



WESTERN PROVINCE ATHLETICS

Western Province Fixture List 2012 (Final 2011/11/22)

DATE	DAY	EVENT	DIST	TIME	LEAGUE	PENBEV	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL
8-Jan-12	Sun	Ocean Basket Bay to Bay 30 km	30	6:00		A	Maiden's Cove, Camps Bay	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
	Sun	Ocean Basket Bay to Bay Relay	2 x15	6:00		A	Maiden's Cove, Camps Bay	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
	Sun	Ocean Basket Bay to Bay Fun Run	5	6:30			Maiden's Cove, Camps Bay	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
10-Jan-12	Tues	Collison 6	T/F				Vygieskraal Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
11-Jan-12	Wed	Cape Summer Trail series 1 of 5	Trail	18:00			Silvermine Nature Reserve East	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
14-Jan-12	Sat	Asics Höhenhort 15 km	15	6:00		B	Alphen Centre, Main Road, Constantia	Pinelands AC	Pierre Cloete	082 654 3702	pscloete@pgwc.gov.za
14-Jan-12	Sat	Clive Truter 3	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
15-Jan-12	Sun	Cape Summer Trail series 2 of 5	Trail	18:00			Lebanon Forest	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
18-Jan-12	Wed	KFC Brackenfell 10 km	10	18:30		B	Brackenfell High School	Brackenfell AC	David McCarthy	079 913 0618	rochelle.mccarthy@parmalat.co.za
		KFC Brackenfell Fun Run	5	18:20			Brackenfell High School	Brackenfell AC	David McCarthy	079 913 0618	rochelle.mccarthy@parmalat.co.za
20-Jan-12	Fri	Combined events	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
21-Jan-12	Sat	Red Hill 42.2 km	42.2	6:00	RCS	B	Fish Hoek Sports Grounds	Fish Hoek AC	Kim Jenkinsen - Wright	082 799 6785	race@fishhoekac.com
	Sat	Red Hill Classic	36	6:00	RCS	B	Fish Hoek Sports Grounds	Fish Hoek AC	Kim Jenkinsen - Wright	082 799 6785	race@fishhoekac.com
21-Jan-12	Sat	Bellville Senior Open Meeting + Combined events	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
24-Jan-12	Tues	Collison 7	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
25-Jan-12	Wed	Durbanville Pharmacy Dan Luyt 15 km	15	18:30		B	Durbanville Library	Bellville AC	Carlo Zylstra	073 907 5586	durapt@icon.co.za
25-Jan-12	Wed	Cape Summer Trail series 3 of 5	Trail	18:00			Silvermine Nature Reserve West	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
28-Jan-12	Sat	WPA Race Walking Grand Prix 1	20 W	7:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
		WPA Race Walking Grand Prix 1	10 W	8:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
		WPA Race Walking Development race	5 W	8:45		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
28-Jan-12	Sat	WPA Junior Meeting	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
29-Jan-12	Sun	Kloof Nek Classic 21 km	21,1	6:00		B	Camps Bay High School	Fit 2001 (WP)	Brenda Austin	082 561 7748	baustin1@remax.net
1-Feb-12	Wed	Jacobus "Ballie" Bruitjies Memorial Race	10	18:15		C	Florida Park, Ravensmead	Ravensmead AC	Abram Mahdiehe	082 323 5828	amadiehe@mrc.ac.za
1-Feb-12	Wed	Cape Summer Trail series 4 of 5	Trail	18:00			Tygerberg Nature Reserve	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
4-Feb-12	Sat	Lion of Africa 21.1 km	21,1	6:00		A	Academy for Mathematics Scienc & Tegnology, Tokai	Spartan Harriers AC	Reon Jacobs	082 540 3092	riacobs@sacollege.org.za
	Sat	Lion of Africa 10 km	10	6:15		A	Academy for Mathematics Scienc & Tegnology, Tokai	Spartan Harriers AC	Reon Jacobs	082 540 3092	riacobs@sacollege.org.za
	Sat	Phillip Rabinowitz 10 km Walk	10 W	7:00		A	Academy for Mathematics Scienc & Tegnology, Tokai	Spartan Harriers AC	David Kirby	082 298 7547	
	Sat	Lion of Africa Fun Run	5	7:15			Academy for Mathematics Scienc & Tegnology, Tokai	Spartan Harriers AC	Mark Krober	083 440 9662	mark@goldpack.co.za
4-Feb-12	Sat	Senior League Meeting	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
5-Feb-12	Sun	ASA Marathon Championship	42,2	TBA			TBA	ASA	ASA Office		
5-Feb-12	Sun	Cape Summer Trail series 5 of 5	Trail	7:30			Oak Valley, Elgin	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
	Sun	Cape XL 1	Trail	7:30			Oak Valley, Elgin	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
7-Feb-12	Tues	Collison 8	T/F				Parow Athletic Track	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
8-Feb-12	Wed	Stragglers 10 km	10	18:30		C	TBA	Stragglers AC	Pro Arumugam	082 926 5840	Mammo01@gmail.com
11-Feb-12	Sat	Top Form 10 km Road Race	10	7:30		C	Turfhall Park Stadium	Top Form AC	Russel Mehl	084 545 5851	Russel.Mehl@pgwc.gov.za
	Sat	Top Form 5 km Fun Run	10	8:00			Turfhall Park Stadium	Top Form AC	Russel Mehl	084 545 5851	Russel.Mehl@pgwc.gov.za
11-Feb-12	Sat	Senior League Meeting	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
15-Feb-12	Wed	Suzman Shield Meeting	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
18-Feb-12	Sat	Junior League Meeting	T/F				Parow Athletic Track	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
18-Feb-12	Sun	ASA Cross Country Trials	X/C				Potchefstroom	ASA	ASA Office		
19-Feb-12	Sun	Cape Peninsula Marathon	42,2	5:15		A + V	Green Point to Simon's Town	Celtic Harriers Club	Top Events	021 511 7130	info@topevents.co.za
	Sun	Cape Peninsula Half Marathon	21,1	7:00		A + V	Bergvliet to Simon's Town	Celtic Harriers Club	Top Events	021 511 7130	info@topevents.co.za
21-Feb-12	Tues	Collison 9	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
25-Feb-12	Sat	Koeborg 15 km	15	7:00	RCS	B	Koeborg Nature Reserve	Eskom Gijimas	Kaylene van Dyk	082 509 2967	Flippie.vandyk@eskom.co.za
	Sat	Koeborg 5km Fun Run	5	7:15			Koeborg Nature Reserve	Eskom Gijimas	Kaylene van Dyk	082 509 2967	Flippie.vandyk@eskom.co.za
25-Feb-12	Sat	Interprovincial 1	T/F				Germiston	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
25-Feb-12	Sat	Junior League and Senior Open Meeting	T/F				Parow Athletic Track	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
26-Feb-12	Sun	Bay City Cycle Tour	Var								
29-Feb-12	Wed	Sunset Team Time Trail	4 x 3	18:15		C	Green Point Recreational Area	ATC Running	Steve Attwell	082 739 9010	steve@embark.co.za
3-Mar-12	Sat	Century City 10 km Express	10	7:30	RCS	B	Central Park, Century City	Century City AC	Alan Liebenberg	083 651 8165	alanl@ccpoa.co.za
3-Mar-12	Sat	Interprovincial 2	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
4-Mar-12	Sun	Milkwood	21,1	7:30		B	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Graeme Trautmann	079 516 5801	milkwood@haha.co.za
	Sun	Milkwood	10	7:45		B	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Graeme Trautmann	079 516 5801	milkwood@haha.co.za
4-Mar-12	Sun	1 Up Big Walk	Var	7:30			Greenpoint Track				

7-Mar-12	Wed	Lighthouse 10 km	10	18:15		B + V	Green Point Lighthouse, Mouille Point	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
8-Mar-12	Thr	WPA Junior Championship	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
9-Mar-12	Fri	WPA Junior Championship	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
10-Mar-12	Sat	Constantia Village	15	6:15		A + V	Constantia Village	Acsis VOB	Charlotte Kettlewell	021 761 8887	vobsec@mweb.co.za
	Sat	Constantia Village Family Fun Run	5	6:45			Fals Bay Rugby Club	Acsis VOB	Charlotte Kettlewell	021 761 8887	vobsec@mweb.co.za
10-Mar-12	Fri	WPA Junior Championship	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
11-Mar-12	Sun	Argus Cycle Tour	Var	6:00			Cape Town				
15-Mar-12	Thr	WPA Senior/ Master Championship	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
16-Mar-12	Fri	Pro Nutro African X Trail Run 16 - 18 March	Trail				Kleinmond	Boland	Stillwater sports		www.stillwatersports.com
16-Mar-12	Fri	WPA Senior/ Master Championship	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
17-Mar-12	Sat	Seeff Weskus Marathon	42,2	6:30		B	West Coast National Park Offices, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@strandlopers.co.za
	Sat	Seeff Weskus Half Marathon	21,1	7:00		B	West Coast National Park Offices, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@strandlopers.co.za
	Sat	Seeff Weskus Fun Run	5	7:30			West Coast National Park Offices, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@strandlopers.co.za
17-Mar-12	Sat	WPA Senior/Master Championship	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
18-Mar-12	Sun	African Cross Country Championship	X/C				TBA	ASA	ASA Office		
20-Mar-12	Tues	Yellow Pages 1	T/F				Stellenbosch	ASA	ASA Office		
21-Mar-12	Wed	Plexus Half Marathon	21,1	7:30		B	Durbanville Athletic Club Sportsgrounds	Durbac	Wayne Sneyd	082 820 5504	aces@plexus.co.za
24-Mar-12	Fri	Yellow Pages 2	T/F				Durban	ASA	ASA Office		
24-Mar-12	Sat	Vineyard Forest run 10 km	10	7:45		C	In the Forest , Winery Road	Strand AC	Lester Burrow	082 424 8547	ljb@telkomsa.net
24-Mar-12	Sat	Top Ten Inter-club	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
25-Mar-12	Sun	Glenryck 30 km	30	6:00	RCS	B + V	Parow Athletic Track, Parow North	Tygerberg Northlink AC	Leon Thelander	083 999 6450	leon.thelander@onthedot.co.za
30-Mar-12	Fri	Yellow Pages SA Junior Championship	T/F				Germiston	ASA	ASA Office		
31-Mar-12	Sat	Prosano Challenge 10 km	10	7:30		B	Peninsula Technikon, Bellville	Telkom AC	Ysuuf Samsodien	081 354 1495	samsody@telkomsa.co.za
	Sat	Prosano Challenge 10 km Walk	10 W	7:35		B	Peninsula Technikon, Bellville	Telkom AC	Ysuuf Samsodien	081 354 1495	samsody@telkomsa.co.za
	Sat	Prosano Challenge Fun Run	5	8:00			Peninsula Technikon, Bellville	Telkom AC	Ysuuf Samsodien	081 354 1495	samsody@telkomsa.co.za
31-Mar-12	Sat	Yellow Pages SA Junior Championship	T/F				Germiston	ASA	ASA Office		
1-Apr-12	Sun	Yellow Pages SA Junior Championship	T/F				Germiston	ASA	ASA Office		
5-Apr-12	Thur	Yellow Pages SA Inter-club	T/F				Pretoria	ASA	ASA Office		
6-Apr-12	Fri	Old Mutual Two Oceans Fun Runs	Var	11:45		A + V	UCT Sports Fields	Two Oceans Marathon Association	TOMA Offices	021 657 5140	info@twoceansmarathon.org.za
6-Apr-12	Fri	Old Mutual Two Oceans Trail Run	22	7:00		A + V	UCT Sports Fields	Two Oceans Marathon Association	Trevor Ball	021 424 4760	info@trailrunning.co.za
6-Apr-12	Fri	Old Mutual Two Oceans Trail Run	10	7:30		A + V	UCT Sports Fields	Two Oceans Marathon Association	Trevor Ball	021 424 4760	info@trailrunning.co.za
6-Apr-12											
7-Apr-12	Sat	Old Mutual Two Oceans Ultra Marathon	56	6:25		A + V	Main Road Newlands	Two Oceans Marathon Association	TOMA Offices	021 657 5140	info@twoceansmarathon.org.za
	Sat	Old Mutual Two Oceans Half Marathon	21,1	6:00		A + V	Main Road Newlands	Two Oceans Marathon Association	TOMA Offices	021 657 5140	info@twoceansmarathon.org.za
7-Apr-12											
13-Apr-12	Fri	Yellow Pages SA Senior Championships	T/F				Port Elizabeth	ASA	ASA Office		
14-Apr-12	Sat	Yellow Pages SA Senior Championships	T/F				Port Elizabeth	ASA	ASA Office		
13-Apr-12	Fri	Yellow Pages SA Combined Events Championships	T/F				Port Elizabeth	ASA	ASA Office		
14-Apr-12	Sat	Yellow Pages SA Combined Events Championships	T/F				Port Elizabeth	ASA	ASA Office		
14-Apr-12	Sat	Clive Truter 4	T/F				TBA	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
15-Apr-12	Sun	SPAR Women's race	10	8:00		A + V	Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sun	SPAR Women's race	5	8:15		A + V	Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
18-Apr-12	Wed	Top Ten Inter-club	T/F				Bellville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
20-Apr-12	Fri	Yellow Pages 3	T/F				Pretoria	ASA	ASA Office		
21-Apr-12	Sat	Cross Country Relay	CC				Pinehurst Primary School	Pinelands AC	WPA Office	021 699 0615	events@wpathletics.co.za
21-Apr-12	Sat	Mast Challenge	Trail						Trevor Ball		www.trailrunning.co.za
21-Apr-12	Fri	International Meeting	T/F				TBA	ASA	ASA Office		
22-Apr-12	Sun	Itheko 21	21,1	7:00		C	Grand Parade, Cape Town	Lion of Africa Itheko Sport AC	Shiehaam Darries	084 991 1200	race@itheko.org
	Sun	Itheko 10	10	7:30		C	Grand Parade, Cape Town	Lion of Africa Itheko Sport AC	Farouk Meyer	083 460 6786	race@itheko.org
	Sun	Itheko 10 Walk	10 W	7:40			Grand Parade, Cape Town	Lion of Africa Itheko Sport AC	Farouk Meyer	083 460 6786	race@itheko.org
27-Apr-12	Fri	Ravensmead 15 km	15	7:00		C	Florida Park, Ravensmead	Ravensmead AC	Abram Mahdiehe	082 323 5828	amadiehe@mrc.ac.za
27-Apr-12	Fri	SA Student Championship	T/F				University of Johannesburg	ASA	ASA Office		
28-Apr-12	Sat	SA Student Championship	T/F				University of Johannesburg	ASA	ASA Office		
4-May-12	Fri	SA Open Championship	T/F				Pretoria	ASA	ASA Office		
5-May-12	Sat	SA Open Championship	T/F				Pretoria	ASA	ASA Office		
4-May-12	Fri	Southern Region Junior Championships	T/F				Windhoek, NAM	ASA	ASA Office		
5-May-12	Sat	Southern Region Junior Championships	T/F				Windhoek, NAM	ASA	ASA Office		
5-May-12	Sat	Cross Country League 1	CC				UWC	UWC	WPA Office	021 699 0615	events@wpathletics.co.za
6-May-12	Sun	UCT Memorial	10	7:00		B	Middle Campus, UCT	UCT	Sports Administration	021 650 3564	itevans@mweb.co.za
6-May-12	Sun	Jonkershoek Mountain Challenge	Trail	6:30			Jonkershoek	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
12-May-12	Sat	Brackenfell Pick 'n Pay Family Store 21km	21,1	7:00	RCS	B	Brackenfell Primary School	Brackenfell AC	David McCarthy	079 913 0618	rochelle.mccarthy@pamaliet.co.za

	Sat	Brackenfell Pick 'n Pay Family Store Fun Run	5	7:15			Brackenfell Primary School	Brackenfell AC	David McCarthy	079 913 0618	rochelle.mccarthy@pamalal.co.za
12-May-12	Sat	World Race Walking Cup	T/F				Saransk, RUS	ASA	ASA Office		
13-May-12	Sun	World Race Walking Cup	T/F				Saransk, RUS	ASA	ASA Office		
13-May-12	Sun	Cross Country League 2	CC				UCT Tennis Club	UCT	WPA Office	021 699 0615	events@wpathletics.co.za
19-May-12	Sat	Darling Half Marathon	21,1	8:30		C	Darling Primary School	Darling AC	Mary Ashford	082 684 5575	mary@toucancape.co.za
	Sat	Darling 10 km	10	8:45		C	Darling Primary School	Darling AC	Mary Ashford	082 684 5575	mary@toucancape.co.za
19-May-12	Sat	WPA Race Walking 30 km Champs	30W	7:30		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
	Sat	WPA Race Walking Grand Prix 2	20 W	7:30		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
	Sat	WPA Race Walking Grand Prix 2	10 W	9:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
	Sat	WPA Race Walking Junior 10 km Champs	10 W	9:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
	Sat	WPA Race Walking Development race	5 W	10:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
20-May-12	Sun	Cross Country League 3	CC				Elfindale	Top Form AC	WPA Office	021 699 0615	events@wpathletics.co.za
20-May-12	Sun	Helderberg Mountain Challenge	Trail	7:00			Helderberg Nature Reserve	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
20-May-12	Sun	ASA 10 km Championship	10	TBA			Kimberley	ASA	ASA Office		
25-May-12	Fri	Southern Region Youth Championships	T/F				Zimbabwe	ASA	ASA Office		
26-May-12	Sat	Southern Region Youth Championships	T/F				Zimbabwe	ASA	ASA Office		
26-May-12	Sat	Cross Country League 4	CC				Khayelitsha	Khayelitsha AC	WPA Office	021 699 0615	events@wpathletics.co.za
27-May-12	Sun	Southern Region Youth Championships	T/F				Zimbabwe	ASA	ASA Office		
2-Jun-12	Sat	UWC 10 km Fast & Flat	10	7:30		B	UWC Main Campus	UWC	Jerome Walters	073 157 1755	walters@uwc.ac.za
	Sat	UWC 10 km Fast & Flat Walk	10 W	7:40		B	UWC Main Campus	UWC	Jerome Walters	073 157 1755	walters@uwc.ac.za
	Sat	UWC 10 km Fast & Flat Fun Run	5	8:00			UWC Main Campus	UWC	Jerome Walters	073 157 1755	walters@uwc.ac.za
3-Jun-12	Sun	Comrades	89				Durban				
3-Jun-12	Sun	New Balance Table Mountain 16 km	16	8:00		C	Constantia Nek	Acsis VOB	Charlotte Kettlewell	021 761 8887	vobsec@mweb.co.za
9-Jun-12	Sat	Old Fisherman's Trail Challenge	Trail				Hout Bay		Claire Ashworth		trailchallenge@sports4u.co.za
9-Jun-12	Sat	Cross Country League 5	CC				Koeberg	Eskom Gijimas	WPA Office	021 699 0615	events@wpathletics.co.za
16-Jun-12	Sat	Mamre 15 km	15	8:00		C	Mamre Primary School	Mamre AC	Lesley Daniels	079 716 2955	daniellid@eskom.co.za
	Sat	Mamre Fun Run/walk	5	8:15			Mamre Primary School	Mamre AC	Lesley Daniels	079 716 2955	daniellid@eskom.co.za
23-Jun-12	Sat	Eersterivier 15	15	7:15	RCS	B	Stratford Primary School	Eersterivier AC	Johannes Kamfer	084 462 7431	
	Sat	Eersterivier Walk	10 W	7:30	RCS	B	Stratford Primary School	Eersterivier AC	Johannes Kamfer	084 462 7431	
	Sat	Eersterivier Fun Run	5	7:45			Stratford Primary School	Eersterivier AC	Gert Pekeur	074 434 2332	gpekeur@pgwc.gov.za
30-Jun-12	Sat	Fine Food & Wine Spar Spookhill	15	8:00		B	Beaumont Primary School, Somerset West	Helderberg Harriers	Hans Hugo	072 290 8179	hugh@arc.agric.za
	Sat	Fine Food & Wine Spar Spookhill Fun Run	5	8:00			Beaumont Primary School, Somerset West	Helderberg Harriers	Hans Hugo	072 290 8179	hugh@arc.agric.za
1-Jul-12	Sun	CAA African Senior Championships	T/F				Benin	ASA	ASA Office		
7-Jul-12	Sat	Orak 12 Hour Race	Var	7:00		B	Vredendal Sports Grounds	Orak	Gerrie Cillers	083 650 0642	gerriecil@telkomsa.net
8-Jul-12	Sun	Dave Spence Memorial race	10	7:00	RCS		NY 49 Stadium, Gugulethu	RCS Gugulethu AC	Marshall Moioa	084 650 8758	nbmultisport1@gmail.com
	Sun	Dave Spence Memorial race	4	7:30			NY 49 Stadium, Gugulethu	RCS Gugulethu AC	Stanley Malange	076 470 8592	ncebax@qmail.co
10-Jul-12	Tue	World Junior Championships	T/F				Barcelona, ESP	ASA	ASA Office		
11-Jul-12	Wed	World Junior Championships	T/F				Barcelona, ESP	ASA	ASA Office		
12-Jul-12	Thu	World Junior Championships	T/F				Barcelona, ESP	ASA	ASA Office		
13-Jul-12	Fri	World Junior Championships	T/F				Barcelona, ESP	ASA	ASA Office		
14-Jul-12	Sat	World Junior Championships	T/F				Barcelona, ESP	ASA	ASA Office		
15-Jul-12	Sun	World Junior Championships	T/F				Barcelona, ESP	ASA	ASA Office		
14-Jul-12	Sat	Bastille Day Trail	Trail				Franschoek		Trevor Ball		www.trailrunning.co.za
21-Jul-12	Sat	Gordons Bay 21 km	21	7:45		B	Gordonsbay Spur	Strand AC	Lester Burrow	082 424 8547	ljb@telkomsa.net
21-Jul-12	Sat	Cross Country League 6	CC				Strandfontein	Stragglers AC	WPA Office	021 699 0615	events@wpathletics.co.za
22-Jul-12	Sun	Voet of The Wine Route	10	7:30		B + V	Zevenwacht Mall Kuilsrivier	In Touch AC	Pricilla Willaims	076 230 4919	pricilla@radionet.co.za
	Sun	Voet of The Wine Route 10 km Walk	10 W	7:35		B + V	Zevenwacht Mall Kuilsrivier	In Touch AC	Marie Uys	082 897 5416	ma@absamail.co.za
	Sun	Voet of The Wine Route 5 km	5	7:45			Zevenwacht Mall Kuilsrivier	In Touch AC	Magda Roos	082 412 9007	mroos@dla.gov.za
22-Jul-12	Sun	Cape Winter Trail Series 1 of 4	Trail	9:00			Tygerberg Nature Reserve	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
28-Jul-12	Sat	Cross Country League 7	CC				Rocklands	Mitchell's Plain Titans AC	WPA Office	021 699 0615	events@wpathletics.co.za
28-Jul-12	Sat	Hout Bay Trail Challenge	Trail				Hout Bay		Claire Ashworth		trailchallenge@sports4u.co.za
29-Jul-12	Sun	Cape Winter Trail Series 2 of 4	Trail	9:00			Paarl Mountain	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
4-Aug-12	Sat	ArcelorMittal Saldanha 21 km	21,1	8:00		C	SAS Saldanha Sports Fields	ArcelorMittal AC	Bossie Boshoff	083 462 4400	Saldanha.sport@arcelormittal.com
	Sat	ArcelorMittal Saldanha Fun Run	5	8:15			SAS Saldanha Sports Fields	ArcelorMittal AC	Marizelle van Heerden	083 448 2149	Saldanha.sport@arcelormittal.com
4-Aug-12	Sat	WPA Race Walking Grand Prix 3	30 W	7:30		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
	Sat	WPA Race Walking Grand Prix 3	20 W	7:30		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
	Sat	WPA Race Walking Grand Prix 3	10 W	9:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
	Sat	WPA Race Walking Development race	5 W	10:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevemel.co.za
4-Aug-12	Sat	Cross Country League 8	X/C				Pollsmoor	Correctional Services AC (WP)	WPA Office	021 699 0615	events@wpathletics.co.za
5-Aug-12	Sun	McKenna & Scott Pinelands 10 km	10	7:30		C	Lower Oval, Pinelands	Pinelands AC	Hayley Smith	082 774 0228	stormsky@mweb.co.za
	Sun	McKenna & Scott Pinelands Fun Run	5	7:35			Lower Oval, Pinelands	Pinelands AC	Hayley Smith	082 774 0228	stormsky@mweb.co.za

5-Aug-12	Sun	Cape Winter Trail Series 3 of 4	Trail	9:00			Bottelary Hills	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
9-Aug-12	Thurs	Womens Day Challenge	10	8:00		A + V	N1 City Shopping Centre	Edgemead AC	Steve McCarthy	832.612.048	smcc.sm@gmail.com
	Thurs	Womens Day Challenge	5	8:00		A + V	N1 City Shopping Centre	Edgemead AC	Steve McCarthy	832.612.048	smcc.sm@gmail.com
11-Aug-12	Sat	WPA Cross Country Championship	X/C				Pentech	Bonteheuwel AC	WPA Office	021 699 0615	events@wpathletics.co.za
11-Aug-12	Sun	Cape Winter Trail Series 4 of 4	Trail	9:00			Kogelberg Bioshere Reserve, Kleinmond	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
	Sun	Cape XL 2	Trail	8:30			Kogelberg Bioshere Reserve, Kleinmond	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
12-Aug-12	Sun	Reutech Solutions John Korasie	30	7:00		B	Navy Sports Fields Simonstown	Defence AC	Will Honeyman	083 345 8507	willhoneyman@webmail.co.za
18-Aug-12	Sat	Easterns 15 km	15	7:00		C	Fairbridge Mall, Brackenfell	Easterns Kraaifontein AC	William Swartbooi	084 247 7170	wilden@telkomsa.net
	Sat	Easterns 5 km Fun Run	5	7:30			Fairbridge Mall, Brackenfell	Easterns Kraaifontein AC	William Swartbooi	084 247 7170	wilden@telkomsa.net
18-Aug-12	Sat	Jonkershoek Mountain Challenge	Trail	6:30			Jonkershoek	Wildrunner	Event Manager	072 438 3242	info@wildrunner.co.za
19-Aug-12	Sun	Don Lock Memorial Run	8	7:30		C + V	Brookside	Celtic Harriers Club	Sharon Austen	021 761 0081	mwceltic@web.co.za
	Sun	Don Lock Memorial Fun Run	5	7:45		C + V	Brookside	Celtic Harriers Club	Sharon Austen	021 761 0081	mwceltic@web.co.za
25-Aug-12	Sat	Puffer	80	5:30		C	Cape Point to V&A	Fish Hoek AC	Serena Haupt	083 273 3260	puffer@fishhoekac.com
25-Aug-12	Sat	Atlantis	15	8:00	RCS	C	Westfleur Park, Atlantis	Atlantis Harris AC	Desmond Arendse	084 392 1061	desmond.arendse@capetown.gov.za
26-Aug-12	Sun	ASA Half Marathon Championship	21	TBA			Cape Town	ASA	ASA Office		
26-Aug-12	Sun	Blisters for bread	Var	9:00			Green Point Track				
1-Sep-12	Sat	Farmrun	10	7:30		C	Arbeidsvreugd Farm	Namaqua AC	Adele Maas	083 672 7759	adele@cybersmart.co.za
	Sat	Farmrun	5	7:30			Arbeidsvreugd Farm	Namaqua AC	Elrine Smith	083 633 4042	elrine@namaquawines.com
	Sat	Farmrun	Nappy	7:30			Arbeidsvreugd Farm	Namaqua AC	Elrine Smith	083 633 4042	elrine@namaquawines.com
2-Sep-12	Sun	Satori Camel Run	16	7:30		B	Noordhoek Sportsfields	Satori AC	Keith Gurney	083 948 0076	kgurney@web.co.za
8-Sep-12	Sat	Medihelp Tekkie Challenge	10	7:00		B + V	Jan Kriel School Kuilsriver	New Balance Multi Sport	Clive Idas	082 784 5783	cliveidas@gmail.com
	Sat	Medihelp Tekkie Challenge	5	7:15			Jan Kriel School Kuilsriver	New Balance Multi Sport	Clive Idas	082 784 5783	cliveidas@gmail.com
8-Sep-12	Sat	WPA Race Walking Grand Prix 4	20 W	7:30		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@meyernel.co.za
	Sat	WPA Race Walking Grand Prix 4	10 W	8:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@meyernel.co.za
	Sat	WPA Race Walking Development race	5 W	8:45		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@meyernel.co.za
9-Sep-12	Sun	Khayelitsha 21 km	21	7:00		C	Khayelitsha Rugby Club	Khayelitsha Athletic Club	Patience Nkohla	083 946 7154	Nkohla@wesbank.co.za
	Sun	Khayelitsha 10 km	10	7:30		C	Khayelitsha Rugby Club	Khayelitsha Athletic Club	Patience Nkohla	083 946 7154	Nkohla@wesbank.co.za
	Sun	Khayelitsha Fun Run	5	8:00			Khayelitsha Rugby Club	Khayelitsha Athletic Club	Patience Nkohla	083 946 7154	Nkohla@wesbank.co.za
15-Sep-12	Sun	ASA Cross Country Championship	X/C	TBA			KZN	ASA	ASA Office		
15-Sep-12	Sat	Beachcomer Race aginst crime 15 km	15	7:00		C	Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	Mammoo01@gmail.com
	Sat	Beachcomer Race aginst crime 10 km Walk	10 W	7:10		C	Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	Mammoo01@gmail.com
	Sat	Beachcomer Race aginst crime Fun Run	5	7:30			Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	Mammoo01@gmail.com
15-Sep-12	Sat	Table Mountain Challenge	Trail				Kloofnek		Trevor Ball		www.trailrunning.co.za
16-Sep-12	Sun	ARD 3 Vlei 10 km	10	7:00		B	Fairmont High School, Klip Rd, Gassy Park	ARD Athletic Club	Nasrullah Enus	082 574 5323	Maywoodbrokers@telkomsa.net
	Sun	ARD 3 Vlei Fun Run	5	7:15			Fairmont High School, Klip Rd, Gassy Park	ARD Athletic Club	Nasrullah Enus	082 574 5323	Maywoodbrokers@telkomsa.net
22-Sep-12	Sat	Cape Town Marathon Relay	5	14:00		A + V	Urban Park, Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sat	Cape Town Marathon Fun Run	5	16:00		A + V	Urban Park, Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
23-Sep-12	Sun	Cape Town Marathon 4.2 km	4,2	8:00		A + V	Urban Park, Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sun	Cape Town Marathon 10 km	10	6:30	RCS	A + V	Urban Park, Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sun	Cape Town Marathon 42,2 km	42,2	6:30	RCS	A + V	Urban Park, Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
29-Sep-12	Sat	Hewat 100 Miler	160	6:00		C	Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
	Sat	Hewat 100 km	100	6:00		C	Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
	Sat	Hewat 10 x 10	10 x 10	8:00		C	Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
	Sat	Hewat 5 km	5	8:00		C	Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
30-Sep-12	Sun	Hewat 21	21,1	7:00		C	Beach Rd, Sea Point	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
	Sun	Ghandi Peace Walk	8	10:00		C	Beach Rd, Sea Point	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
3-Oct-12	Wed	Bakgat 10 km	10	18:30		C	Premier Fitness & Leisure, Bellville	Bellville AC	Pieter Carstens	084 404 4933	pieter.carstens@telkomsa.net
6-Oct-12	Sat	Cape Gate 10	10	7:00		B	Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	071 688 4842	jaques.vanheerden@dcs.gov.za
	Sat	Cape Gate 10 Walk	10 W	7:10		B	Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	071 688 4842	jaques.vanheerden@dcs.gov.za
	Sat	Cape Gate Fun Run	5	7:15			Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	071 688 4842	jaques.vanheerden@dcs.gov.za
7-Oct-12	Sun	Hout Bay 16 km	16	7:00		C	Hout Bay Yacht Club	Hout Bay Athletic Club	Rob Graham	082 824 9124	rob@v-lab.co.za
13-Oct-12	Sat	Laborie Rock Run	Trail				Paarl		Trevor Ball		www.trailrunning.co.za
14-Oct-12	Sun	Outsurance 94,5 Kfm Gun Run	21,1	7:00	RCS	A + V	Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
	Sun	Outsurance 94,5 Kfm Gun Run	10	7:30	RCS	A + V	Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
	Sun	Outsurance 94,5 Kfm Gun Run	5	7:45		A + V	Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
17-Oct-12	Wed	Silver Queen	10	18:30		C	Air Force Base Ysterplaat	Defence AC	Rupert Hendricks	083 295 9784	rupert.hendricks@gmail.com
20-Oct-12	Sat	Road to the Vineyard	10	7:00		B	Pick 'n Pay Shopping Centre Soneike	Blue Downs AC	Harry Noemdoe	084 789 5177	Patrick@burhose.co.za
21-Oct-12	Sun	Constantia Valley Grape Run	21,1	6:30		B + V	False Bay Rugby Club	Acis VOB	Charlotte Kettlewell	021 761 8887	vobsec@mweb.co.za
24-Oct-12	Wed	Sunset Team Time Trial	4 x 3	18:15		C	Green Point Recreational Area	ATC Running	Steve Attwell	082 739 9010	steve@embark.co.za
27-Oct-12	Sat	First Ascent/ Sanparks Forest 15 km	15	6:30		B	Tokai Forest	Foresters AC	Gavin Wright	072 142 7263	gavin@delispices.co.za
27-Oct-12	Sat	Huisgenoot Rittefees Fun Run	5	8:00		C	Vredendal Sports Grounds	Orak	Gerrie Cillers	083 650 0642	gerriec@telkomsa.net

31-Oct-12	Wed	Old Mutual 10 km	10	18:15		B + V	Mutual Park Pinelands	Old Mutual AC	Robbie Visser	082 555 8157	rvisser@oldmutual.com
	Wed	Old Mutual Fun Run	5	18:20			Mutual Park Pinelands	Old Mutual AC	Robbie Visser	082 555 8157	rvisser@oldmutual.com
2-Nov-12	Sat	K-Way 3 Peaks Challenge					Greenmarket Square		Gavin Snell	082 792 9380	capepeaks@telkomsa.net
3-Nov-12	Sun	Elsies River 10 km	10	7:00		C	Peninsula Technikon, Bellville	Elsies River AC	Bertram Windvogel	082 398 7148	parlab@mcgrind.co.za
4-Nov-12	Sun	Landmarks 21 km	21,1	6:00		B + V	WP Cricket Club Grounds	WPCC	Chet Sainsbury	082 462 0715	sainsbury@kingsley.co.za
	Sun	Landmarks Fun Run	6	7:00			WP Cricket Club Grounds	WPCC	Chet Sainsbury	082 462 0715	sainsbury@kingsley.co.za
10-Nov-12	Sat	Realtors International 21,1 km	21,1	6:00	RCS	C	Seaside Village Centre Big Bay	West Coast AC	David Wilcock	084 490 5576	alancc@telkomsa.net
11-Nov-12	Sun	Cape Point 21 km	21,1	TBA		C	Cape Point		Trevor Ball		www.energyevents.co.za
11-Nov-12	Sun	Discovery Cape Times Big Walk	Var				Various				
17-Nov-12	Sat	Mr Price Winelands Marathon	42,2	5:30		A + V	Coetzenburg Athletic Stadium, Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	hugh@arc.agric.za
	Sat	Mr Price Winelands Half Marathon	21,1	5:45		A + V	Coetzenburg Athletic Stadium, Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	hugh@arc.agric.za
	Sat	Mr Price Winelands Fun Run	5	6:30			Coetzenburg Athletic Stadium, Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	hugh@arc.agric.za
18-Nov-12	Sun	Mr Price Winelands Trail Run	16				Coetzenburg Athletic Stadium, Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	hugh@arc.agric.za
18-Nov-12	Sun	Mr Price Winelands Trail Run	8				Coetzenburg Athletic Stadium, Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	hugh@arc.agric.za
20-Nov-12	Tue	Twilight Run	5	19:30			Founder's Garden, Cape Town				
24-Nov-12	Sat	Mitchells Plain 21 km	21,1	6:00		B	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
	Sat	Mitchells Plain 10 km Run/Walk	10	6:15		B	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
	Sat	Mitchells Plain 5 km Fun Run	5	8:30		B	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
25-Nov-12	Sun	Superspar Chappies Challenge	20				Chapmens Peak		Trevor Ball		www.energyevents.co.za
25-Nov-12	Sun	Superspar Chappies Challenge	10				Chapmens Peak		Trevor Ball		www.energyevents.co.za
28-Nov-12	Wed	Sanlam Niel Joubert Plaaswedloop	13	18:15		B	Klein Simonsvlei, Klipmuts	Sanlam AC	Lorna Loubser	076 171 1297	Lorna.loubser@seb.sanlam.com
1-Dec-12	Sat	Vitalrun 21 km	21,1	6:30	RCS	A + V	Lourensford Wine Estate, Somerset West	Run / Walk for life AC	Marie Barnard	083 713 2858 / 021 852 8473	Runwalk@intekom.co.za
	Sat	Vitalrun 10 km Run	10	7:30	RCS	A + V	Lourensford Wine Estate, Somerset West	Run / Walk for life AC	Marie Barnard	083 713 2858 / 021 852 8473	Runwalk@intekom.co.za
	Sat	Vitalrun 10 km Walk	10W	7:30	RCS	A + V	Lourensford Wine Estate, Somerset West	Run / Walk for life AC	Marie Barnard	083 713 2858 / 021 852 8473	Runwalk@intekom.co.za
	Sat	Vitalrun 4 km Fun Run	4	7:45			Lourensford Wine Estate, Somerset West	Run / Walk for life AC	Marie Barnard	083 713 2858 / 021 852 8473	Runwalk@intekom.co.za
5-Dec-12	Wed	Metropolitan 10 km Road Race	10	18:30		B + V	Parc Du Cap Bellville	Metropolitan AC	Kenneth Jantjies	083 412 3366	Kenneth.jantjies@t-systems.co.za
8-Dec-12	Sat	AVBOB 15 km	15	6:00		B	Pick 'n Pay Shopping Centre, Table View	Tygerberg Northlink AC	Leon Thelander	083 999 6450	leon.thelander@onthedot.co.za
12-Dec-12	Wed	Pollsmoor 10 km	10	6:30		C	Pollsmoor Correctional Facility	Correctional Service AC (WP)	Ashwin Silver	082 774 1061	ashwin.silver@dcs.gov.za
16-Dec-12	Sun	RCS Guguletu	10	7:30		B	NY 49 Stadium, Gugulethu	RCS Guguletu AC	Marshall Molloy	084 650 8758	nbmultiport1@gmail.com
19-Dec-12	Wed	Growthpoint Properties Sundowner	10	18:00		A + V	V & A Waterfront	Easterns Athletic Club	Jonathan Maree	083 958 4317	jdma@sun.ac.za
26-Dec-12	Wed	Manor House	16	7:00		C	Tokai Forest	Southern Striders AC	Laura Hiddleston	083 964 1756	Laura@redstable.co.za
31-Dec-12	Mon	Runner's Memorial	8	18:00		C	Green Point Lighthouse, Mouille Point	Edgemead AC	Steve McCarthy	083 261 2048	smcc.sm@gmail.com

KEY

"A" Grade: 2000+ participants

"B" Grade: 750 to 2000 participants

"C" Grade: less than 750 participants (clubs to collect Coke from Penbev)

"V" Vending Point (Selling Product)

Black - Road Running / Cross Country

Blue - Track and Field

Orange - ASA

Brown - Trail Runs

Purple - Not affiliated to WPA