni Police station	Osizweni AC	Msebenzi Nkosi	073 7812607
31-Mar	Sat	Lim	Hoedspruit Big 5	42\21\16\10	6:00		Hoedspruit Afb	M R Mhlongo	072 4789039
31-Mar	Sat	Mpu	Long Tom Marathon	56\21	6:00	Sybrand v Niekerk School	Trust	Loma vd Walt	082 5579604
31-Mar	Sat	SWD	Klein Karoo Nasionale Kunstefees	21\10	7:00	Wesbank Primary - Oudtshoorn	Oudtshoorn AAC	David McKinnon	082 374 8632
31-Mar	Sat	WP	Prosano Challenge 10km	10\5	7:30	Peninsula Technikon, Bellville	Telkom AC	Ysuuf Samsodien	081 3541495

April

1-Apr	Sun	CGA	Alberton 21/10/5	15\10\5	7:00	Alberton City	Alberton	Andries Venter	083 7272970
1-Apr	Sun	CGA		21\10		Birchwood Hotel	Birchwood		
1-Apr	Sun	KZN	Checkout Challenge	27\15	5:00	Verulam Recreation	Verulam Falcons	Omas Nundlar	083 5579765
6-Apr	Fri	WP	Old Mutual Two Oceans Fun Runs	10	7:30	UCT Sports Fields	TOMA	Trevor Ball	082 8964597
6-Apr	Fri	WP	Old Mutual Two Oceans Trail run	22	7:30	UCT Sports Fields	TOMA	Trevor Ball	082 8964597
7-Apr	Sat	ASA	SA Combined Events Championships				Potchefstroom		
7-Apr	Sat	Bol	Kleinmond Road Race	21.1	7:30	Laerskool Kleinmond	Hangklip AC	Sandy Keizerwaarc	079 4136610
7-Apr	Sat	Bol	Perdekop Road Race	10	7:12	Laerskool Kleinmond	Hangklip AC	Sandy Keizerwaarc	079 4136611
7-Apr	Sat	Bol	Perdekop Road Race	5	12:00	Laerskool Kleinmond	Hangklip AC	Sandy Keizerwaarc	079 4136612
7-Apr	Sat	GN	Rotary Run	7\14	6:00	AFB Swartkop	Running Inn	Tjaart le Roux	082 9946909
7-Apr	Sat	Lim	Tzaneen On Die Dam	50\21\10\5	6:00		Tzaneen MC	Nick Serfontein	082 5547960
7-Apr	Sat	Mpu	Run & walk for life series	12\6			RWFL Nelspruit		
7-Apr	Sat	WP	Old Mutual Two Oceans Half Marat	21.1	6:00	Main Road Newlands	TOMA	TOMA Offices	021 6575140
7-Apr	Sat	WP	Old Mutual Two Oceans Ultra Mar	56	6:25	Main Road Newlands	TOMA	TOMA Offices	021 6575140
9-Apr	Mon	GN	Family Day Fun/Walk	5\10	7:00	The Grove Shopping Centre	RWFL	Daan du Toit	082 5724169
12-Apr	Thu	SWD	Coastline Junior Road Running Ser	5\2.5	15:00	Pacaltsdorp Primary - George	Coastline AC	Joe Arendse	082 907 1296
14-Apr	Sat	EP	Coega Development Corp Road R	21\10\5	6:15	Coega IDZ	Coega AC	Donovin Lesch	082 3303326
14-Apr	Sat	FS	Wildfees Marathon	42\10	6:00	Willem Pretorius Game Reserve (Ventersburg)	Syngenta MC	Jack Morton	083 3020703
14-Apr	Sat	GN	Solomon Mahlangu	5\10	6:00	Mamalodi	AGN	AGN	012 3274931
14-Apr	Sat	KZN	Arthur Cresswell Memorial	52\21	6:00	Bergville farmers hall	Ladysmith AC	Johan Van Dyk	076 5367070
14-Apr	Sat	Mpu	Elandsvallei	42\21\10	6:00	Waterval Boven	Ngodwana	Wally Duncan	076 8613407
15-Apr	Sun	CGA	Slow Mag 42/21	42\21	6:30	Benoni Northerns Sports Groun	BNAC	Madge Attwell	083 5731011
15-Apr	Sun	KZN	Dick King	21\15W	6:00	Amanzimtoti Main Beach	Amanzimtoti AC	Desmond vd Merw	082 8060348
15-Apr	Sun	KZN	Exxaro KZN Sands	42\21	5:30	Addison Park Empangeni	uMhlathuze AC	Lionel Qwabe	084 4290305
15-Apr	Sun	WP	SPAR Women's race	10\5	8:00	Green Point Track	WPA	WPA Office	021 6990615
18-Apr	Wed	CGA	Noordheuwel 10/5	10\5	19:00	Hoerskool Noordheuwel	Noordheuwel	Michelle du Toit	082 7835467
21-Apr	Sat	Bol	Eendracht Hotel Vista Trail Run	12\5	7:30	Coetzenburg, Stellenbosch	Stellenbosch AC	Hennie Roos	084 9525412
21-Apr	Sat	Bor	Pacers 15km	15		Beacon Bay	EL Pacers	Sharonne Dewing	
21-Apr	Sat	FS	3rd Campus to Campus Road Race	15\5	8:00	Goldfields FET Welkom	Goldfields FET College	M. Mvambo	078 3945437
21-Apr	Sat	Mpu	Loskop Marathon						
21-Apr	Sat	Mpu	Forever Resort Loskop	50\21	6:00	Municipal Offices	Middelburg	Hein Koch	073 4245984
21-Apr	Sat	SWD	Outeniqua 42.2km	42\21\5	7:00	George Bowling Club - George	Outeniqua Harrie Alf Zehmke		083 650 5098
22-Apr	Sun	CGA	Callies Legends	32\15	6:30	Germiston Stadium	Germiston Calli	Steve Jones	082 3389794
22-Apr	Sun	EP	Ironman South Africa						
22-Apr	Sun	FS	World 100km Championship	100		Bergamo, ITA	IAAF / ASA		011 8805800
22-Apr	Sun	IAF	World 100km Champs			Bergamo, ITA	IAU		

22-Apr	Sun	KZN	Chatsworth Freedom	52\25	5:30	Chatsworth Stadium	Flora Chatsworth Dees Govender	083 7854333
22-Apr	Sun	WP	Itheke 21	21\10	7:00	Grand Parade, Cape Town	Itheke Sport AC Shiehaam Darries	084 9911200
27-Apr	Fri	Bor	Merrel Extreme 52km 46km 48 km	52\48\46		Port Alfred - EL	- Liam Victor	082 9273395
27-Apr	Fri	CGA	RAC Long Comrades Training Run 60km	60\00	5:00	Old Parktonians	RAC Vreni Welch	011 4428256
27-Apr	Fri	CGA	Cradle Half Marathon	21\10\5	7:00	Kloofzicht Lodge	Krugerddorp Christo Truter	083 6809533
27-Apr	Fri	Mpu	Steinmuller 2-in-1	10\21	7:00	Marietjie v Niekerk School	Bethal Pieter Botes	017 6473200
27-Apr	Fri	WP	Ravensmead 15km	15	7:00	Florida Park, Ravensmead	Ravensmead AC Abram Mahdiehe	082 3235828
28-Apr	Sat	Bol	Delta Draf	10\5	08h00	Solms-Delta Wine Estate	Dwarsrivier valley Nolan Hendon	072 7856529
28-Apr	Sat	EP	SPAR Bruintjieshooghte	50\25\15\5	6:00	Gill Primary School	Somersetoos AK Riaan vd Walt	083 4468260
28-Apr	Sat	FS	SA Truck Bodies Marathon and Brocor 10km	42\10	6:00	Nedbank Bfn Achilles Sport Centre	Nedbank Bfn Achilles Marijke De Wet	083 2873050
28-Apr	Sat	Lim	Land Of Legends	42\21\10	6:00		Soutpansberg AC Elmien Vd Goot	082 7814249
28-Apr	Sat	Mpu	Umjindi	10\21\54	6:00	Barberton Correctional Services	Correctional Serv Sifiso	082 3303588
28-Apr	Sat	SWD	Pick n Pay Two Lagoons 5km, 10km 32\10\5	32\10\5	8:00	Parks Board Island Lake - Wildern	Knysna MC Leon Brown	082 422 1033
28-Apr	Sat	SWD	Prince Albert Olive Festival Swartb	21\10\5	7:30	Prince Albert	Zwartberg Runne Terry Modra	072 331 9354
29-Apr	Sun	CGA	Carnival City	21\10\5	6:30	Carnival City, Brakpan	Carnival City Marius Botha	084 8889840
29-Apr	Sun	KZN	Checkout Marathon and	42\21\10	5:00	Verulam Recreation	Verulum Falcons Omash Nundlar	083 5579765
29-Apr	Sun	KZN	Umzinyathi Ultra Marathon	52\10	6:00	Nautu Sport Stadium	Biggarsberg AC Ken Voster	034 2182139

May

1-May	Tue	Bol	Safari Wellington Road Race	21\110\5	7:00	Hugenote High School	Wellington AC	Top Events	021 5117130
1-May	Tue	GN	Traumeel Wally Hayward	10\21	7:00	Swartkops High School	Alpha Centurion	Mike Summerfield	082 7814357
1-May	Tue	GN	Traumeel Wally Hayward	42	6:30	Swartkop High School	Alpha Centurion	Mike Summerfield	082 7814357
1-May	Tue	SWD	Coastline Junior Road Running Ser	5\2.5	15:00	Thembaletu Primary - George	Coastline AC	Joe Arendse	082 907 1296
5-May	Sat	Bor	Contact Refrigeration Mountain Challenge	24\16		Queenstown Harriers	Queenstown Harriers	Patrick Seddon	082 4417805
5-May	Sat	Bor	Diesel Depot			Chamberlain Rd	Hams	Bronek Urban	082 5770932
5-May	Sat	EP	Spar Woman's Race	10\5	7:15	King's Beach	Walmer AC	Loynes Jenkerson	082 6446422
5-May	Sat	FS	DR Church Vaalpark	21\10	8:00	D/R Church, Keiskama st, Sasolburg	Sasolburg AC	Boet Beukes	084 5054371
5-May	Sat	FS	Glen Half Marathon and FS Half Marathon Champs	21	7:00	Circle Andries Pretorius & Wilcocks Rd Bfn	Nedbank Bfn Achilles	Marijke De Wet	083 2873050
5-May	Sat	GN	Jackie Mekler	10\25	6:00	DSC Thaba Tshwane	PMMC	Vivian Petrus	082 5582968
5-May	Sat	Lim	Nguni Grill	28\10\5			Polokwane AC	Pieter Pretorius	084 4006667
5-May	Sat	Mpu	Sudwala Monster	21	7:00	Sudwala Lodge	Legogote	Jurgen Halbrich	083 2900678
5-May	Sat	SWD	Mossel Bay Mall 4km, 10km and 2	21\110\4	8:00	Mossel Bay Mall - Heiderand	Hartenbos Draww	Des Harris	083 309 8732
6-May	Sun	Bol	Hermanus Wheels/Runners Race	10	10:00	Old Habour, Hermanus	Whalers AC	Karin Coetzee	082 9233201
6-May	Sun	CGA	Colgate 32/15	32\15	6:30	Boksburg Stadium	Boksburg	Race Secretary	011 9173721
6-May	Sun	KZN	Cavanagh Marathon	52\21	6:00	Wagendrift Dam Escort	Estcourt AC	Belinda Smith	036 3523347
6-May	Sun	KZN	Queensburgh Mine Shaft	21\15	6:00	Queensburgh Sports Bowker rd	Queensburgh Ha	Dean Wight	031 5620774
6-May	Sun	WP	Jonkershoek Mountain Challenge	Trail	6:30	Jonkershoek	Wildrunner	Owen Middleton	084 2218422
6-May	Sun	WP	UCT Memorial	10	7:00	Middle Campus, UCT	UCT	Sports Administrati	021 6503564
12-May	Sat	Bor	Blanco Train Run 10 & 21,1 km	21\10		Blanco Guest farm	Old Boys	Peter Bursey	083 6271713
12-May	Sat	EP	Andre van Coller Memorial	21\5	6:30	EP Command Army base	Elite AC	Jakkie Gerber	083 6516880
12-May	Sat	FS	Zio Cash & Carry 10km	10	8:00	Flavius Mareka College Stadium Sasolburg	Sasolburg AC	Pollie Massyn	083 6392423
12-May	Sat	GN	Race 4 Friendship	8\16	7:00	Moreleta Plaza	RWFL	Daan du Toit	082 5724169
12-May	Sat	KZN	Sun Rise Run	10\5	6:30	Moses Mabhida	King Fisher AC	Billy Harker	082 6546542
12-May	Sat	Mpu	Selati 2-in-1	21\10	7:00	Malelane Rugby Club	Onderberg	Deon Valks	082 7880675
12-May	Sat	SWD	George Habelgaarn 5km and 10km	10\5	7:00	Sao Bras Secondary - Mossel Bay	Mossel Bay Harri	Jacob Karelse	073 081 7484
12-May	Sat	WP	Brackenfell Pick 'n Pay Family Stor	21\5	7:00	Brackenfell Primary School	Brackenfell AC	David McCarthy	079 9130618
13-May	Sun	ASA	SA 10km Championships	10		Durban	ASA R/R Comm. ASA Office		011 8805800
13-May	Sun	Bol	10km Trial Run	10	8:45	Avalon Springs, Montagu	Montagu AC	Ilse Esterhuyse	023 6142880
13-May	Sun	Bol	Asics Xtreme 17km Mountain Race	17	8:30	Avalon Springs, Montagu	Montagu AC	Ilse Esterhuyse	023 6142880
13-May	Sun	CGA	KFC 21/10	21\10	7:00	Randburg Sports Complex	Randburg Harri	Michelle Knotzer	011 7927003
13-May	Sun	KZN	RBM	32\10\5	6:00	Bay Hall Meerensee, Richards Ba	Richards Bay AC	Virna McMaster	082 4473040
13-May	Sun	KZN	Starling Plumbers	21\10	6:00	Mount Edgcombe Rec Grounds	Woodview AC	Prashen Ramjee	031 5771215
13-May	Sun	NWN	Bojanala half Marathon	21\10\5		Mogwase	ANWN		014 5942895
19-May	Sat	ASA	SA 10km Championship	10		Bloemfontein	ASA		011 8805800
19-May	Sat	Bol	APL Cartons De Doorns	21\10	8:00	HS Hexvallei Sportsfield	Worcester AC	B du Plessis	083 3241675
19-May	Sat	EP	Sunridge Village Family Run/Walk	10\5	7:00	Sunridge Village Shopping Centre	PEAAC	Cordell Schnetler	076 1580407

19-May	Sat	GN	Mazda 10 & 21,1km	10\21.1	7:00		Mazda			
19-May	Sat	Lim	Coca Cola Polokwane Mayors Race	5\10\21			Polokwane AC	Pieter Pretorius	084 4006667	
19-May	Sat	Mpu	Run & walk for life series	12\6			RWFL Nelspruit			
19-May	Sat	SWD	Nedbank Junior Series 5km	5	9:00	Waboomskraal Primary - George	Nedbank RC	Clarence Smart	071 447 5038	
19-May	Sat	WP	Darling Half Marathon	21\10	8:30	Darling Primary School	Darling AC	Mary Ashford	082 6845575	
19-May	Sat	WP	WPA Race Walking 30km Champs	30\5	7:30	Youngsfield	WPA Race Walki	Gideon Cillie	083 3212668	
19-May	Sat	WP	WPA Race Walking Grand Prix 2	20\10\5	7:30	Youngsfield	WPA Race Walki	Gideon Cillie	083 3212668	
19-May	Sat	WP	WPA Race Walking Junior 10km C 10 W	10 W	9:00	Youngsfield	WPA Race Walki	Gideon Cillie	083 3212668	
20-May	Sun	ASA	ASA 10km Championship	10	TBA	TBA	ASA	ASA Office		
20-May	Sun	CGA	RAC Sweatshop 10km	10	8:00	Old Parktonians	RAC	Vreni Welch	011 4428256	
20-May	Sun	CGA	RAC Sweatshop 10km walk	10	8:10					
20-May	Sun	KZN	Discovery East Coast Radio Big W	20\15\10\5	9:00	Ushaka Marine World	Savages AC	Kevin Bradfield	078 2816981	
20-May	Sun	KZN	St Lucia 21	21\10\2	8:00	Sugarloaf, St Lucia Zululand	Zululand Multi Sp	Barend Harmse	082 7828172	
20-May	Sun	WP	Helderberg Mountain Challenge	Trail	7:00	Helderberg Nature Reserve	Wildrunner	Owen Middleton	084 2218422	
22-May	Tue	WP	Cape Winter Taril Series 1	Trail	9:00	Tygerberg Nature Reserve	Wildrunner	Owen Middleton	084 2218422	
26-May	Sat	GN	Jacaranda Centre Run/Walk	5\10\20	7:00	Jacaranda Shopping Mall	RWFL	Daan du Toit	082 5724169	
26-May	Sat	Lim	Samancor Chrome Race				Samancor Chrome AC	Mrs Wg Potgieter	082 7802209	
26-May	Sat	SWD	Wildernis 3km, 10km and 21.1km	21\10\3	8:00	NG Church - Hoekwil	New Balance MS	Juan Botes	071 678 7147	
27-May	Sun	WP	UCT Memorial	10	7:00	Middle Campus, UCT	UCT	Sports Administrati	021 6503564	
29-May	Tue	WP	Cape Winter Taril Series 2	Trail	9:00	Paarl Mountain	Wildrunner	Owen Middleton	084 2218422	

June

2-Jun	Sat	Bol	Drakenstein Half Marathon	2115	8:00	Allandale Correctional centre : Pa	Boland Correction	Basil Jantjies	082 0455030
2-Jun	Sat	KZN	Youth Run	1015	9:00	Durban Exhibition Centre	KZN AC	The Secretary	031 3129374
2-Jun	Sat	Mpu	MPU Moral Generation	21110	6:00	Whiteriver	Born-to-Win	Simon Mduli	072 9195057
2-Jun	Sat	WP	UWC 10km Fast & Flat	1015	7:30	UWC Main Campus	UWC	Jerome Walters	073 1571755
3-Jun	Sun	KZN	COMRADES MARATHON	89	5:30	PMB City Hall -DBN Sahara Stac	CMA	The Secretary	033 8978650
3-Jun	Sun	WP	New Balance Table Mountain 16km	16	8:00	Constantia Nek	Acis VOB	Charlotte Kettlewel	021 7618887
6-Jun	Wed	WP	Old Fisherman's Trail Challenge	Trail		Houtbay		Claire Ashwoth	
9-Jun	Sat	Bol	Miles of Smiles Road Race	21\110\5	8:00	Robertson Winery, Robertson	Robertson AC	Edward Salies	071 6322346
9-Jun	Sat	GN	Race 4 Faith	5.5\10\15	7:00	Silver Oaks Crossing	RWFL	Daan du Toit	082 5724169
9-Jun	Sat	Mpu	Bennet Matela Service	21110	6:00	Evander	Matela MC	BT Matela	073 1116165
9-Jun	Sat	SWD	Garden Route Mall 5km and 10km	1015	8:00	Garden Route Mall - George	Nedbank RC	Clarence Smart	071 447 5038
10-Jun	Sun	CGA		21110\5	7:30	Altrec Stadium	Alexandra AC	Frank	072 9814442
16-Jun	Sat	Bol	Napier Half Marathon	2116	8:30	Napier High School	Bredasdorp AC	Tom Ambrose	082 9781971
16-Jun	Sat	FS	Maluti A Phofung Youth Run	1515	9:00	Phuthaditjhaba Stadiuim	Setsing Superspar	Arnold Motsoeneng	078 8025945
16-Jun	Sat	GN	Take 5 Team Relay	5X5	8:00	AFB Waterkloof	Faranani AC	Event Office	012 4609065
16-Jun	Wed	KZN	Impendle 16	1615	8:00	New Form Centre	Impendle AC	Mthembeni Ndlela	033 9960421
16-Jun	Sat	Mpu	RPPA Take a Step for Children	10	8:00	Riverside Park	Lowveld Canoe C	Annabelle Dixon	082 4527549
16-Jun	Sat	SWD	Tekkie Town 2 Town 4km, 2 x 4km	8\4	8:00	Garden Route Mall - George	Nedbank RC	Clarence Smart	071 447 5038
16-Jun	Sat	WP	Mamre 15km	1515	8:00	Mamre Primary School	Mamre AC	Lesley Daniels	079 7162955
17-Jun	Sun	CGA	Sports Interchange 15/5	1515	8:00	Hector Pieterse Memorial	Sports Interchar	Sam Mlangeni	071 2960983
17-Jun	Sun	KZN	Umlazi Dev 10km Challenge	1015	7:00	Umlazi Sport Centre	Umlazi Developpr	Mzomusa Gumede	073 3088681
23-Jun	Sat	Bor	Katberg Eco Trail run 10km & 18 km	18\10		Katberg		Liam Victor	082 9273395
23-Jun	Sat	EP	Heart Break Hill 21 & 5km	2115	7:00	Moffat on Main	Charlo AC	Mike Burger	082 0836370
23-Jun	Sat	Mpu	Coaldust 16 km	16	6:30	Panorama School	Coaldust RR	Hettie Terblanche	082 6800973
23-Jun	Sat	WP	Eersterivier 15	15\10W\5	7:15	Stratford Primary School	Eersterivier AC	Johannes Kamfer	084 4627431
24-Jun	Sun	KZN	Spar Ladies Race	1015	9:00	Kings Park Athletics Stadium	KZN AC	The Secretary	-031-3129374
30-Jun	Sat	EP	VWAC 10km	1015	7:00	TBA	VWAAC	Freddie Jones	041 9966466
30-Jun	Sat	WP	Fine Food & Wine Spar Spookhill	1515	8:00	Beaumont Primary School, Somer	Helderberg Harri	Hans Hugo	072 2908179

July

1-Jul	Sun	ASA	SA Half Marathon Championship 21			Kimberly	ASA R/R Comm. ASA Office	011 8805800
1-Jul	Sun	CGA	Northgate 10	10:15	7:30	Northgate Shopping Centre	Roodepoort Charlie Herselman	082 7701143
1-Jul	Sun	KZN	Forest 10	10	7:00	Forest Hills Sports Club	Forest Hills AC Lucy Kewley	-082 8682723
7-Jul	Sat	Bor	Katberg Sky Trail			Katberg		Liam Victor 082 9273395
7-Jul	Sat	EP	Mega Save 15km	15:15	7:00	TBA	Muirite Striders	Margie du Toit 082 5475413
7-Jul	Sat	GN	Clover Irene Milk Run	5:15	7:30	Argicultural Research Cnc	Irene	Wynand Breytenbe 012 6540005
7-Jul	Sat	Lim	Spur Road Race	10:15	6:00		Polokwane AC	Pieter Pretorius 084 4006667
7-Jul	Sat	Mpu	Selati Kaftan	10:21	7:00	Show Grounds Komatipoort	Komatipoort	Linsay Robinson 082 4127538
7-Jul	Sat	SWD	Top Gear 5km and 10km	10:15	8:00	Horse Riding Club - George	Rainbow AC	Sidwell Oktober 078 395 8489
7-Jul	Sat	WP	Orak 12 Hour Race	Var	7:00	Vredendal Sports Grounds	Orak	Gerrie Cillers 083 6500642
8-Jul	Sun	CGA	Pirates 10	10	7:00	Greenside	Pirates	Ainsley Williams 083 2352118
8-Jul	Sun	KZN	Sardine Half Marathon	21	6:30	Douglas Mitchell Sport grounds	South Coast Stric	Kim Rice 039-3156211
8-Jul	Sun	WP	Dave Spence Memorial race	10:4	7:00	NY 49 Stadium, Gugulethu	RCS Guguletu A	(Marshall Moiloa 084 6508758
9-Jul	Mon	SWD	Athletics SWD & Knysna Marathon Club Relay	15:00		Knysna Marathon Club House - Kr	AC SWD	ASWD Office 044-8730023
11-Jul	Wed	SWD	Athletics SWD & Knysna Marathon	10:15	16:30	Knysna Marathon Club House - Kr	AC SWD	ASWD Office 044-8730023
12-Jul	Thu	SWD	Knysna Marathon Club Street Miles	1.6	15:00	Knysna Marathon Club House - Kr	AC SWD	ASWD Office 044-8730023
14-Jul	Sat	Bor	Rhodes Trail Run			Rhodes		Evie Raubenheimer 0415 8158107
14-Jul	Sat	GN	Dinamika Springbok Vasbyt	10.5/25	7:30	Voortrekker Monument	VTM AK	A Hattingh 083 4158016
14-Jul	Sat	Lim	Iron Crown Trail Run	21/10/5			Ofcolaco Harriers	Charles Luther 083 6298398
14-Jul	Sat	Mpu	Hall's	10:21	7:30	Hall's Gateway	Nedbank LVCC	Mark Greeff 083 2993779
14-Jul	Sat	SWD	Pick n Pay Cape Times Knysna Fo 21		8:00	Glebe, Knysna Forest - Knysna	Knysna MC	Moses Gericke 082 763 7974
14-Jul	Sat	SWD	Pick n Pay Cape Times Knysna Fo 42		7:00	Glebe, Knysna Forest - Knysna	Knysna MC	Moses Gericke 082 763 7974
14-Jul	Sat	SWD	Pick n Pay Cape Times Knysna Fo 5		7:30	Knysna Secondary - Knysna	Knysna MC	Chris Stander 084 872 7202
15-Jul	Sun	CGA	Breakthru Midrand 15km run/wal	15:15	8am	Midrand High School	Breakthru Midra	Kebu Kotola 082 6020721
15-Jul	Sun	KZN	Esikhaleni Senkosi Ucetshwayo	15:15	7:00	Eskhaleni Gym	Eskhaleni AC Clu	Mbuso Mkhwanazi 035 7964120
15-Jul	Sun	KZN	Savages 21,1km run walk challeng	21/10	7:00	Cyril Geoghegan Cycling Stadium	Savages AC	Kevin Bradfield 078 2816981
21-Jul	Sat	Bol	Worcester Voorsieners Hospice	21/10/5	8:00	Worc. Voorsieners Durbanstraat	Worcester AC	Faezal Karriem 083 4159601
21-Jul	Sat	GN	Maxi Cross Trail	15	8:00	Fountains Valley	New Balance	Pierre Jordaan
21-Jul	Sat	KZN	RBCT Charity Relay Run	8/2	5:00	Bay Hall Richards Bay	Zululand Multi Sp	Jeanette Small 035-7896907
21-Jul	Sat	KZN	Vryheid Game Park Race	21/15/10	1:30	Grootgewacht Dam, Vryheid	Vryheid AC	Ingrid Küsel 034 9821629
21-Jul	Sat	Mpu	Richkim Engineering	21/10	8:00	Midack Club House	Midack	Conrad vd Berg 082 9081228
21-Jul	Sat	Mpu	Run & walk for life series	12/6			RWFL Nelspruit	
21-Jul	Sat	SWD	Beaufort West 5km and 21.1km	21:15	7:00	Rustdene Sport Grounds - Beaufort	Spoornet (SWD)	Selma Murray 023-4148020
21-Jul	Sat	WP	Gordonsbay 21km	21	7:45	Gordonsbay Spur	Strand AC	Lester Burrow 082 4248547
22-Jul	Sun	CGA	Community Walk	10:15	9:00	Cecil Payne Stadium	Mercury	Claude Vergie 082 9059252
22-Jul	Sun	CGA	Walk the Talk	30/15/8/5	6:30	Marks Park	CGA	Race Office 011 2702702
22-Jul	Sun	KZN	Corridor Half Marathon	21/10/5	7:00	Umzimkhulu Town	Genius AC Club	Themba Gumede 072 8440734
22-Jul	Sun	KZN	Total Sport Ladies Race	10:15	9:00	Kings Park Athletics	KZN AC	The Secretary -031-3129374
22-Jul	Sun	WP	Voet of The Wine Route	10:15	7:30	Zevenwacht Mall Kuisrivier	In Touch AC	Pricilla Willaims 076 2304919

28-Jul	Sat	Bol	PPC Riebeeck Berg Road Races	42\21\10\5	7:30	PPC, Riebeeck Wes	Altech Swartland Anneke Mouton	082 4953234
28-Jul	Sat	Bor	Griffon 80 km	80		Halfway	Bufs Arthur Brindley	083 7337432
28-Jul	Sat	EP	Clover Milk Run	10\5	7:00	King's Beach	PEAAC Cordell Schnetler	076 1580407
28-Jul	Sat	GN	Jolly Jumbo	10\21	7:00	Swartkop Lapa	Alpha Cent Runn Sharon Badenhors	082 4541598
28-Jul	Sat	KZN	Meditrax Mfuli Mountain Challenge	15	1:30	Mfuli Game Farm	uMhlathuze AC Lionel Qwabe	084 4290305
28-Jul	Sat	KZN	The Braai Ketts Longest Day	12hr	7:00	Collegians Club Pietermaritzburg	Collegians Harrie Brian Swart	079 9133305
28-Jul	Sat	Lim	Foskor	21\10	11:00		Foskor Reginald Monareng	082 8847366
28-Jul	Sat	Mpu	The Grove Super Spar 2&1	21\10	7:00	White River Rugby club	Legogote Amanda Wessels	084 5836945
28-Jul	Sat	NWN	Old Mutual Mountain Race	25\5		Bergsig	Rustenburg marathon	082 8975096
28-Jul	Sat	SWD	Cheese Festival Farmland Run 21	21\10\5	8:00	4 Brothers Potato Shed - George	Outeniqua Harrie Abrie De Swardt	072 348 1961
28-Jul	Sat	WP	Houtbay Trail Challenge	Trail		Houtbay	Claire Ashworth	
29-Jul	Sun	CGA	Varsity Kudus 21/10/5	21\10\5	7:00	West Campus, Wits	Varsity Kudus Dave Rossouw	083 6662983
29-Jul	Sun	KZN	Kosibay 21km	21	7:00	Manguzi Shopping Centre	Kosibay AC Club Oscar Mathenjwa	084 3350315

August

3-Aug	Fri	IOC	Olympic Games			London	IAAF			
4-Aug	Sat	Bol	Ceres Fruit Juices Road Race	21\110	8:00	Ceres / Mitchells Pass	Ceres AC	Roy Abrahams	072 7097003	
4-Aug	Sat	EP	Mountain Drive Half Marathon	21	7:00	Albany Sports Club	Albany R R	Misty Nish	084 8903415	
4-Aug	Sat	GN	Tswane 10/21 KM	10\21	7:00	Medunsa Sport Complex	Tswane A/C	Dukes Mokonoto	082 4125673	
4-Aug	Sat	Mpu	Skukuza Castle Lager Half	21	8:30	Skukuza- Kruger Nationale Park	Kruger Park	Martie Oosthuizen	076 7379732	
4-Aug	Sat	SWD	SAPS Race Against Crime	21\115\4	8:00	Herbertsdale Primary - Herbertsd	Mossel Bay Harri Diane Oosthuizen		084 369 2731	
4-Aug	Sat	WP	ArcelorMittal Saldanha 21km	21\5	8:00	SAS Saldanha Sports Fields	ArcelorMittal AC	Bossie Boshoff	083 4624400	
4-Aug	Sat	WP	WPA Race Walking Development r 5 W		10:00	Youngsfield	WPA Race Walki Gideon Cillie		083 3212668	
4-Aug	Sat	WP	WPA Race Walking Grand Prix 3	30\20\10\5	7:30	Youngsfield	WPA Race Walki Gideon Cillie		083 3212668	
5-Aug	Sun	KZN	Chesterville 10km Challenge	10	7:00	Chesterville Sport Grounds	Chesterville AC C Mandla Dlodlo		078 3574495	
5-Aug	Sun	WP	Cape Winter Taril Series 3	Trail	9:00	Bottelary Hills	Wildrunner	Owen Middleton	084 2218422	
5-Aug	Sun	WP	McKenna & Scott Pinelands 10km	10\5	7:30	Lower Oval , Pinelands	Pinelands AC	Hayley Smith	082 7740228	
9-Aug	Thu	Bol	Totalsports Ladies Race	10\5	8:00	Stellenbosch (Die Braak)	Boland AC	Top Events	021 5117130	
9-Aug	Thu	CGA	Womens Day 10/5	10\5	7:00	Roosevelt Park High School	Zonkiszwe	Mehlo Hlabangane		
9-Aug	Thu	GN	Castle Walk 10	5\10	6:30	Castle Walk Shopping Cntr	FIT 2000 Pta	Info	079 8695030	
9-Aug	Sun	KZN	Woman's Day Ladies 10km	10\5	8:00	Chatsworth Stadium	Flora Chatsworth Dees Govender		083 7854333	
9-Aug	Thu	Lim	Weir Minerals Maroela To Maroela	10\5	8:00		Phalaborwa RR	Colin Wilson	082 6503699	
9-Aug	Thu	SWD	Leading Edge Women's Day 2km a 5/2		9:00	Leading Edge - George	Rainbow AC	Sidwell Oktober	078 395 8489	
9-Aug	Thu	SWD	Sanet Wentzel Memorial Women's	10\5	9:00	Nostalgie Guest House - Oudtsho	Run / Walk For Li Denise Nortier		083 500 4915	
9-Aug	Thu	WP	Womens Day Challenge	10\5	8:00	N1 City Shopping Centre	Edgemead AC	Marc Naumann	083 4658335	
11-Aug	Sat	Bol	Paarlberg Mountain Race	21\110	7:00	Coutrai Primary School	Paarl AC	Sybrand du Plessis	083 4446940	
11-Aug	Sat	GN	Ocean Basket Marcel vt Slot	5\15	6:30	Phobians SG Lynnwood	Phobians	Dimitri Kavallineas	083 2997456	
11-Aug	Sat	Lim	Meropa Road Race	5\10\21			Polokwane AC	Pieter Pretorius	084 4006667	
11-Aug	Sat	SWD	Swellendam 5km and 21.1km	21\5	8:00	Swellendam Rugby Club - Sweller	Langeberg AC	Willem Hough	083 287 6952	
11-Aug	Sat	WP	Cape Winter Taril Series 4	Trail	9:00	Kogelberg Bioshere Reserve, Klei	Wildrunner	Owen Middleton	084 2218422	
11-Aug	Sat	WP	Cape XL 2	Trail	8:30	Kogelberg Bioshere Reserve, Klei	Wildrunner	Owen Middleton	084 2218422	
12-Aug	Sun	CGA	Old Eds 21/10	21\110	8:00	Old Eds Club	Old Eds	Anne Pratt	011 7287335	
12-Aug	Sun	KZN	KwaMashu 21,1km, 10km Challenge	21\110\5	7:00	Princess Magogo Stadium	Kwa-Mashu AC	M.M Madlala	-082 7068150	
12-Aug	Sun	KZN	Mtunzini Bush Run	16	7:00	Mtunzini Town Hall	Mtunzini AC Club	Paul Mannix	035 7221164	
12-Aug	Sun	WP	Reutech Solutions John Korasie	30	7:00	Navy Sports Fields Simonstown	Defence AC	Will Honeyman	083 3458507	
17-Aug	Fri	FS	Welkom, Medi-Clinic Eskom Gijimas FS	10\5	16:00	Welkom Medi-Clinic	Eskom Gijimas FS	Anton Coetzee	072 2207913	
18-Aug	Sat	EP	CONTINENTAL 10KM	10\5	7:00	Hobie Beach	Body Concept RV Eckart Schumann		083 2992092	
18-Aug	Sat	GN	Wierrie Road Race	10\21	6:00	Centurian Mall	Alpha Centurion	Anneline Prinsloo	083 4178732	
18-Aug	Sat	KZN	The Witness Capital Climb	15\5	8:00	Pietermaritzburg City Hall	Midlands AC	Tony Morrison	031 3272963	
18-Aug	Sat	Mpu	Great Train Race	15\28	8:00	Emalaheni Station	Middelburg	Elsabe Dawson	086 1187246	
18-Aug	Sat	SWD	Tramonto Wedding Run 21.1km	21\110\4\1	7:00	Tramonto Wedding Venue - Georg	Nedbank RC	Clarence Smart	071 447 5038	
18-Aug	Sat	WP	Easterns 15km	15\5	7:00	Fairbridge Mall, Brackenfell	Easterns Kraaifor	William Swartbooi	084 2477170	
19-Aug	Sun	CGA	Vodacom 21/10/5	21\110\5	8:00	Vodaworld	Nedbank	Mark Struwig	082 4924416	
19-Aug	Sun	KZN	Isitolo Esikhulu Half Marathon	21\5	7:00	KwaGqikazi FET.Main Gate Nong	Nongoma AC Clu	Manqele Mphathisi	083 4329566	

19-Aug	Sun	KZN	Merewent 10km	10	7:00	Dhubri Road Merewent	Merewent AC	Pat Pather	031 3323106
19-Aug	Sun	WP	Don Lock Memorial Run	8\5	7:30	Brookside	Celtic Harriers	Cl Sharon Austen	021 7610081
25-Aug	Sat	Bol	Jonkershoek Half Marathon	21.1	7:00	Maties Stellenbosch	Maties AC	Mohamed Ally	072 9959655
25-Aug	Sat	EP	TRE 15km & 5km	15\5	6:30	TRE Depot Cuyler Manor	TRE AC	Ferdinand Grobler	083 2888642
25-Aug	Sat	FS	Wilge Spring Half Marathon	21\10	8:00	NG Kerk Frankfort	Sasolburg AC	Senatla J.M.T.	072 7027204
25-Aug	Sat	FS	Windmill Casino 10km	10\5	6:30	Windmill Casino,Jan Pierewiet Rd,Pellissier	Bloemfontein Striders	Jaco Grobbelaar	082 4166781
25-Aug	Sat	GN	Dawn 2 Dusk	80\12 hrs	6:00	Akasia High School	Akasia	Gerrie Strydom	082 9405453
25-Aug	Sat	Mpu	Wakkerstroom	21\10	8:00	NGK Church Grounds	Volksrust	Joanna Burgers	082 8731354
25-Aug	Sat	SWD	Saasveld 21.1km	21	8:00	Saasveld Campus - George	Outeniqua	Harrie Abrie De Swardt	072 348 1961
25-Aug	Sat	WP	Atlantis	15	8:00	Westfleur Park, Atlantis	Atlantis Harris AC	Desmond Arendse	084 3921061
25-Aug	Sat	WP	Puffer	80	5:30	Cape Point to V&A	Fish Hoek AC	Serena Haupt	083 2733260
26-Aug	Sun	ASA	ASA Half Marathon Championshi	21	TBA	TBA	ASA	ASA Office	
26-Aug	Sun	CGA	Joe Stutzen 21	21	7:00	Wanderers	Wanderers	Francesca Parini	083 5049150
26-Aug	Sun	CGA	Mathews Motswarateau 10 & wal 10\5						
26-Aug	Sun	KZN	F-1 Bluff Meats	20\10	7:00	Bluff Meats Shopping Centre Dbn	Formula 1 AC	Cliff Chinnasamy	031 5695780
26-Aug	Sun	KZN	F21 Foskor Richards Bay	21\10\5	7:00	Zululand Multi -Sports Club	Zululand Multi -Sports Cub		
26-Aug	Sun	WP	Blisters for bread	Var	9:00	Green Point Track			
31-Aug	Fri	CGA	Golden Reef 100 miler	160	18:00		GRRRC	Pierre Westerveld	082 3307911

September

1-Sep	Sat	Bol	Riebeeck Kasteel Road race	21\10	7:30	Riebeeck Kasteel	Altech Swartland	Anneke Mouton	082 4953234
1-Sep	Sat	Bol	Zoetendal Akad Lente preddraf	5	8:00	L'Agulhas	Bredasdorp AC	Yolanda de Waal	072 1860349
1-Sep	Sat	Bor	Masters Marathon	42		Macleantown	Masters	Tony Viljoen	043 7353350
1-Sep	Sat	CGA	Horison	10	7:00		Roodepoort	Desiree Beukes	072 9055872
1-Sep	Sat	EP	Afrisave Marathon	42\10\5	6:00	Muir College Uitenhage	Muirite Striders	Margie du Toit	082 5475413
1-Sep	Sat	FS	Bultfontein Boertjie Fees	21\10\5	7:15	Bultfontein Show Grounds	Harmony Striders	Deon Lodder	082 9213330
1-Sep	Sat	FS	Vic Theron & Webbers Springrace	10	7:00	Nedbank Bfn Achilles Sport Centre	Nedbank Bfn Achilles	Marijke De Wet	083 2873051
1-Sep	Sat	GN	Spirit of Flight	5\10	6:30	AFB Swartkops	PMMC	Vivian Petrus	082 5582968
1-Sep	Sat	Lim	Tzaneen Spring Opener	32\21\10\5	7:00		Tzaneen MC	Nick Serfontein	082 5547960
1-Sep	Sat	Mpu	Botshabelo Challenge	10\21	8:00	Botshabelo	Middelburg	Johan de Klerk	073 9695206
1-Sep	Sat	NWN	Marico Bosveld Myl	42\21\5		Groot Marico	Groot Marico Riekersdam		072 2667565
1-Sep	Sat	SWD	Nedbank Junior Series 5km	5	8:00	Franken Primary - Herold	Nedbank RC	Petrus Le Roux	083 443 8824
1-Sep	Sat	WP	Farmrun	10\5	7:30	Arbeidsvreugd Farm	Namaqua AC	Adele Maas	083 6727759
2-Sep	Sun	CGA	City to City	50\20	6:00	Pta-JHB	CGA	Race Office	011 8732726
2-Sep	Sun	EP	Cape Recife Trail Run		8:00	Something good	Malaber Ac	Malabar Ac	083 5644270
2-Sep	Sun	KZN	Dolphin Coast Lifestyle\ Ultra 50	50\21\10	6:00	Lifestyle Centre- Ballito	Dolphin Coast St	Barry Currin	032 9428908
2-Sep	Sun	WP	Satori Camel Run	16	7:30	Noordhoek Sportsfields	Satori AC	Keith Gurney	083 9480076
5-Sep	Wed	FS	Dries Cuyler Gedenkwedloop	15\	18:00	Kroonstad S/S (Blouskool)	Syngenta MC	Danie Brummer	082 5649426
5-Sep	Wed	Mpu	Cansa Nite	10	19:00	Eskom Clubhouse	Eskom	Paul Bester	082 9667767
7-Sep	Fri	SWD	George Herald Run with the stars	1\10	18:00	Glenwood School - George	Nedbank RC	Clarence Smart	071 447 5038
8-Sep	Sat	ASA	SA XC Championships	Various	TBC	Tshwane	AC South Africa Athletics South A 011 8805800		
8-Sep	Sat	Bol	Hexkoel Orchard PS Road Race	10	8:00	Orchard PS	Correctional Serv	DJ Blom	023 3548840
8-Sep	Sat	Bol	Kogelberg Mountain Race	21\10\5	7:30	Pringle Bay Community Hall	Hangklip AC	Organiser	079 4136610
8-Sep	Sat	EP	Mini Marathon	4.2	7:30	World Cup Stadium	EPA Developmer	Aziz Madatt	083 5644270
8-Sep	Sat	FS	Bloempark SWEET & EET 10km	10\5	7:00	Bloempark Church,Fichardtspark	Bloemfontein Striders	Marijke De Wet	083 2873052
8-Sep	Sat	GN	Run for Love	5\10\21	6:00	Hatfield Christian Church	Love Running	Scott Ferreira	082 3941667
8-Sep	Sat	KZN	Mpati Mountain Race	15\5	2:00	Dundee Junior Schools Sport Gro	Biggarsberg AC	Ken Vorster	034 2182139
8-Sep	Sat	Mpu	Collisen Electrical	21\10	7:00	Pienaarsdam resort	Midack	Conrad vd Berg	082 9081228
8-Sep	Sat	Mpu	Om-die-dammetjie	21\10	6:00	Witklip Dam	Nedbank LVCC	Brenda Thompson	082 8953768
8-Sep	Sat	NWN	Rustenburg Multi Sport	5\10\21		Sun City	Rustenburg		083 2269730
8-Sep	Sat	SWD	Karoo 10km and 21.1km	21\10	7:00	JJ Ellis Sport Grounds - Laingsbur	Laingsburg AC	Petro Buys	073 654 1652
8-Sep	Sat	SWD	Karoo Ultra Marathon 80km	80	6:00	Engen Garage N1 - Laingsburg	Laingsburg AC	Petro Buys	073 654 1652
8-Sep	Sat	WP	Medihelp Tekkie Challenge	10\5	7:00	Jan Kriel School Kuilsriver	New Balance Mu	Clive Idas	082 7845783
8-Sep	Sat	WP	WPA Race Walking Development r 5 W		8:45	Youngsfield	WPA Race Walki	Gideon Cillie	083 3212668
8-Sep	Sat	WP	WPA Race Walking Grand Prix 4	20\10\5	7:30	Youngsfield	WPA Race Walki	Gideon Cillie	083 3212668
9-Sep	Sun	Bor	Mdantsane 10 km	10		Sisa Dukashe	Real Gijimas	Alex Kambule	084 2024872

9-Sep	Sun	CGA	Gerald Fox 21/10	21\10	7:00	Johannesburg Zoo	Rockies	Race Secretary	086 1076259
9-Sep	Sun	KZN	Spar Ladies Pietermaritzburg	10\5	8:00	Alexander Park, Pietermaritzburg	Natal Carabineer	John Hall	033 3423284
9-Sep	Sun	KZN	Wings Challenge	21\10	6:00	TBC	Wings AC	Cyril Bradley	082 7972437
9-Sep	Sun	WP	Khayelitsha 21km	21\10\5	7:00	Khayelitsha Rugby Club	Khayelitsha AC	Patience Nkohla	083 9467154
14-Sep	Fri	FS	Engen Charity Walk/Run for Toys	10\5	18:00	Stateway Welkom	Welkom Striders	Paul Barnes	072 4818057
15-Sep	Sat	ASA	National X country Championships				Durban	Asa / Kzn	
15-Sep	Sat	Bol	HIV/VIGS 10km Road Race	10\5	7:30	Hawequa Prison	Correctional Serv	Jenny Petersen	021 8645800
15-Sep	Sat	EP	Kowie Striders	27\10	6:30	Bathurst Big Pineapple	Kowie Striders	Dylan Murray	082 8766357
15-Sep	Sat	FS	Allan Ferguson Round Navil Hill	10	7:00	Hamilton Park Bfn	Nedbank Bfn Achilles	Marijke De Wet	083 2873050
15-Sep	Sat	FS	Correctional Services 10km	10	8:00	Goedemoed Sport field	Goedemoed AC	Marike Du Plessis	079 8780760
15-Sep	Sat	FS	South African Cross Country Championship	CC		Durban	ASA		011 8805800
15-Sep	Sat	GN	Value Log Ou Voetpad	16	6:30	TUT Pta-West	VTM AK	L Bezuidenhout	076 8546210
15-Sep	Sat	KZN	Ithala Challenge	30\10	7:00	Ntshodwe Camp Ithala Game Res	Vryheid AC	Ingrid Küssel	034 9821629
15-Sep	Sat	Lim	Hout Is Goud Daybreaker	80			Warmbad MC	Erika Kotze	082 320 0589
15-Sep	Sat	Mpu	Sabie Shufflers 2-in-1	21\10	7:00	Sabie River Camp	Sabie Shufflers	Grant Bosman	082 8221929
15-Sep	Sat	SWD	Hartenbos Spar Lenteloop 4km anc	15\4	8:00	Hartenbos Spar - Hartenbos	Hartenbos Drawv	Des Harris	083 309 8732
15-Sep	Sat	WP	Beachcomer Race aginst crime 10k	10\5	7:00	Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 9265840
16-Sep	Sun	Bor	Sole Destroyer			Gillwood Camp	Oxford Striders	Dillon Pretorius	083 6545999
16-Sep	Sun	CGA	Fred Morrison	15	7:00	Germiston Stadium	GCH	Steve Jones	082 3389794
16-Sep	Sun	KZN	Mtubatuba Challenge	10\5	7:00	Kwamsane Sport Ground	Mtubatuba AC	Jabulani Mhlungu	073 8461347
16-Sep	Sun	KZN	Save Super Markets Orion 21	21\10	7:00	Prote Sport Grounds,	Orion AC Club	Ajith Deena	03 8189093
16-Sep	Sun	WP	ARD 3 Vlei 10km	10\5	7:00	Fairmont High School, Klip Rd, Ge	ARD AC	Nasrullah Enus	082 5745323
18-Sep	Tue	SWD	PFK Business Relay 6 x 2km	6x2	17:30	Outeniqua Bowling Club - George	Nedbank RC	Clarence Smart	071 447 5038
19-Sep	Wed	Mpu	Laerskool Kanonkop	5\10	19:00	Kees Taljaard Stadion	Middelburg	Naudene	082 4954173
22-Sep	Sat	Bol	Montagu Half marathon	21\10		De Bos Guest Farm, Montagu	Montagu AC	Mauveen Moore	071 5043461
22-Sep	Sat	EP	Cradock 21km	21	6:00	Cradock Spa	Cradock M C	Elfie Muller	081 4312663
22-Sep	Sat	FS	Motheo 10km & Fun-Run	10		Schoeman Park Bfn	Motheo Dev AC	Jaco Grobbelaar	082 4166785
22-Sep	Sat	FS	Real Lions RR	10\4	8:00	Riebeeckstad Sportgrounds	Real Lions AC	Pollie Massyn	083 6392423
22-Sep	Sat	GN	Irene Village Mall Spring Run	5\10\21	6:00	Irene Village Mall	Irene RRC	Wynand Breytenbe	012 6540005
22-Sep	Sat	Lim	Foskor Open Pit	21\10\5	7:00		Foskor AC	Reginald Monareng	082 884 7366
22-Sep	Sat	Mpu	MORAL REGENERATION MARAT	21\10		Barberton Correctional Services	Corectional Serv	Mandla	072 2567965
22-Sep	Sat	SWD	Dis-Chem Andries Steyn	21\15\10\2	7:00	Buffels Bay Car Park - Buffels Bay	Sedgefield Stride	Paul VD Spuy	082 772 7977
22-Sep	Sat	WP	Cape Town Marathon Fun Run & r	5	14:00 PM	Urban Park, Green Point	WPA	WPA Office	021 6990615
23-Sep	Sun	CGA	Soweto Cabal 10	10	7:00	Sir John Adamson High School	Soweto Cabal	Rio Mathaku	082 9077943
23-Sep	Sun	KZN	Sanlam SAPS Striders 21 Challenge	21	6:00	Kings park Athletics Stadium	SAPS Striders	VG Naidoo	031 4899614

23-Sep	Sun	WP	Cape Town Marathon 42km	42\10\4.2	6:30	Urban Park, Green Point	WPA	WPA Office	021 6990615
24-Sep	Mon	Bol	Bainskloof Pass Ultra Mar Relay	31.65x2	6:00	Wellington	Wellington AC	Koleski Herselman	082 8744663
24-Sep	Mon	Bol	Bainskloof Pass Ultra Marathon	63.3\21\10	6:00	Wellington	Wellington AC	Koleski Herselman	082 8744663
24-Sep	Mon	Bor	Hemingways Charity 8 km race	8		Hemingways	Hams	Bronek Urban	082 5770932
24-Sep	Mon	EP	Heritage Day Fun run	56	7:00	King's Beach	PEAAC	Cordell Schnetler	076 1580407
25-Sep	Tue	GN	Spar Ladies	5\10	14:00	Supersport Park	AGN	H. v Aswegen	082 3445641
26-Sep	Wed	FS	Eduplus 10 km	10\5	18:00	Eduplus,Langenhoven Park	Bloemfontein Striders	Anja Coetzee	083 2848295
29-Sep	Sat	Bol	Whale Half Marathon	21.1	7:00	HS Hermanus	Whalers AC	Micky Milne	083 4467840
29-Sep	Sat	Bor	Daily Dispatch fun run				EL Pacers	Sharonne Dewing	
29-Sep	Sat	EP	Ecomile	42\21\15	5:30	Hunters Retreat	Nedbank RC	Irene van Eeden	083 2991775
29-Sep	Sat	GN	Andrew Greyling	5\10\21	6:30	Anton van Wouw Prim Schl	PMC	Loma vd Walt	082 5579604
29-Sep	Sat	KZN	Tonevale Game Park	16	2:30	Wallenton Farm	uMhlathuze AC	Lionel Qwabe	084 4290305
29-Sep	Sat	Lim	Two Countries Marathon	42\21			Soutpansberg AC	Elmien Vd Goot	082 7814249
29-Sep	Sat	Mpu	N'Komati Anthracite:	25	6:00	Kaapmuiden Primary School	Middelburg	Johan de Klerk	013 2432683
29-Sep	Sat	NWN	Kromberg & Schuberg Road Race	15\5		High School Brits	Brits road race		012 2525823
29-Sep	Sat	SWD	PetroSA 5km, 10km, 21.1km and 4	42\21\10\5	7:00	Santos Caravan Park - Mossel Ba	Mossel Bay Harri	Maryke Sass	082 568 5490
29-Sep	Sat	WP	Hewat 100 Miler	160\100\10	6:00	Three Achor Bay	Hewat AC	Kanu Sukha	072 2101127
29-Sep	Sat	WP	Hewat 5km	5	8:00	Three Achor Bay	Hewat AC	Kanu Sukha	072 2101127
30-Sep	Sun	CGA	Daxina 21/10/5	21\10\5	7:00	Lenasia South Civic Centre	Daxina	Roger Govender	083 2635608
30-Sep	Sun	KZN	Saints Thorntree Challenge	15\10	7:00	St Charles College Pietermaritzbu	Saints AC	Alan Kockott	033 3411267
30-Sep	Sun	WP	Gandhi Peace Walk	8	10:00	Beach Rd, Sea Point	Hewat AC	Kanu Sukha	072 2101127
30-Sep	Sun	WP	Hewat 21	21,1	7:00	Beach Rd, Sea Point	Hewat AC	Kanu Sukha	072 2101127

October

3-Oct	Wed	GN	Light of the World Nite Race	5\10	18:30	Voortrekker Monument	Alpha Cent	Sanchia	082 2996284
3-Oct	Wed	Mpu	Maximed Pharm Nite	10	19:00	Standerton Showgrounds	Standerton	Pieter Grobbelaar	082 9297482
3-Oct	Wed	Mpu	Sportsman Warehouse	10	18:00	Sportsman Warehouse	Nelspruit	Daleen Taljaadt	082 4124499
3-Oct	Wed	WP	Bakgat 10km	10	18:30	Premier Fitness & Leisure, Bellville	Belville AC	Pieter Carstens	084 4044933
5-Oct	Fri	Bol	Deetlefs Night Race	10\5	18:00	Deetlefs Estate, Rawsonville	Worcester AC	Gert Griesel	023 3491260
5-Oct	Fri	FS	Berg-en-Daller	10\5	18:00	Berg en Dal Church Gen Hertzog Av Dan Pienaar	Bloemfontein Striders	Wanda Kuit	082 4162421
6-Oct	Sat	Bol	Zomerlust Spar Adam Kock 10km	10\5	8:00	Main Street, Paarl.	AC Alive AC	Carmila Shaik	021 8621285
6-Oct	Sat	EP	Gelvandle SUPERSPAR	15\10	6:30	Gelvandale SUPERSPAR	Willard Batteries	Keith Sezoe	083 2893429
6-Oct	Sat	FS	GAT fees RR	2\15	7:30	Zastron Golf Club	Goedemoed AC	Mnr Meje	083 4291031
6-Oct	Sat	FS	Golden Gate Half Marathon	2\1\10	6:00	Golden Gate	Bethlehem MC	Ebarnie Cilliers	082 8228992
6-Oct	Sat	FS	World Half Marathon Champs	21		Kavarna, BUL	IAAF / ASA		
6-Oct	Sat	GN	Business Relay	4\2\21	6:00	Rietondale Park	Magnolia	Event Office	012 4609065
6-Oct	Sat	IAF	World Half Marathon	21		Kavarna, BUL	IAAF		
6-Oct	Sat	Mpu	Gods Window 2-in-1	2\1\10	7:00	Graskop Caravan Park	Legogote	Amanda Wessels	084 5836945
6-Oct	Sat	SWD	Plettenberg Bay AC 21.1km	2\1\10	7:30	Central Beach - Plettenberg Bay	Plettenberg Bay	Chris De Villiers	082 789 5068
6-Oct	Sat	WP	Cape Gate 10	10\5	7:00	Cape Gate Centre , Brackenfell	Nedbank RC	Jaques van Heerde	071 6884842
7-Oct	Sun	Bor	Kapaailand Half marathon	21		Maclaer	Ugie AC	Christiaan Kotze	084 5121808
7-Oct	Sun	CGA	Sportsmans Warehouse	15\5	6:00	East Rand Value Mall	Boksburg	Race Secretary	011 9173721
7-Oct	Sun	KZN	Goss Balfe South Coast Marathon	4\2\21	6:00	Beach Road Scottburgh	Amanzimtoti AC	Desmond v d Merv	082 8060348
7-Oct	Sun	KZN	Orange Groove Imamba 15	15\1\0	6:00	Empangeni Ruby Club	Imamba AC	Shadrack Mncwan	072 4371347
7-Oct	Sun	WP	Houtbay 16km	16	7:00	Hout Bay Yacht Club	Houtbay AC	Rob Graham	082 8249124
8-Oct	Mon	Bor	Amathole Marathon	42		Stutterheim	BA	Alex Kambule	084 2024872
10-Oct	Wed	Mpu	Waypoint Nite	10	19:00	Secunda High School	Secunda	Jurie Botha	082 5700180
11-Oct	Thu	SWD	Oudtshoorn AAC Business Relay		18:00	Sante Fe Spur - Oudtshoorn	Oudtshoorn AAC	David McKinnon	082 374 8632
12-Oct	Fri	CGA	Jannas EPR 9/18hr	9\18	13:00	Hoerskool Jan Viljoen	Jannas	Ria Bornman	082 5609872
12-Oct	Fri	FS	Pentagon Pistols 12.2 Charity Run	12.2\5	18:00	Caramellos, Bloemfontein	Pentagon Pistols	Francois Cilliers	082 7555559
12-Oct	Fri	FS	SAPAS NF 10km & Fun Run	10\4	6:00	Riebeeckstad SAPD	SAPS NF	Paul Barnes	072 4818057
12-Oct	Fri	Lim	Hyundai Nite Race	5\10			Polokwane AC	Pieter Pretorius	084 4006667
13-Oct	Sat	ASA	SA Race Walking Champs				ASA		011 8805800
13-Oct	Sat	Bor	ELAC 10 km	10		ELAC – French Street	ELAC		
13-Oct	Sat	CGA	Take 5 Team relay	5X5	8:00	Germiston Stadium	Kagiso Striders	CGA OFFICE	011 8733726
13-Oct	Sat	EP	Ebenezer Classic	10	7:00	Ebenezer Centre Algoa Park	Ebenezer AC	Gavin Muniz	084 5142855
13-Oct	Sat	FS	Harrismith Bergwedloop	15	11:00	Platberg Stadion	Harrismith MC	Pieter Du Toit	084 5702544
13-Oct	Sat	GN	Chamberlains Capital Classic	10\21.1	6:00	Phobians SG Lynnwood	Alpha Centurion/I	Gerald Croucamp	084 5827242
13-Oct	Sat	KZN	ABI Hamilton Night Race	21	5:00	Ladysmith Sports Club	Ladysmith AC	Johan van Dyk	076 5367070
13-Oct	Sat	Mpu	Bruce Crookes	2\1\10	6:00	Eskom Clubhouse	Eskom	Paul Bester	082 9667767
13-Oct	Sat	Mpu	Run & walk for life series	12\6			RWFL Nelspruit		
13-Oct	Sat	SWD	Meiringspoort 21.1km	2\1\10	7:00	De Rust	De Rust Striders	Martie VD Westhui	082 421 3113

14-Oct	Sun	CGA	Spar Ladies Race	1015	8:00	Old Parktonians	CGA	Race Office	011 4428256
14-Oct	Sun	KZN	The Duke of York	1615	7:00	Ashburton Exit 69	Collegians	Harrie Andre Boysen	082 3185137
14-Oct	Sun	KZN	Vusi Nxumalo Half Marathon	21110	6:00	Ulundi Regional	Ulundi AC	Mbuyiseni Albert D	-035 8798322
14-Oct	Sun	WP	Outsurance 94,5 Kfm Gun Run	21110/5	7:00	Sea Point Promenade	Atlantic AC	Tony Breslin	082 8882307
17-Oct	Wed	SWD	Spur 2 Spur Nite Race 10km	10	18:00	Timber Wolf Spur - George	Outeniqua	Harrie Abrie De Swardt	072 348 1961
17-Oct	Wed	WP	Silver Queen	10	18:30	Air Force Base Ysterplaat	Defence AC	Rupert Hendricks	083 2959784
19-Oct	Fri	FS	Spar Night Race	10		Spar, Mcleanstraat Riebeeckstad	10km; Fun Run	Francois Cilliers	082 7555561
20-Oct	Sat	Bol	Voet van Afrika Road Race	4212110	6:00	Bredasdorp Sport Complex	Bredasdorp AC		086 2748456
20-Oct	Sat	Bor	Jumbo 5 & 10 km Fun run	1015		Oxford Striders	Oxford Striders	Dillon Pretorius	083 6545999
20-Oct	Sat	CGA	Diepkloof 21,10,5,mile	21110/5	8:00	University of Johannesburgs	Diepkloof	HamiltonKungoar	082 5704819
20-Oct	Sat	EP	Meiringspoort Half Marathon						
20-Oct	Sat	EP	Schoenmakerskop Trail Run		8:00	Mangolds Pools	Malabar AC	Malabar Ac	083 5644270
20-Oct	Sat	FS	Pentagon Pistols 10km Berg op Berg af	10	6:00	Bloemfontein Boling Club	Pentagon Pistols	Francois Cilliers	082 7555560
20-Oct	Sat	GN	CSIR 10 /21	5/10	6:00	CSIR Conference Centre	CSIR	Ken Swettenham	082 4443955
20-Oct	Sat	KZN	BHP	15110	3:00	Bay Hall	Richards Bay AC	Virna McMaster	035 7880571
20-Oct	Sat	Mpu	Clivia Pass	10121	6:00	Ngodwana rugby club	Ngodwana	Bonnifast Dlamini	082 4532669
20-Oct	Sat	SWD	Marthinus Jenkins Memorial 10km	10	8:00	Wildernis Common Green - Wilder	New Balance MS	Juan Botes	071 678 7147
20-Oct	Sat	WP	Road to the Vineyard	10	7:00	Pick 'n Pay Shopping Centre Sone	Blue Downs AC	Harry Noemdoe	084 7895177
21-Oct	Sun	CGA	Roy Brown Memorial	21110	6:00		GRRRC	Pierre Westerveld	082 3307911
21-Oct	Sun	KZN	Swift 1/2 marathon	21110	6:00	Hulamin Ground	Hulamin AC	Alex Anthony	033 3956214
21-Oct	Sun	WP	Constantia Valley Grape Run	21,1	6:30	False Bay Rugby Club	Acsis VOB	Charlotte Kettlewel	021 7618887
24-Oct	Wed	Mpu	Hans Storm	10	19:00		Ermelo	Adele	082 7720613
24-Oct	Wed	WP	Sunset Team Time Trail	3 x 3	18:00	Green Point Lighthouse, Mouille P	ATC Running	Steve Attwell	082 7399010
26-Oct	Fri	Mpu	Reach for a Dream circuit race	161\24h\12	16:00	The Ridge Casino	Coaldust	Abie Smit	082 3410998
27-Oct	Sat	Bol	Rustenburg Farm Race	124	7:30	Idas Vallei PS	Stellenbosch AC	Alexander Carsten	082 8542809
27-Oct	Sat	Bol	Simons Challenge	21	0:00	Idas Valley PS	Stellenbosch AC	Alexander Carsten	082 8542809
27-Oct	Sat	Bor	MBSA 15 km	15		Old Boys	Old Boys	Andrew Moss	082 7823936
27-Oct	Sat	EP	Discovery Algoa FM Big Walk for C	1015		Nelson Mandela Bay Stadium	Elite AC	Jakkie Gerber	083 6516880
27-Oct	Sat	FS	Eunice 10km	10		Eunice School	KOVSIE A/C	Db Prinsloo	083 2878810
27-Oct	Sat	GN	Agape 3 in 1 & Fun Run	10121.1142	6:00	Rietondale Park	Agape A/C	Marieta Bortoli	082 4667031
27-Oct	Sat	Lim	Sekhukhune Mayor Race - Marble Hall	21110/5	7:00		Dikgalaopeng AC	Willy Thole	079 7784835
27-Oct	Sat	Mpu	Msukaligwa 42.2km	42110	6:00	A J Swanepoel Stadium Ermelo	Ermelo/Mr Price	Vusi Sigudu	078 7761007
27-Oct	Sat	Mpu	Reach for a Dream	12hday	6:00	The Ridge Casino	Coaldust	Abie Smit	082 3410998
27-Oct	Sat	NWN	Rustenburg M. Night race	1015		Bergsig	Rustenburg marathon		082 7700762
27-Oct	Sat	SWD	Heather Park Superspar	21110/4	7:00	Heather Park Superspar - George	Nedbank RC	Clarence Smart	071 447 5038
27-Oct	Sat	SWD	Voet Van Afrika						
27-Oct	Sat	WP	First Ascent/ Sanparks Forest 15kn	15	6:30	Tokai Forest	Foresters RC	Gavin Wright	072 1427263
27-Oct	Sat	WP	Huisgenoot Rittelfees Fun Run	5	8:00	Vredendal Sports Grounds	Orak	Gerrie Cillers	083 6500642

28-Oct	Sun	CGA	Brotherhood 15	15	6:30	SouthGate Mall	Brotherhood	Gerhard van Wyk 083 2929551
28-Oct	Sun	KZN	Ethekewini Township to Township	50	5:00	Princess Magogo Stadium	Umlazi AC	Sabelo Bhodoza 073 2127470
29-Oct	Mon	AVT	Karma Game ranch trail run	22\12\6	7:00	Karma Game ranch		Steve Jackson 016 4281592
31-Oct	Wed	WP	Old Mutual 10km	10	18:15	Mutual Park Pinelands	Old Mutual AC	Robbie Visser 082 5558157
31-Oct	Wed	WP	Old Mutual Fun Run	5	18:20	Mutual Park Pinelands	Old Mutual AC	Robbie Visser 082 5558157

November

2-Nov	Fri	FS	VVA Roadrace	10/5	18:00	Sandveld Secondary School Wesselsbron	Bloemfontein Striders	Jaco Grobbelaar	082 4166784
3-Nov	Sat	Bol	Dwarsrivier Half Marathon, Priel	21/10	7:00	Dwarsrivier Sports Complex	Dwarsrivier valley	Nolan Hendon	072 7856529
3-Nov	Sat	Bol	School Challenge 5km fun run/walk 5		7:30	Dwarsrivier Sports Complex	Dwarsrivier valley	Nolan Hendon	072 7856529
3-Nov	Sat	Bor	Bongola 42 km/21km Border Marathon Champs	42/21		Queenstown	Queenstown Harriers	Vicky du Preez	074 1423157
3-Nov	Sat	EP	Builders Warehouse	27/10/5	6:00	Builders Warehouse Buffelsfontein	Triangle Sports C	Alan Taylor	083 6580050
3-Nov	Sat	GN	Harlequin Challenge	5/10/21	6:00	Harlequin Club Groenkloof	Harlequin Harrier	Geoff Hesse	082 8964377
3-Nov	Sat	Lim	Magoebaskloof Trail Run	10	7:00		Tzaneen MC	Bernard Froise	083 3843341
3-Nov	Sat	Mpu	Kaapsehoop 3 in 1	42/21/10	6:00	Kaapse Hoop Road	Nelspruit	Leone Human	082 6838135
3-Nov	Sat	SWD	Coastline 5km and 10km	10/5	7:00	Checkers Centre, York Street - Ge	Coastline AC	Jonathan Tarentaa	083 486 7080
3-Nov	Sat	WP	Elsies River 10km	10	7:00	Peninsula Technikon, Bellville	Elsies River AC	Bertram Windvoge	082 3987148
4-Nov	Sun	CGA	Soweto Marathon	42	6:00	NASREC	ASA	Race Secretary	011 8732726
4-Nov	Sun	KZN	Canola Blossom	10	7:00	Sunkist Beach, Durban	Run fot Fun AC &	Anand Naicker	083 7836363
4-Nov	Sun	WP	Landmarks 21km	21,1	6:00	WP Cricket Club Grounds	WPCC	Chet Sainsbury	082 4620715
4-Nov	Sun	WP	Landmarks Fun Run	6	7:00	WP Cricket Club Grounds	WPCC	Chet Sainsbury	082 4620715
7-Nov	Wed	CGA	Rowlin National	15/10/5	19:00	Benoni Northern Sports Group	BNAC	Madge Attwell	083 5731011
7-Nov	Wed	Mpu	Frans Moolman	10	19:00	Secunda High School	Secunda	Jurie Botha	082 5700180
9-Nov	Fri	Lim	Spar Ladies Race	5/10	6:15		Warmbad MC	Riana Vorster	083 2779961
10-Nov	Sat	Bol	Klaas Maffa Memorial	16/5	8:00	Huguenot Monument	Franschhoek AC	Francis Ruddock	084 9873891
10-Nov	Sat	EP	Charlo TUFF10	10/5	6:30	Charlo Primary School	PEAAC	Cordell Schnetler	076 1580407
10-Nov	Sat	FS	Mantsopa Fun Run & Walk	10	7:00	Modderpoort Junction Ladybrand	Montsopa A/C	Hendrik Van Rensburg	083 4797448
10-Nov	Sat	FS	Summer race	15/10	6:00	DP de Villiers Std Sasolburg	Sasolburg AC	Deon Lodder	082 9213331
10-Nov	Sat	FS	Twin City 15km	15/5	7:00	Twin City Centrum, Heidedal, Heatherdale Rd.	Bloemfontein Striders	Jaco Grobbelaar	082 4166782
10-Nov	Sat	GN	Liquifruit Irene	5/10/21	6:00	Agricultural Centre Irene	Irene	Wynand Breytenba	012 6540005
10-Nov	Sat	KZN	Newcastle Nite Race	21/10	3:00	Newcastle Swimming Pool	Newcastle Harrie	André Grundlingh	034 3287661
10-Nov	Sat	Lim	Warmbad Marathon	21/42	5:30		Warmbad MC	Riana Vorster	083 2779961
10-Nov	Sat	SWD	Spencer 5km and 10km	10/5	8:00	Victoria Bay - George	Rainbow C	Sidwell Oktober	078 395 8489
10-Nov	Sat	WP	Realtors International 21.1km	21,1	6:00	Seaside Village Centre Big Bay	West Coast AC	David Wilcock	084 4905576
11-Nov	Sun	Bor	Lightning fast 10 km	10		J&J	Oxford Striders	Dillon Pretorius	083 6545999
11-Nov	Sun	CGA	Rac run for Workers - 32km	32	6:00	Old Parktonians	RAC	Vreni Welch	011 4428256
11-Nov	Sun	CGA	Paul Ras 21/10/5	21/10/5	6:00	Springs Rugby Club	Brooks Striders	Rhoda Steyn	073 5612700
11-Nov	Sun	CGA	Sportsmans Warehouse	10/5	7:00	Princess Crossing	Roodepoort	Charlie Herselman	082 7701143
11-Nov	Sun	KZN	Stella Tribute 15km	15	6:00	Stella Sport Club	Stella AC	Cecil Sher	031 2058573
11-Nov	Sun	WP	Crazy Store 21km Trail Run	21.1	TBA	Cape Point	Khayelitsha AC	Patience Nkohla	083 9467154
11-Nov	Sun	WP	Discovery Cape Times Big Walk	Var		Various			
14-Nov	Wed	Mpu	Calderys Refractory	15/10/4.9	19:00	Midack Club House	Midack	Conrad vd Berg	082 9081228
16-Nov	Fri	Lim	Polokwane Charity Night Race	5/10			Polokwane AC	Pieter Pretorius	084 4006667

17-Nov	Sat	Bol	Wynland Marathon (Boland champ: 42 21 5	5:30	Markotter S/Gronde S/Bosch	Helderberg Harriers			
17-Nov	Sat	Bor	Coastal challenge		Gonubie	Gonubie Harriers	Pete Sharpe	082 5684920	
17-Nov	Sat	EP	The Willows Challenge	10 5	7:00	The Willows resort	Achilles AAA	Anche Schubart	082 3205169
17-Nov	Sat	FS	Cherry Race	23 4.8	7:00	Ficksburg Primary School	Ficksburg MC	Audie Fourie	073 8086189
17-Nov	Sat	GN	Kolonade Retail Park 10/21	5 10 21	6:00	Kolonade Retail Shopping	Pta Fit 2000	Alan Edmunds	083 3257779
17-Nov	Sat	Mpu	Friendly Super Market	10	8:00	Aerorand Friendly Super		Arnold Uys	013 2441610
17-Nov	Sat	SWD	Pick n Pay Waterfront to Heads	21 10 5	7:00	Knysna Waterfront - Knysna	Knysna MC	Ivan Palmer	072 222 1283
17-Nov	Sat	WP	Mr Price Winelands Marathon	42 21 5	5:30	Markotter Sports Complex ,Stellen	Helderberg Harriers	Hans Hugo	072 2908179
18-Nov	Sun	CGA	94.7 CYCLE						
18-Nov	Sun	KZN	Bluff Vets Half Marathon	21 15	6:00	Fynnlands Combined Sports Club	Bluff AC	Grant Howes	083 2259815
18-Nov	Sun	KZN	Edendale 10km	10 5	7:30	FNB Wadley Stadium	Comrades Marat	Thami Vilakazi	033 8978650
20-Nov	Tue	WP	Twilight Run	5	19:30	Founder's Garden , Cape Town			
24-Nov	Sat	Bor	Bank to Bank 5 & 10 km	10 5		Hams	Hams	Bronek Urban	082 5770932
24-Nov	Sat	EP	AlphaPharm 10km/5km	10 5	6:30	King's Beach	Malabar AC	Cresen Balakristna	083 3767491
24-Nov	Sat	GN	Tom Jenkins	5.10 21.1	6:30	Union Buildings	Arcadia	John Gwetsa	082 4359212
24-Nov	Sat	KZN	Sani Stagger	42 21	6:00	Sani Pass Hotel	Sani AC	Trish Crawley	033 7011577
24-Nov	Sat	Mpu	Run & walk for life series				RWFL Nelspruit		
24-Nov	Sat	SWD	Die Vlakte 42.2km	42 21 10	5:00	Heidelberg High - Heidelberg	Langeberg AC	Estelle Swart	072 962 2092
24-Nov	Sat	WP	Mitchells Plain 21km	21 10 5	6:00	Rocklands Sports Grounds Mitche	Mitchells Plain Tii	Lance Scheepers	076 2455872
25-Nov	Sun	CGA	Asics 5km run/walk	5	6:30	Old Parktonians	RAC	Vreni Welch	011 4428256
25-Nov	Sun	CGA	City Lodge Tough One	32	6:00	Old Parktonians	RAC	Vreni Welch	011 4428256
25-Nov	Sun	KZN	Sunkist Run For Fun 10km	10 5	6:00	Sunkist Life Saving Club	Run For Fun AC	Rocky Pather	031 4684593
27-Nov	Tue	Lim	Nguni Grill	21 10 5	7:30		Run & Walk 4 Life	Kobie Marais	082 5615429
28-Nov	Wed	WP	Sanlam Niel Joubert Plaaswedloop 13	18:15		Klein Simonsvlei, Klapmuts	Sanlam AC	Lorna Loubser	076 1711297

December

1-Dec	Sat	CGA	NHLS 21/10	21110	6:00	NHLS Sandringham Campus	NHLS All Sports	Colin Stone	076 4211775
1-Dec	Sat	EP	Aspen PE City Marathon & 10km	42110	5:00	Lorraine Primary School	Crusaders AC	Graham Elbourne	082 8253784
1-Dec	Sat	FS	Bloemfontein Striders 21km	21	6:00	Lagenhovenpark boeremark	Bloemfontein Striders	Jaco Grobbelaar	082 4166783
1-Dec	Sat	GN	Muller Potgieter	5\15	6:00	Quagga Sentrum	VTM AK	Leon Bezuidenhou	076 3739019
1-Dec	Sat	Mpu	Elkana Pay per km		6:00	Alkana School,Reyno Rigde Witbe	Coaldust	Abie Smit	082 3410998
1-Dec	Sat	SWD	Langeberg Mall Velskoen 32km Ru	32\10\4	6:00	Langeberg Mall - Mossel Bay	Hartenbos Draww	Des Harris	083 309 8732
1-Dec	Sat	WP	Vitalrun 21km	21\10\4	6:30	Lourensford Wine Estate,Somerse	Run / Walk for life	Marië Barnard	083 7132858
2-Dec	Sun	CGA	ADT 21/10	21110	7:00	Hoerskool Vorentoe	ADT	David Seabo	082 8247507
2-Dec	Sun	CGA	World Aids Day	21110			Soul City		
2-Dec	Sun	KZN	Bearingman Stainbank Cup	15	6:00	Yellowwood Park	Yellowwood Park	Fred Schoon	031 2741815
2-Dec	Sun	KZN	The Spares Shop HeatonvilleMTB	19	6:00	Addison Park Empangeni	uMhlathuze AC	Lionel Qwabe	084 4290305
3-Dec	Mon	Bor	eYasekasie 5 & 12 km	12\5		Queenstown	Lukhanji AC	Nomaphe Mteyise	083 5334532
5-Dec	Wed	SWD	Ernst Louw Memorial Nite Race	10\4	18:00	Eden Country Inn - Little Brakriver	Hartenbos Draww	Dirk Joubert	072 763 9490
5-Dec	Wed	WP	Metropolitan 10km Road Race	10	18:30	Parc Du Cap Bellville	Metropolitan AC	Kenneth Jantjies	083 4123366
8-Dec	Sat	Bol	SAPS Walk Against Abuse	15	7:00	Kleinmond Tennis Club House	Hangklip AC	Organiser	079 4136610
8-Dec	Sat	EP	Bethelsdorp Trail Run		8:00	Bethelsdorp Conservancy Parson	Malaber AC	Malabar	083 5644270
8-Dec	Sat	EP	TBC	10\5	6:30	TBC	Charlo AC	Mike Burger	082 0836370
8-Dec	Sat	GN	Great 10 KM Run	5\10	6:00	Weskoppies	Global RC	Moha Molelekoa	071 9067144
8-Dec	Sat	Mpu	Summer Marathon	21\10	7:00	Elukwatini Stadium	Dash AC	Derick	083 7120615
8-Dec	Sat	SWD	Palm Tyres 21.1km	21\10\5	6:00	Palm Tyres - George	Outeniqua Harrie	Alf Zehmke	083 650 5098
8-Dec	Sat	WP	AVBOB 15km	15	6:00	Pick 'n Pay Shopping Centre, Tabl	Tygerberg Northli	Leon Thelander	083 9996450
9-Dec	Sun	CGA	Orlando 10	10			Orlando	Johannes Mashigo	
9-Dec	Sun	KZN	Illovo Sugar 15km Christmas Chalk	15	6:00	Westville AC	Westville AC	Sharon Schubach	031 7019863
11-Dec	Tue	SWD	Oudtshoorn Holiday Athletics Stree	1.6	10:00	Park Road - Oudtshoorn	Oudtshoorn AAC	Hans VD Veen	083 462 0477
12-Dec	Wed	Bol	Paarl Road Race	10	18:30	Faure Street, Paarl	Paarl AC	Sybrand du Plessis	083 4446940
12-Dec	Wed	SWD	Dosyn - Dozen 1.2km and 12km	12\1.2	12:12	The Point - Mossel Bay	Hartenbos Draww	Des Harris	083 309 8732
12-Dec	Wed	WP	Pollsmoor 10km	10	6:30	Pollsmoor Correctional Facility	Correctional Serv	Ashwin Silver	082 7741061
15-Dec	Sat	Mpu	Matotoland 10km Challenge	10		Lake Chrissie Lodge	Mr Price	Samora Sigudu	078 7761007
15-Dec	Sat	SWD	Castle Lite Nite Race 5km and 10k	10\5	18:00	Loerie Park Sport Complex - Knys	Knysna MC	Moses Gericke	076 174 2176
16-Dec	Sun	CGA	Gauteng Striders 10/5	10\5	7:00	Wembley Stadium	Gauteng Strider	Bruce	072 0743390
16-Dec	Sun	FS	Wesselsbron AC Challenge	5\10	7:00	TBA	Wesselsbron AC	Senatla J.M.T.	072 7027204
16-Dec	Sun	KZN	Calder Sulin 10km Run/walk	10	6:00	Kings Park Athletic Stadium	Durban AC	Kitty Konar	082 7680738
16-Dec	Sun	KZN	Kwazulu Weavers Summer Holiday	23	6:00	Bergville Primary School	Estcourt AC	Belinda Smith	036 3523347
16-Dec	Sun	WP	RCS Guguletu	10	7:30	NY 49 Stadium, Gugulethu	RCS Guguletu A	Marshall Moilola	084 6508758
17-Dec	Mon	SWD	Candlelight Run 10km	10\5	20:00	Community Centre - Waboomskra	Nedbank RC	Clarence Smart	071 447 5038
19-Dec	Wed	Bol	Supa Quik/ST Motors Beach Miles	10/5\1.6	16:00	Kleinmond Lagoon	Hangklip AC	Organiser	079 4136610
19-Dec	Wed	WP	Sundowner	10	18:00	V & A Waterfront	Easterns AC	Jonathan Maree	083 9584317
22-Dec	Sat	Bol	Whalers Road Race	10	7:00	Onrus Strand	Whalers AC	Carina Van Der Me	082 8238632

22-Dec	Sat	SWD	Somerson 4km, 10km and 21.1km	21\10\4	6:00	Diaz Beach - Mossel Bay	Mossel Bay Harri Jacob Karelse	073 081 7484
24-Dec	Mon	Bol	Betty's Bay Half	21\10\5	7:00	Betty's Bay Boat Club, Stony Poin	Hangklip AC Organiser	079 4136610
26-Dec	Wed	SWD	Coreen Fourie Eco Adventure 5km	5	7:00	Bat Cave, St Blaize - Mossel Bay	Hartenbos Draww Skalla V Schalkwyl	082 771 5562
26-Dec	Wed	SWD	Engen Nite Run 3km and 10km	10\3	18:00	Engen Multi Centre - George	Nedbank RC Clarence Smart	071 447 5038
26-Dec	Wed	WP	Manor House	16	7:00	Tokai Forest	Southern Striders Laura Hiddleston	083 9641756
27-Dec	Thu	SWD	Casino 4km and 10km	10\4	18:00	Correctional Services - Mossel Ba	Mossel Bay Harri Jacob Karelse	073 081 7484
28-Dec	Fri	Bor	Ninky Noo's Trail Run Haga Haga	15\10\5		Haga Haga	- Liam Victor	082 9273395
29-Dec	Sat	GN	Old Years Race	5\10	17:00	RietondalePark	Arcadia KhayaMagwegwe	082 9783718
29-Dec	Sat	SWD	Total Great Brakriver Moordkuil	15\4.5	7:00	Friemersheim Sport Grounds - Gri	Hartenbos Draww Des Harris	083 309 8732
31-Dec	Mon	Bol	Dangerpoint Road race	21.1	7:00	Hoofstraat, Gansbaai	Whalers AC Mariaan Bothma	083 2942191
31-Dec	Mon	CGA	New Years Eve 10	10		tbc	Zonkisizwe Mehlo Hlabangan	082 9909470
31-Dec	Mon	WP	Brooks Runner's Memorial	8	18:00	Green Point Lighthouse, Mouille P	Edgemead AC Marc Naumann	083 4658335