

2009 Provincial Events Fixtures (Incorp. National Fixtures)							
Date	Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
			(TF/CC/RR)	(if Road Running)	(name of club)		
1-Jan	New Years Run/Walk	Botanical Gardens	RR & W	5 & 10	Run/Walk for Life	Daan du Toit	AGN
3-Jan	Philadelfia Gardens	Tuine High School	RR & W	5 & 10	Fit 2000	Alan Edmunds	AGN
10-Jan	ACE 10 & 21	Derdepoort Resort	RR & W	10 & 21.1	ACE	Michael Lawrence	AGN
24-Jan	Primary/Secondary Schools	Regions	agw Schools		J. Smit		AGW
30-Jan	Primary/Secondary Schools	Regions	agw Schools		J. Smit		AGW
12-Jan	Tshwane South (D4) Athletics Development Course	PILDITCH	T&F				AGN
17-Jan	AGN Youth, Junior and Senior League 1	PILDITCH/ABSA TUKS STADIUM	T&F	League 1	TUKS	Hugo Badenhorst	AGN
17-Jan	Nedbank Matha Serie	Tshwane	RR	21.1KM	AGN	AGN	AGN
3-Feb	D4 Primary Schools Cluster Competition	PILDITCH	T&F		AGN	AGN	AGN
19-Jan	D4 Primary Schools Cluster Competition	PILDITCH	T&F		AGN	AGN	AGN
23-Jan	Yellow Pages Series I	POTCHEFSTROOM	T&F				AGN
24-Jan	AGN Youth, Junior and Senior League 2	ABSA TUKS STADIUM		League 2	AGN	ANG	AGN
24-Jan	George Claasen	Menlyn Shopping Mall	W	21,1 KM	PMC	Eddie Orsmond	AGN
24-Jan	George Claasen	Menlyn Shopping Mall	RR	21,1 KM	PMC	Eddie Orsmond	AGN
24-Jan	George Claasen	Menlyn Shopping Mall	RR & W	10 KM	PMC	Eddie Orsmond	AGN
28-Jan	Bizhub Night Serie	PMSC Sportgrounds	RR & W	5 & 10	PMMC	Andre Appolis	AGN
30-Jan	Yellow Pages Series II	Tshwane	T&F		AGN	AGN	AGN
31-Jan	Agape 32 & 21,1 KM Race	Adelaars Sportgrounds	RR & W	21,1 & 32	AGAPE	Marieta Bortoli	AGN
31-Jan	AGAPE 32/21,1 & 10 RACE	Adelaars Sportgrounds	RR & W	10	AGAPE	Marieta Bortoli	AGN
31-Jan	AGAPE 32/21,1 & 10 RACE	Adelaars Sportgrounds	RR & W	5	AGAPE	Marieta Bortoli	AGN
1-Jan	NEW YEAR'S DAY						AFS
5-Jan	Pre Competition Training Camp - All Events	AFS Stadium Bloemfontein	Train Camp		BEAC	jjrdup@mntloaded.co.za	AFS
14-Jan	SCHOOLS OPEN						AFS
14-Jan	Kovsie 1st Years competition	Pellesspark Bloemfontein	T&F		UFS	prinsdb.rd@mail.uovs.ac.za	AFS
16-Jan	Wilgehof P/S House meet	AFS Stadium Bloemfontein	T&F		Wilgehof P/S	wilgehof@mjvnet.co.za	AFS
16-Jan	Grey House meet - RW	AFS Stadium Bloemfontein	T&F		Grey College S/S	piet@grey.fs.school.za	AFS
17-Jan	Henneman Never give up	Henneman Community Hall	RR	21,1km; 10km; Fun Run	Riebeeckstad Harriers	elmarie.tourie@sanlam.co.za	AFS
17-Jan	Nedbank MATHA Series 1	Tswane, GAUTENG	RR	21,1km; 5km Fun Run	ASA		AFS
19-Jan	Grey House meet	AFS Stadium Bloemfontein	T&F		Grey College S/S	piet@grey.fs.school.za	AFS
19-Jan	BEAC / AFS Odd Events - Coaches Choice	AFS Stadium Bloemfontein	T&F		AFS T&F Commission & BEAC	afs@athletics.org.za jjrdup@mntloaded.co.za	AFS
20-Jan	Kids & Youth Athletics	Bloemfontein	T ID & Dev		AFS Kids & Youth Athletics		AFS
21-Jan	Sentraal House meeting	AFS Stadium Bloemfontein	T&F		Sentraal S/S	mail@sentraal.co.za	AFS
21-Jan	Bfn Striders Road Race	Langenhovenpark Jan Spies Ln	RR	10km; 4,5km	Bloemfontein Striders		AFS
22-Jan	Fichardpark S/S House	AFS Stadium Bloemfontein	T&F		Fichardpark S/S	fichp.ss/fichpos@fpark.co.za	AFS
23-Jan	Yellow Pages Series I	Potchefstroom ACNW	T&F		ASA		AFS
23-Jan	Navalsig S/S House meet	AFS Stadium Bloemfontein	T&F		Navalsig S/S		AFS
23-Jan	Fontrine P/S Invitation	Sasolburg	T&F		Fonteine P/S		AFS
24-Jan	Motho / Xhariep S/S District 1 competition	AFS Stadium Bloemfontein	T&F		Motho S/S	corrie@schoolink.co.za piet@grey.fs.school.za	AFS
24-Jan	HTS Sasolburg Invitation	Sasolburg	T&F		HTS Sasolburg		AFS
27-Jan	Leeuwspruit P/S Invitation	Sasolburg	T&F		Leeuwspruit P/S		AFS
30-Jan	Yellow Pages Series II	Pretoria AGN	T&F		ASA		AFS
30-Jan	Stewards & Lloyds Louis Botha S/S Invite Meet OR	AFS Stadium Bloemfontein	T&F		Louis Botha S/S		AFS
30-Jan	Vaalpark P/S Invitation	Sasolburg	T&F		Vaalpark P/S		AFS
30-Jan	Dr Malan School Invitation	Meyerton	T&F		Dr Malan School		AFS
31-Jan	Motho / Xhariep S/S District 2 competition	AFS Stadium Bloemfontein	T&F		Motho S/S	corrie@schoolink.co.za	AFS
31-Jan	Mielie Marathon	HTS Welkom	RR	42,2km; 21,1km; 10km	Welkom Striders	paul.barnes@yebo.co.za	AFS
31-Jan	Bedelia Champion of Champions Invitational Meet	Bedelia P/S Welkom	T&F		Bedelia P/S	jdpllessis@sbuys.co.za	AFS
4-Feb	Hyundai Pretoria Nite Race	SAPS College Pta-West	RR & W	5 & 10 KM	PPMC	Pierre de Billot	AGN
7-Feb	Primary/Secondary Schools	Regions	agw Schools		J. Smit		AGW

Date	Name of Event	Venue	Category (TF/CC/RR)	Distance (if Road Running)	Organised by (name of club)	Email Address	Province
14-Feb	Hartswater Top 20	Hartswater	Hartsw. H/S		P. Steenkamp		AGW
18-Feb	Diamantveld Invitation	D.H.S	DiamantvH/s		J. Smit		AGW
21-Feb	Pixley,Kgalagadi,FrancisB	Regions	agw Schools		J. Smit		AGW
28-Feb	Youth, Junior & Senior	De Beers	AGW		P.Wax		AGW
28-Feb	Big Hole 42.2, 21.1 Km	Newton	Pirates	x	J. Naborn		AGW
4-Feb	D4 Secondary Schools Cluster Competition		PILDITCH	T&F			AGN
6-Feb	Yellow Pages Series III		DURBAN	T&F			AGN
7-Feb	AGN Youth, Junior and Senior League 3		PILDITCH	T&F	League 3	AGN Office	AGN
7-Feb	McCarthy Toyota	Rietondale Park	RR & W	10,21.1KM	Magnolia	Hank Bezuidenhout	AGN
11-Feb	SPAR Lantern	ArgiculturalResearch Council	RR & W	5,10KM	Irene	Dirk Cloete	AGN
14-Feb	Bronkhorstspuit	Die Draai Bronkhorstspuit	RR & W	10,32KM	Bronkhorstspuit MC	Marie Smit	AGN
13-Feb	D4 Primary Schools District Championships	PILDITCH	T&F		AGN	AGN	AGN
14-Feb	Provincial Senior Track & Field Championships	PILDITCH/ABSA TUKS STADIUM	T&F		AGN	AGN	AGN
16-Feb	D4 Secondary Schools Cluster Competition	PILDITCH	T&F				AGN
20-Feb	Yellow Pages Series IV	PORT ELIZABETH	T&F				AGN
20-Feb	D4 Secondary Schools District Championships	PILDITCH	T&F				AGN
21-Feb	AGN Youth, Junior and Senior League 4	PILDITCH/ABSA TUKS STADIUM	T&F	League 4	AGN	AGN	AGN
21-Feb	Tuks	LC de Villiers Sport Grounds	RR & W	10,21.1KM	Tuks AC	Hugo Badenhorst	AGN
25-Feb	Bizhub Night Serie	PMSC Sportgrounds	RR & RW	5,10KM	PMMC	Jan Esau	AGN
27-Feb	Yellow Pages Series V	STELLENBOSCH	T&F				AGN
28-Feb	Provincial Youth/Junior Track & Field Championsips	PILDITCH	T&F		AGN	AGN	AGN
28-Feb	Deloitte Pretoria Marathon	Hoffmeyer Park Lynnwood	RR & W	21.1 & 42.2KM	Phobians	G Croucamp	AGN
28-Feb	Deloitte Pretoria Marathon	Hoffmeyer Park Lynnwood	RR & W	10 KM	Phobians	G Croucamp	AGN
2-Feb	Kovsie Inter Hostel Competition	Pelliespark Bloemfontein	T&F		UFS	prinsldb.rd@mail.uovs.ac.za	AFS
4-Feb	Motheo / Xhariep P/S Zone C competition	AFS Stadium Bloemfontein	T&F		Motheo P/S	dupreez@fichies.co.za	AFS
5-Feb	Motheo / Xhariep P/S Zone A competition	AFS Stadium Bloemfontein	T&F		Motheo P/S	dupreez@fichies.co.za	AFS
6-Feb	Motheo / Xhariep P/S Zone B competition	AFS Stadium Bloemfontein	T&F		Motheo P/S	dupreez@fichies.co.za	AFS
6-Feb	Yellow Pages Series III	Durban KZN	T&F		ASA		AFS
7-Feb	SASOL Marathon	DP de Villiers Stadium Sasolburg	RR	42,2km; 21,1km; 10km	Sasolburg AC	pieter.olen@sasol.com	AFS
7-Feb	Motheo / Xhariep S/S District 3 competition	AFS Stadium Bloemfontein	T&F		Motheo S/S	corrie@schoolink.co.za	AFS
8-Feb	Nedbank DURBAN City Marathon 1 & SA MARATHON CHAMPS	Durban KZN	RR	42,195km	ASA		AFS
9-Feb	BEAC 120 min League	AFS Stadium Bloemfontein	T&F		AFS T&F Commission & BEAC	afs@athletics.org.za jprdup@mntloaded.co.za	AFS
11-Feb	Fichardpark P/S Invitation	AFS Stadium Bloemfontein	T&F		Fichardpark P/S	dupreez@fichies.co.za	AFS
13-Feb	AFS Senior, Junior & Youth T&F Championships	AFS Stadium Bloemfontein	T&F		AFS	fsa@athletics.org.za	AFS
13-Feb	Harmony Striders 10km Valentines Night Race	Welkom Square	RR	10km	Harmony Striders		AFS
14-Feb	Kloppers Adidas Festival of Running	Bfn Achilles Sport Centre	RR	42,2km; 21,1km; 10km	Nedbank RC Bfn Achilles	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
14-Feb	Planeet Rooies Valentines RR	AHS Kroonstad	RR	21,1km; 10km; 4km Fun Run	Syngenta MC		AFS
14-Feb	Fezile Dabi P/S Championship	Sasolburg	T&F		Fezile Dabi P/S		AFS
16-Feb	Kids & Youth Athletics	Zastron	T ID & Dev		AFS Kids & Youth Athletics		AFS
18-Feb	BEAC 180 min League	AFS Stadium Bloemfontein	T&F		AFS T&F Commission & BEAC	afs@athletics.org.za jprdup@mntloaded.co.za	AFS
20-Feb	Yellow Pages Series IV	Port Elizabeth EPA	T&F		ASA		AFS
20-Feb	Sentraal Top 20 meeting	AFS Stadium Bloemfontein	T&F		Sentraal S/S	mail@sentraal.co.za	AFS
20-Feb	Fezile Dabi S/S Championship	Sasolburg	T&F		Fezile Dabi S/S		AFS
21-Feb	Motheo / Xhariep P/S Championship	AFS Stadium Bloemfontein	T&F		Motheo P/S	dupreez@fichies.co.za	AFS
21-Feb	FS P/S District Competitions	Various Districts	T&F		FS P/S Districts		AFS
21-Feb	Dairy Bell	Bfn Bowls grounds Unie Ln	RR	32km; 10km	Bloemfontein Striders		AFS
21-Feb	Winburg Vasbyt	Winburg Town Hall	RR	20km; 10km	Harmony Striders		AFS
21-Feb	Bielie Mielie Road Race	Swimming pool Reits	RR	21,1km; 10km; 4km Fun Run	OD Striders	mooigelegen@webmail.co.za	AFS
23-Feb	Kovsie Relay Meeting	Pelliespark Bloemfontein	T&F		UFS	prinsldb.rd@mail.uovs.ac.za	AFS
27-Feb	Yellow Pages Series V	Stellenbosch BOLA	T&F		ASA		AFS
27-Feb	Motheo / Xhariep S/S Championship	AFS Stadium Bloemfontein	T&F		Motheo S/S	corrie@schoolink.co.za	AFS

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28-Feb	FS S/S District Competitions	Various Districts	T&F		FS S/S Districts		AFS
28-Feb	Sterkfontein 25km	Sterkfontein Dam	RR	25km	Harrismith MC	p.g.dutoit@amanzi.co.za	AFS
28-Feb	Free State P/S Championship	Sasolburg	T&F		Motheo P/S	dupreez@fichies.co.za	AFS
28-Feb	Clover	Bethlehem	T&F				AFS
6-Mar	Yellow Pages Series VI Final	GERMISTON	T&F				AGN
7-Mar	Akasia 3 in 1	Gerrit Maritz High School	RR & W	21,1 & 42,2	Akasia M C	Paul Ferreira	AGN
Mar	Akasia 3in 1	Gerrit Maritz High School	RR & W	10 KM	Akasia M C	Paul Ferreira	AGN
14-Mar	AGN Masters Championships	PILDITCH	T&F			Ansie Hennop	AGN
7-Mar	N.Cape P&S Schools	De Beers	NC Schools		J. Smit		AGW
14-Mar	Jan Kemp 21.1 Km	Jan Kempdorp	Northerns	x	F. Nel		AGW
21-Mar	Diamant 42.2 Km	Kimberley	Harriers	x	D. v Vuuren		AGW
13-Mar	Yellow Pages SA Senior Track and Field Championships	Stellenbosch, BOLAND	T&F				AGN
14-Mar	Sunrise Monster	Harlequins Club Groenkloof	RR & W	10 & 32 KM	Harlequins	Frans Verwoerd	AGN
19-Mar	Prestige Womens meeting	ABSA TUKS STADIUM	T&F				AGN
21-Mar	Right to Run	Sunnypark Sunnyside	RR & W	5,10,21.1KM	Arcadia	Zuki Mabulu	AGN
22-Mar	JO'BURG CITY MARATHON	JO BURG	RR	10,42.2KM	ASA		AGN
25-Mar	Bizhub nite Serie	Thaba Tshwane	RR & W	5,10KM	PMMC	Jan Esau	AGN
28-Mar	Yellow Pages SA Youth / Junior Track and Field Championships	Tshwane	T&F		AGN	AGN	AGN
28-Mar	Denel	Kentron Irene	RR & W	1,10,21.1KM	Kentron	Kierie vd Schyff	AGN
6-Mar	Yellow Pages Series VI Final	Germiston CGA	T&F				AFS
6-Mar	FS Secondary Schools Championship	Sasolburg	T&F		FS Secondary Schools		AFS
7-Mar	Round Running	Grootvlei Bfn	RR	21,1km; 10km	Correctional/S G/Vlei MC	maki.koftwane@dcs.gov.za	AFS
7-Mar	Surrender Hill	Clarens Square	RR	42,2km; 21,1km; 10km; Fun Run	Bethlehem MC	eblerk@xsinet.co.za	AFS
9-Mar	Kids & Youth Athletics	Sasolburg	T ID & Dev		AFS Kids & Youth Athletics		AFS
13-Mar	Yello Pages SA Senior Track & Field Championship	Stellenbosch; BOLAND	T&F		ASA		AFS
13-Mar	LSEN National Championship	Sasolburg	T&F		LSEN Schools		AFS
14-Mar	Free State OFM Great Run & FS Half Marathon Championship	Central Park Stateway Welkom	RR	21,1km; 10km; Fun Run	Riebeeckstad Harriers	theresa@lejwe.co.za	AFS
14-Mar	Mahem Road Race	Memel Boerevereniging Terrein	RR	26km; 4,9km Fun Run	Warden MC		AFS
20 Ma	National P/S Championship	Polokwane	T&F		National P/S		AFS
21-Mar	Motheo Dev 10km & Fun Run	Bloemfontein (TBC)	RR	10km; Fun Run	Motheo Dev AC		AFS
21-Mar	Campus to Cmpus Road Race	Goldfields FET Welkom	RR	16km	Goldfields FET College	mankontso@goldfieldscollege.edu.fs	AFS
22-Mar	Nedbank JOHANNESBURG City Marathon 2	Johannesburg; CGA	RR	42,195km	ASA		AFS
27-Mar	National S/S Championship	Durban	T&F		National S/S		AFS
28-Mar	IAAF World Cross Country Championship	Amman JORDAN (TBC)	CC		IAAF / ASA		AFS
28-Mar	Gold Fields 10km	Havmia Club	RR	10km	Goldfields AC		AFS
28-Mar	Yellow Pages SA Youth and Junior T&F Championship	Tshawane	T&F		ASA		AFS
4-Apr	Konica Minolta	Kimberley	RoadRunner		G. Kruger		AGW
11-Apr	Cross Country League	Pixley			W. Botha		AGW
18-Apr	Cross Country League	Newton	FrancisBaard		L. Marthinus		AGW
25-Apr	Half Marathon C/Ships	De Beers	AGW		P. Wax		AGW
4-Apr	Mazda Zoom - Zoom	Ford Recreation Centre	RR & W	15KM	Mazda		AGN
7-Apr	Tuks Prestige jumps meeting	TUKS	T&F		TUKS	TUKS	AGN
11-Apr							AGN
Apr	TWO OCEANS	CAPE TOWN	RR	56KM			AGN
13-Apr	Family Day Run/Walk	NG Church Lynnwood Ridge	RR & W	5,10KM	Run/Walk for Life	Daan du Toit	AGN
14-Apr	Tuks Prestige throws meeting	ABSA TUKS STADIUM	T&F			TUKS	AGN
18-Apr	Take Five Relay	Cornwall Hill College	RR	5KM	Faranani AC	Hank Bezuidenhout	AGN
25-Apr	Exarro Race	Laudium Soccer Grounds	RR & W	10 & 21,1 KM	Exarro	Winsten Fischer	AGN
4-Apr	Nedbank MATHA Series 2	Kanyamazane Nelspruit; AMPU	RR	21,1km & Fun Run	ASA		AFS
16-Apr	Food Festival Jaco DE WET	AFS Stadium Bloemfontein			JPR DU PLESSIS	jpdrup@mtinloaded.co.za	AFS
18-Apr	NG Kerk Wonderwater	NG Kerk, Keiskama st, Vaalpark, Sasolburg	RR	21.1km & 10km	Sasolburg AC	pretoriusdj@absamail.co.za	AFS
18-Apr	Wildsfees Road Race	Willem Pretorius Game Reserve (Ventersburg)	RR	42,195km; 10km	Syngenta MC	brummerd@telkomsa.net frikkie@blouskool.co.za	AFS

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18-Apr	Lesedi RR	Zamdela Stadium	RR	15km; 4km	Zamdela AC	thabo.wolf@sasol.com	AFS
25-Apr	Ultimag SA Truck Bodies 4-in-1 Marathon	Bfn Achilles Sport Centre	RR	64KM; 42,195KM; 10km	Nedbank RC Bfn Achilles	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
28-Apr	Tusa Tusano Series I	Heidedal (Venue TBC)	RR	5km	Tusa Tusano Nedbank RC Partnership Initiative	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
1-May	SA Masters Championships		PILDITCH	T&F			AGN
1-May	T raumeel Wally Hayward	Swartkop High School	RR & W	21.1.42.2KM	Alpha Centurion	Frans Vermaak	AGN
May	Traumeel Wally Hayward	Swartkops High School	RR & W	10 KM	Alpha Centurion	Frans Vermaak	AGN
2-May							AGN
9-May	Jackie Mekler Memorial	Dsc Thaba Tshwane	RR & W	25 & 50 KM	PMMC	Jan Esau	AGN
May	Jackie Mekler Memorial	DSC Thaba Tshwane	RR & W	10 & 5 KM	PMMC	Andre Appolis	AGN
9-May	Cross Ctry Event	Lynette St 160 Kilnerpark	CC		Transnet AC GN	Nico Luus	AGN
16-May	Transnet Rail Eng	Lynette St 160 Kilnerpark	RR & W	10 & 21 KM	Transnet AC GN	Chris Smit	AGN
16-May	Cross Ctry Event	Ga-Mothakga (Atteridge)	CC		Ubumba	Lilly Motete	AGN
23-May	Brooklyn Square	Brooklyn Square Shopping C	RW	21.1KM	PMC	Wynand du Preez	AGN
23-May	Brooklyn Square	Brooklyn Square	RR	10 & 21,1 km	PMC	Wynand du Preez	AGN
23-May	Cross Ctry Event	Eersterust	CC		ACE	Kevin Naik	AGN
24-May	COMRADES MARATHON	PMB - DBN	RR	89KM	KZN ASA	CMA	AGN
24-May	Cross Ctry Event	Fauntains Valley	CC		AS Eagles	Gawie Pretorius	AGN
30-May	Claude Sterley Throwers Meeting		PILDITCH	T&F			AGN
30-May	CROSS CTRY INTER PROV	Witbank (Mpumalanga)	CC			ASA	AGN
1-May	Tusa Tusano Series II	Mangaung (Venue TBC)	RR	5km	Tusa Tusano Nedbank RC Partnership Initiative	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
2-May	Pomelopele TFS	Pomelopele Tombstone and Funeral Services	RR	10km; 5km Walk; 4km Fun Run	Blackmountain Harriers		AFS
9-May	Stirling Light Glen Half Marathon	Circle Andries Pretorius & Wilcocks Roads Bloemfontein	RR	21,1km	Nedbank RC Bfn Achilles	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
9-May	Zio-Road Race	Flavius Mareka College Sport Stadium Sasolburg	RR	10km	Sasolburg AC	pollie.massyn@sasol.com	AFS
16-May	National Business Relay Challenge	Pelliespark UFS Bloemfontein	RR	7km	Nedbank RC Bfn Achilles	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
18-May	Kids & Youth Athletics	Bethlehem	T ID & Dev		AFS Kids & Youth Athletics		AFS
9-May	Cross Country League	Kathu	Kgalagadi		C. van Blerk		AGW
30-May	ASA Cross Country Challenge I	Witbank AMPU	CC		ASA		AFS
6-Jun	Cross Country League	Douglas	Pixley		W. Botha		AGW
6-Jun	Free State 10km Championship	Scoemanspark	RR	10km; Fun Run	Transnet AC	david.koloane@transnet.net	AFS
6-Jun	Muller Potgieter Memorial	quagga Sentrum Pta-Wes	RR & RW	15 KM	VTM	Leon Bezuidenhout	AGN
6-Jun	Cross Ctry Event	TUT Soshanguve	CC		Monaco AC	Joel Balloyi	AGN
13-Jun							AGN
13-Jun	Cross Ctry Event	LC de Villiers	CC		Tuks	Hugo Badenhorst	AGN
16-Jun	Cross Ctry Event	Erasmus High School	CC		Bronkhorstspruit AC	Frikkie Geysers	AGN
20-Jun	Claude Sterley Throwers Meeting		PILDITCH	T&F			AGN
20-Jun	Cross Ctry Event	Innovation Hub	CC		Enduro	Daan Labuschagne	AGN
20-Jun	Fanie Booysen Icebreaker	Laerskool Garsfontein	RR & W	10 KM	Arete	Rita vd Merwe	AGN
20-Jun	Fanie Booysen Icebreaker	Laerskool Garsfontein	RR & RW	5KM	Arete	Rita vd Merwe	AGN
27-Jun	Heroes of Atteridgeville	Ga Mothaka Resort	RR & W	1:5 : 10 & 21 KM	Juluka Diggers RRC	Tsomber Tshankie	AGN
27-Jun	Cross Ctry Event	Magnolia Trim Park	CC		Modiba Gold	David Modiba	AGN
28-Jun	World Masters Championships		Lathi, FINLAND	T&F			AGN
8-Jun	Coaching & Technical Course	Lejweleputswa - Welkom	Course		Lejweleputswa Dep of Edu		AFS
16-Jun	Tusa Tusano Series III	Thaba Nchu (Venue TBC)	RR	5km	Tusa Tusano Nedbank RC Partnership Initiative	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
4-Jul	Nedbank MATHA Series 3 - SA HALF MARATHON CHAMPS	Motherwell, PORT ELIZABETH					AGN
11-Jul	10 Km Championships	De Beers	AGW	x	P. Wax		AGW
5-Jul	50km Road Race Walking Championships		Oudsthoorn, SWD				AGN
4-Jul	Brooklyn July	Brooklyn Primary School	RR & W	2. : 5,5 & 11	Events Coord	Daan du Toit	AGN
11-Jul	Springbok Vasbyt	Voortrekker Monument	RR & RW	13 & 21,1 KM	VTM	Leon Bezuidenhout	AGN
11-Jul	CROSS CTRY INTER PROV	NEWCASTLE (NATAL)	CC			KZNA	AGN
12-Jul	IAAF World Youth Championships		Bressanone, Ita,ly	T&F			AGN
18-Jul							AGN

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18-Jul	Cross Ctry Event	Irene	CC		Irene	Dirk Cloete	AGN
25-Jul	New Balance Trail	Fountains Valley	RR & W	15KM	New Balance	Pierre Jordaan	AGN
25-Jul	Cross Ctry Event	Fountains Valley	CC		New Balance	Pierre Jordaan	AGN
28-Jul	World Masters Championships	Lathi ,FINLAND	T&F				AGN
31-Jul	Cross Ctry Event	SCHOOLS	CC			AGN	AGN
4-Jul	Nedbank MATHA Series 3 & SA HALF MARATHON CHAMPS	Motherwell Port Elizabeth; EPA	RR	21,1km	ASA		AFS
5-Jul	50km Road Race Walking Championship	Oudtshoorn; SWD	RW		ASA		AFS
8-Jul	12th IAAF World Youth Championship	Bressanone ITALY	T&F		IAAF ASA		AFS
11-Jul	ASA Cross Country Challenge II	Newcastle; KZNA	CC		ASA		AFS
20-Jul	Kovsie Coaches and Technical Course	Pelliespark Bloemfontein	Course		UFS	prinsdb.rd@mail.uovs.ac.za	AFS
31-Jul	Welkom, Medi-Clinic Eskom Gijimas FS	Welkom Medi-Clinic	RR	FS 5km women; Open 10km; 1km Children; 100m Toddler race; Wheelchair	Eskom Gijimas FS	jdplessis@sbuys.co.za	AFS
1-Aug	Sadac Race	Ga-Mothakga Atteridgeville	RR & W	5: 10 & 21 KM	Sadac AC	Katena Abonno	AGN
8-Aug	Castle Walk Womens Day	Castle Walk Shopping Cntr	RR & W	5 & 10	Prestige SC	Liesel v Zyl	AGN
8-Aug	AGN C COUNTRY CHAMPS	LC de Villiers Tuks	CC		Tuks	AGN	AGN
15-Aug	Marcel vant Slot Memorial	Hoffmeyer Park Lynnwood	RR & W	15 KM	Phobians	Dimitri Kavallineas	AGN
15-Aug	12th IAAF World Championships 2009	Berlin, GERMANY					AGN
22-Aug	Hyundai Odd One	Pretoria Police College	RR & W	4,8 & 16 KM	PPMC	Theo Swart	AGN
8-Aug	Cross Country C/Ships	De Beers	AGW		L. Marthinus		AGW
29-Aug	Nedbank MATHA Series 4 - SA 10KM CHAMPIONSHIPS	Stellenbosch, BOLAND	RR				AGN
29-Aug	SPAR Ladies Race	LC de Villiers Tuks	RR & W	5 & 10	Tuks	Hugo Badenhorst	AGN
Aug	Dawn 2 Dusk	Akasia High School	RR	80KM/12 HOURS	Akasia	Paul Ferreira	AGN
1-Aug	AFS Cross Country Championships	Schoemanspark / UFS (TBC)	CC		AFS	fsa@athletics.org.za	AFS
9-Aug	Womens Day Fun Run	Bfn Achilles Sport Centre	RR	5km	Nedbank RC Bfn Achilles	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
10-Aug	Kids & Youth Athletics	Kroonstad	T ID & Dev		AFS Kids & Youth Athletics		AFS
15-Aug	12th IAAF World Championship	Berlin GERMANY	T&F		IAAF / ASA		AFS
19-Aug	Kovsie Hostel CC Championship	Tennis Courts UFS	CC		UFS	prinsdb.rd@mail.uovs.ac.za	AFS
28-Aug	Kovsie Hostel CC League	Tennis Courts UFS	CC		UFS	prinsdb.rd@mail.uovs.ac.za	AFS
29-Aug	Nedbank MATHA Series 4 & SA 10KM CHAMPS	Stellenbosch; BOLAND	RR	10km	ASA		AFS
29-Aug	Windmill Casino	Windmill Casino	RR	10km; 3km	Bloemfontein Striders		AFS
29-Aug	Real Lions in conjunction with tituting Free State Bursary Fund Road race	Welkom (TBC)	RR	42,2km	Real Lions		AFS
29-Aug	Lente Wilge Marathon	NG Kerk Frankfort	RR	52,195km; 21,1km; 10km	Sasolburg AC		AFS
5-Sep	Spirit of Flight	AFB Swartkops	RR & W	5 & 10	PMMC	Jan Esau	AGN
5-Sep	AGN Sub Youth and Youth League 1	PILDITCH	T&F	League 1	AGN Office	AGN	AGN
5-Sep	Nedbank MATHA Series 5 (21.2km & 5km Fun Run)	BLOEMFONTEIN	RR&W				AGN
5-Sep	Gariep 21.1,10 & 5 Kms	Kimberley	Pirates	x	J. Naborn		AGW
26-Sep	Fast & Flat 50 Kms	De Beers	Pirates	x	J. Naborn		AGW
12-Sep	SA C/C Championships	Pretoria	CC		ASA	ASA	AGN
19-Sep	CSIR Road Race	CSIR Conference Centre	RR & W	10 & 21	CSIR	Michelle Smit	AGN
19-Sep	AGN Youth, Junior and Senior League 5	ABSA TUKS STADIUM		League 5	Tuks	Hugo Badenhorst	AGN
19-Sep	Nedbank City of CAPE TOWN Marathon	CAPE TOWN					AGN
26-Sep	McCarthy Volkswagen	Rietondale park Rietondale	RR & W	21,1	ACR + Mamelodi AC	Event Office	AGN
Sep	McCarthy Audi	Rietondale Park Rietondale	RR & W	10 KM	ACR & Agape	Event Office	AGN
26-Sep	AGN Sub Youth and Youth League 2	PILDITCH	T&F	League 2	AGN Office	AGN	AGN
4-Sep	Harmony 10km Spring Night Race	Welkom Square	RR	10km	Harmony Striders		AFS
5-Sep	Nedbank MATHA Series 5	Bloemfontein AFS	RR	21,1km & 5km Fun Run	ASA		AFS
7-Sep	Kids & Youth Athletics	Welkom	T ID & Dev		AFS Kids & Youth Athletics		AFS
9-Sep	Thaba Nchu Mountain Race	Maria Moroka park	RR	10km; 5km Walk; 4km Fun Run	Blackmountain Harriers		AFS
12-Sep	South African Cross Country Championship	Pretoria AGN	CC		ASA		AFS
12-Sep	FS Masters Championships	AFS Sadium Bloemfontein	T&F		FS Masters		AFS
12-Sep	Coca-Cola Allan Ferguson Round Naval Hill	Hamilton Park Bloemfontein	RR	10km; 4km Fun Run	Nedbank RC Bfn Achilles	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
12-Sep	Eunice RR	Eunice School	RR	10km	UFS A/C	prinsdb.rd@mail.uovs.ac.za	AFS

Date	Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
			(TF/CC/RR)	(if Road Running)	(name of club)		
18-Sep	Flamingo Night Race	Flamingo Printers	RR	10km	Welkom Striders	paul.barnes@yabo.co.za	AFS
19-Sep	Vic Theron's & Webber's Lentedraffie	Bfn Achilles Sport Centre	RR	10km	Nedbank RC Bfn Achilles	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
20-Sep	Nedbank City of CAPE TOWN City Marathon	CAPE TOWN	RR	42,195km	ASA		AFS
24-Sep	Tusa Tusano Series IV	Botshabelo (Venue TBC)	RR	5km	Tusa Tusano Nedbank RC Partnership Initiative	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
26-Sep	Old Mutual Group Scheme RR	SAPD Riebeeckstad	RR	10km; 4km Fun Run	SAPS NFS	pmbail@absamail.co.za	AFS
27-Sep	Macufe Sprint	Bloemfontein (Venue TBC)	RR	10km & 5km Fun Run	Tusa Tusano Nedbank RC Partnership Initiative	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
3-Oct	Business Relay	Rietondale Park	RR	42.2	Magnolia	Event Office	AGN
3-Oct	Business RELAY	RIETONDALE PARK	RW	21.1	Magnolia	Event Office	AGN
3-Oct	Nedbank MATHA Series 6 (21.2km & 5km Fun Run)	POLOKWANE, LIMPOPO					AGN
4-Oct	IAAF WORLD Half Marathon Championships	TBC					AGN
10-Oct	MacChamberlain - Capital Classic	HPC Tuks	RR & W	10 & 21.1	Alpha Centurion/Phobians	Frans Vermaak	AGN
3-Oct	GW Co-op 21.1Kms	Kimberley	Harriers	x	A. Muller		AGW
3-Oct	Talent ID C/Ships	De Beers	AGW		J. Smit		AGW
10-Oct	Kalahari Marathon	Kathu	Sesheng	x	J. Schoeman		AGW
17-Oct	AGW,AFS,NWC Interprov.	De Beers	AGW		J. Smit		AGW
17-Oct	Transnet Half Marathon	Kimberley	Transnet	x	D. Phillipson		AGW
31-Oct	Mac Steel 21.1 & 10 Kms	Kimberley	RoadRunner	x	G. Kruger		AGW
10-Oct	AGN Sub Youth and Youth League 3	PILDITCH	T&F	League 3	AGN Office		AGN
17-Oct	AGN Youth, Junior and Senior League 6	ABSA TUKS STADIUM		League6	TUKS	Hugo Badenhorst	AGN
17-Oct	Woodlands Boulevard	Woodlands Shopping Centre	RR & W	10 & 21.1	Enduro	Gideon Adriaanse	AGN
24-Oct	Tuks Alumni	AFB Waterkloof	RR & W	1,5,10,21.1KM	Tuks Alumni	Dr. Danie v Wyk	AGN
24-Oct	AGN Sub Youth and Youth League 4	PILDITCH	T&F	League 4	AGN Office		AGN
31-Oct	Prisma Comms Ericson Sub Youth, Youth, Jnr & Snr Meeting	PILDITCH	T&F				AGN
31-Oct	Hunters Challenge	Maritimo Clubhouse	RR & W	10&21.1	Maritimo MC	Pieter v/d Merwe	AGN
3-Oct	Harrismith Bergwedloop	Harrismith Sport Stadium	RR	15km	Harrismith MC	p.g.dutoit@amanzi.co.za	AFS
3-Oct	2 Kamp Inter Prov competition		2 Kamp				AFS
3-Oct	Nedbank MATHA Series 6	Polokwane LIMA	RR	21km & 5km Fun Run	ASA		AFS
4-Oct	IAAF World half Marathon Championship	(TBC)	RR	21,1 km	IAAF / ASA		AFS
9-Oct	Berg en Dal	Berg en Dal NG Kerk	RR	10km			AFS
10-Oct	Mycospor Parys River Jol	Parys SC	RR	25km; 10km	Koepel M Club	high@parys.co.za	AFS
10-Oct	Grey College - OMS Clover meet	AFS Stadium Bloemfontein	T&F		Grey / Oranje	piet@grey.fs.school.za	AFS
10-Oct	Old Mutual Golden Gate	Glen Reenen Camping Site	RR	21,1km; 10km; Fun Run	Bethlehem MC	eberk@xsinet.co.za	AFS
14-Oct	JF Secondary School House	AFS Stadium Bloemfontein	T&F		JF Sec School	millie@jf.co.za	AFS
17-Oct	JF Primary School Invite	AFS Stadium Bloemfontein	T&F		JF Prim School		AFS
17-Oct	Bloemwater 10km	Pelliespark Bloemfontein	RR	10km	UFS	prinsdb.rd@mail.uovs.ac.za	AFS
24-Oct	Pride in Tyres	Navil Hill Unie Ln	RR	10km	Bloemfontein Striders		AFS
24-Oct	JF Secondary School Invite	AFS Stadium Bloemfontein	T&F		JF Sec School	millie@jf.co.za	AFS
24-Oct	Engen to Engen	Jason Rd Riebeeckstad	RR	21,1km; 10km; Fun Run	Riebeeckstad Harriers	henryd@mathabeng.co.za	AFS
26-Oct	Kovsie T&F Championship	Pelliespark Bloemfontein	T&F		UFS	prinsdb.rd@mail.uovs.ac.za	AFS
30-Oct	Night Race	Correctional Service Grounds Bfn	RR	15km; 5km Fun Run	Correctional Services AC		AFS
1-Nov	Soweto Marathon			10,42.2KM	ASA		AGN
1-Nov	Nedbank SOWETO Marathon : Soweto, GAUTENG	Soweto, GAUTENG	T&F				AGN
7-Nov	Sub Youth and Youth AGN Championships	PILDITCH	T&F		AGN Office	AGN	AGN
7-Nov	Liquifruit Irene	Agricultural Centre Irene	RR & W	21.1	Irene	Dirk Cloete	AGN
Nov	Liquifruit Irene	Agricultural Centre Irene	RR & W	5 & 10	Irene	Dirk Cloete	AGN
7-Nov	Naborn Constr. 21.1 & 10	Kimberley	Pirates	x	J. Naborn		AGW
21-Nov	Sub Youth and Youth Inter Provincial Championships	PILDITCH	T&F		AGN Office	AGN	AGN
21-Nov	Tom Jenkins	Union Buildings	RR & W	5,10 & 21.1	Arcadia	Zuki Mabulu	AGN
28-Nov	Montana Crossing	Mortana Crossing Centre	RR & W	10 & 21,1 KM	Fit 2000	Alan Edmunds	AGN
1-Nov	Nedbank SOWETO Marathon	Soweto; GAUTENG	RR		ASA		AFS
6-Nov	Kruispad Night Road Race and Fun Walk	Brandwag Volksschool Odendaalsrus	RR	10km; 4,5km	OD Striders	ferdie.viljoen@harmony.co.za	AFS

Date	Name of Event	Venue	Category (TF/CC/RR)	Distance (if Road Running)	Organised by (name of club)	Email Address	Province
7-Nov	SASOL Summer race	DP de Villiers St Sasolburg	RR	10km	Sasolburg AC	dolf.binneman@sasol.com	AFS
7-Nov	Nike 10km	Loch Logan Waterfront	RR	10km	Nedbank RC Bfn Achilles	bloemachilles@gmail.com www.bloemachilles.co.za	AFS
18-Nov	BEAC Openings League	AFS Stadium Bloemfontein	T&F		AFS T&F Commission & BEAC	afs@athletics.org.za iprdup@mntloaded.co.za	AFS
21-Nov	Cherry Race	Ficksburg Primary School	RR	23km	Ficksburg MC		AFS
28-Nov	Thaba Nchu Mountain Race	Maria Moroka park	RR	10km; 5km Walk; 4km Fun Run	Blackmountain Harriers		AFS
14-Dec	Track and Field Meeting	Mnabana	T&F		Blackmountain Harriers		AFS
5-Dec	Themba Sunrise	TBA	RR & W	5 & 10	Themba Sunrise	Londi Selala	AGW
12-Dec	Magersfontein 25 & 10	Kimberley	Harriers	x	D. v Vuuren		AGW
12-Dec							AGW
19-Dec							AGW
26-Dec	Old Years Race	RietondalePark	RR & W	5 & 10	Arcadia	Zuki Mabulu	AGW
29.08.2009	Gariep 21.1,10 & 5 Kms	Kimberley	x		Pirates		AGW
10.10.2009	Talent ID C/Ships	De Beers			AGW		AGW
14.11.2009	AGW Marathon Cham/ships	De Beers	x		AGW		AGW
02.05.2009	10 Km Galeshewe	Galeshewe	x		Galeshewe		AGW
10-Jan	League 1(All ages Group (league 1)	Olympia Park Stadium	Track &field				ANWN
14-Feb	Youth and Junior Championships	Olympia Park Stadium	Track &field				ANWN
28-Feb	Senior Provincial Championship	Olympia Park stadium	Track &field				ANWN
3-Oct	League 2 (All ages Group)	Olympia Park Stadium	Track &field				ANWN
1-Nov	League 3 (All ages Group)	Olympia Park Stadium	Track& Field				ANWN
14-Feb	Platinum Marathon	Omaramba, buffelspoort	Road running	40km, 20km	Koster marathon		ANWN
21-Feb	Mafikeng Marathon & Half	Tusk, Mmabatho	Road running	40km, 20km	Mafikeng road		ANWN
14-Mar	Old Mutual Om Die Dam	Schoemansville primary school	Road running	50km, 20km	Haartebeespoort		ANWN
9-May	Take 5 team relay	Take 5 team relay	Road running	5x5km	Haartebeespoort		ANWN
9-May	Bojanala half Marathon	Mogwase	Road running	21km,10km, 5km	ANWN		ANWN
18-Jul	Old Mutual Mountain Race	Rustenburg kloof	Road running	25km, 5km	Rustenburg marathon		ANWN
21-Mar	Pretoria Badge om-die berg half marathon & ten	Haartebeespoort high school	Road running	20km, 10km	Haartebeespoort		ANWN
8-Aug	Queen Mothers half marathon	Royal Bafokeng sports palace	Road running	20km, 10km	ANWN		ANWN
26-Aug	Heritage Marathon	Olympia park stadium	Road running	40km, 10km,5km	ANWN		ANWN
5-Sep	Rustenburg Multi Sport	Rustenburg Kloof Resort	Road Running	5km, 10km	Rustenburg		ANWN
3-Oct	Derby erfens fees wed loop	Derby auction kraals	Road running	20km	Koster marathon		ANWN
10-Oct	Kromberg & Schuberg Road Race	High School Brits	Road Running	15km, 5km	Brits road race		ANWN
24-Oct	Zeerust Bosveld Bergwedloop	Laerskool Zeerust	Road running	20km, 5km	Zeerust marathon		ANWN
7-Nov	Pick n Pay Rustenburg 10km nite race	Olympia park stadium	Road running	10km, 5km	Rustenburg marathon		ANWN
14-Nov	Lichtenberg diamante wed loop	Lichtenberg Laerskool	Road running	20km, 10km	Lichtenberg marathon		ANWN
30-May	League 1	Karee Krans	Cross -		ANWN		ANWN
20-Jun	Interprovincial	Rustenburg	Cross -		ANWN		ANWN
11-Jul	League 2	Lichtenberg	Cross -		ANWN		ANWN
25-Jul	League 3	Zeerust	Cross -		ANWN		ANWN
8-Aug	League 4	Haartebeespoort	Cross -		ANWN		ANWN
22-Aug	ANWN Championships	Rustenburg	Cross -		ANWN		ANWN
12-Sep	SA Championships	Gauteng	Cross -		ANWN		ANWN
09-Jan	Big Blue Festival Nite Race	Kleinmond Beach Front		10km	Hangklip AC	races@hangklipathletics.co.za	BOL
09-Jan	Big Blue Festival Nite Race	Kleinmond Beach Front		5km	Hangklip AC	races@hangklipathletics.co.za	BOL
07-Feb	Prison to PrisonRoad Race	Worcester Gevangenis		21.1km	Brandvlei Cor. Services	Wiseman_soni@dcs.gov.za	BOL
07-Feb	Prison to Prison Road Race	Worcester Gevangenis		6km	Brandvlei Cor. Services	Wiseman_soni@dcs.gov.za	BOL
13-Feb	Model Sport Valentine Night Race	Mountain Mill Mall, Worcester		10km	Worcester AC	worclodgieters@mweb.co.za	BOL
13-Feb	Model Sport Valentine Night Race	Mountain Mill Mall, Worcester		5km	Worcester AC	worclodgieters@mweb.co.za	BOL
14-Feb	Swartrivier Genadendal Road Race	L. R. Schmidt PS		21.1km	Genadendal AC	gesot@telkomsa.net	BOL
21-Feb	Oude Molen Elgin Road Race	Oude Molen Distillery, Grabouw		21.1km	Elgin/Grabouw AC	urend@groenberg.wcape.school.za	BOL
21-Feb	Oude Molen Elgin Road Race	Oude Molen Distillery, Grabouw		10km	Elgin/Grabouw AC	urend@groenberg.wcape.school.za	BOL

Date	Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
			(TF/CC/RR)	(if Road Running)	(name of club)		
21-Feb	Oude Molen Elgin Road Race	Oude Molen Distillery, Grabouw		5km	Elgin/Grabouw AC	urend@groenberg.wcape.school.za	BOL
28-Feb	Parmalat Breede River Challenge	Riggtion River Farm		21.1 km	Bonnievale AC	henus.crafford@parmalat.co.za	BOL
28-Feb	Parmalat Breede River Challenge	Riggtion River Farm		10 km	Bonnievale AC	henus.crafford@parmalat.co.za	BOL
28-Feb	Parmalat Breede Fun Run	Riggtion River Farm		5 km	Bonnievale AC	henus.crafford@parmalat.co.za	BOL
25-Feb	Gino's Night Race	Coetzenburg		10km	Maties AC	joep@sun.ac.za	BOL
07-Mar	MKB Swartland Road Race	Moorreesburg		21.1km	Altech Swartland AC	basil@mkb.co.za	BOL
07-Mar	MKB Swartland Road Race	Moorreesburg		10km	Altech Swartland AC	basil@mkb.co.za	BOL
11-Mar	Correctional Services Road Race	Paarl, Faure Street Stadium		10km	Boland Cor. Services AC	Wiseman_soni@dcs.gov.za	BOL
14-Mar	Worcester Health and Fitness	Worcester Health & Fitness Gym		10km	Worcester AC	worcloudgieters@mweb.co.za	BOL
14-Mar	Rainbow Chicken Road Race	Worcester Health & Fitness Gym		21.1km	Worcester AC	worcloudgieters@mweb.co.za	BOL
21-Mar	Worc East Farm Road Race	Overhex, Worcester		15km	Worcester AC	welgevind@breede.co.za	BOL
14-Mar	Muldersvlei Vineyard Run	Muldersvlei Wine Estate		10km	Anna Foundation	benniestander@webmail.co.za	BOL
28-Mar	Kleinmond Road Race	Laerskool Kleinmond		21.1km	Hangklip AC	aces@hangklipathletics.co.za	BOL
28-Mar	Perdekop Road Race	Laerskool Kleinmond		10km	Hangklip AC	aces@hangklipathletics.co.za	BOL
28-Mar	Perdekop Road Race	Laerskool Kleinmond		Fun	Hangklip AC	aces@hangklipathletics.co.za	BOL
28-Mar	Breede River Vineyard Challenge	Riggtion River Farm		21.1km	Bonnievale AC	Henus.Crafford@parmalat.co.za	BOL
28-Mar	West Coast Fun Walk	Velddrift		20km	Salkoraine AC	martha@telkomsa.net	BOL
20-Apr	RAW Africa Mountain Running	Hermanus to Stellenbosch		250 km	Boland Athletics	johan@naseba.com	BOL
27-Apr	Pniel Freedom Race	Drakenstein Correctional Service		21.1km	Correctional Services	pnichurch@telkomsa.net	BOL
27-Apr	Pniel Freedom Race	Bridge House School		10km	Correctional Services	pnichurch@telkomsa.net	BOL
01-May	Safari Wellington Road Race	Hugenote High School		21.1km	Wellington AC	info@topevents.co.za	BOL
01-May	Boland ½-Marathon Champs	Hugenote High School		21.1km	Wellington AC	bolandathletics@sun.ac.za	BOL
01-May	Safari Wellington Road race	Hugenote High School		5km	Wellington AC	info@topevents.co.za	BOL
01-May	Safari Wellington Road race	Hugenote High School		10km W	Wellington AC	info@topevents.co.za	BOL
09-May	Hermanus Wheels/Runners Race	Old Habour, Hermanus		10km	Whalers AC	kcoetzee@intekom.co.za	BOL
16-May	Asics Xtreme 17km Mountain Race	Avalon Springs, Montagu		17 km	Montagu AC	johan@scheepersrus.co.za	BOL
16-May	10km Trial Run	Avalon Springs, Montagu		10km	Montagu AC	drieberge@lando.co.za	BOL
30-May	APL Cartons De Doorns	De Doorns Sportsfield		21.1km	Hex Vallei AC	admin@touwsrivps.wcape.school.za	BOL
30-May	APL Cartons De Doorns	De Doorns Sportsfield		10km	Hex Vallei AC	admin@touwsrivps.wcape.school.za	BOL
06-Jun	Miles of Smiles Road Race	Robertson Winery, Robertson		21.1km	Robertson AC	johboo@langebergsek.wcape.school.za	BOL
06-Jun	Miles of Smiles Road Race	Robertson Winery, Robertson		10km	Robertson AC	johboo@langebergsek.wcape.school.za	BOL
06-Jun	Boland 10km Championships	Robertson Winery, Robertson		10km	Robertson AC	johboo@langebergsek.wcape.school.za	BOL
06-Jun	Boland Correctional Services	Dal Josaphat Stadion		21.1km	Correctional Services AC	Wiseman_soni@dcs.gov.za	BOL
20-Jun	Napier Half Marathon	Napier High School		21.1km	Bredasdorp AC	info@voetafrika.org.za	BOL
11-Jul	Freedom Run	Drakenstein Correctional Service		10km	Correctional Services AC	Wiseman_soni@dcs.gov.za	BOL
11-Jul	Long Walk	Drakenstein Correctional Service		15km	Correctional Services AC	Wiseman_soni@dcs.gov.za	BOL
18-Jul	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st		21.1km	Worcester AC	fkarriem@pgwc.gov.za	BOL
18-Jul	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st		10km	Worcester AC	fkarriem@pgwc.gov.za	BOL
18-Jul	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st		5km	Worcester AC	fkarriem@pgwc.gov.za	BOL
25-Jul	Cape Winelands Road Race	Dwars River Sport Complex		10km	Dwars River AC	chendon@pioneerfoods.co.za	BOL
25-Jul	Cape Winelands Road Race	Dwars River Sport Complex		5km	Dwars River AC	chendon@pioneerfoods.co.za	BOL
01-Aug	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes		42.2km	Altech Swartland AC	vlokhennie@intekom.co.za	BOL
01-Aug	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes		21.1km	Altech Swartland AC	karel@swwines.co.za	BOL
01-Aug	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes		10km	Altech Swartland AC	karel@swwines.co.za	BOL
08-Aug	Totalsports Ladies Race	Stellenbosch (Die Braak)		10km	Boland Athletics	info@topevents.co.za	BOL
15-Aug	Muskadel Road Race	Laerskool Montagu		21.1km	Montagu AC	drieberge@lando.co.za	BOL
15-Aug	Muskadel Road Race	Laerskool Montagu		10km	Montagu AC	drieberge@lando.co.za	BOL
15-Aug	Paarlberg Mountain Race	Noord-End PS, Paarl		21.1km	Paarl AC	shireenpaulse@yahoo.com	BOL
15-Aug	Paarlberg Mountain Race	Noord-End PS, Paarl		10km	Paarl AC	shireenpaulse@yahoo.com	BOL
22-Aug	Fynbos Road race	Ouplaas Primary School		21.1km	Bredasdorp AC	info@voetafrika.org.za	BOL
05-Sep	Riebeeck Kasteel Road race	Riebeeck Kasteel		21.1km	Riebeeck Vallei AC		BOL

Date	Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
			(TF/CC/RR)	(if Road Running)	(name of club)		
05-Sep	Riebeeck Kasteel Road race	Riebeeck Kasteel		10km	Riebeeck Vallei AC		BOL
12-Sep	Hexkoel Orchard PS Road Race	Orchard PS		10km	Correctional Services AC	Admin@orchardps.wcape.school.za	BOL
12-Sep	Kogelberg Mountain Race	Pringle Bay Central		17km	Hangklip AC	fkrige@overstrand.gov.za	BOL
19-Sep	Adam Kok 15km	Paarl		15km	Athletics Alive	Freddie.Neff@dcs.gov.za	BOL
19-Sep	Adam Kok 5km Fun Run/Walk	Paarl		5km	Athletics Alive	Freddie.Neff@dcs.gov.za	BOL
21-Sep	Jonkershoek Road race	Maties Stellenbosch		21.1km	Maties AC	ioep@sun.ac.za	BOL
23-Sep	Bainskloof Pass Ultra Marathon	Wellington		84.4	Wellington AC	hentas@absamail.co.za	BOL
23-Sep	Bainskloof Pass half Marathon	Wellington		21.1	Wellington AC	hentas@absamail.co.za	BOL
23-Sep	Bainskloof Pass 10km	Wellington		10km	Wellington AC	hentas@absamail.co.za	BOL
26-Sep	Total Walvis Road race	HS Hermanus		21.1km	Whalers AC	mmilne@hadmin.co.za	BOL
02-Oct	Boland Masters Road Race	Paarl Shopping Mall		10km	Boland Masters	ibeukes@pawc.wcape.gov.za	BOL
03-Oct	Boland Masters Road Race	Paarl Shopping Mall		21.1km	Boland Masters	ibeukes@pawc.wcape.gov.za	BOL
03-Oct	Voet van Afrika Road Race	Bredasdorp Sport Complex		42.2km	Bredasdorp AC	info@voetafrika.org.za	BOL
03-Oct	Boland Marathon Championships	Bredasdorp Sport Complex		42.2km	Bredasdorp AC	info@voetafrika.org.za	BOL
03-Oct	Voet van Afrika Road Race	Bredasdorp Sport Complex		21.1km	Bredasdorp AC	info@voetafrika.org.za	BOL
03-Oct	Voet van Afrika Road Race	Bredasdorp Sport Complex		10km	Bredasdorp AC	info@voetafrika.org.za	BOL
03-Oct	WC 10km Inter-Prov	Bredasdorp Sport Complex		10km	Boland Athletics	bolandathletics@sun.ac.za	BOL
09-Oct	Deetlefs Night Race	Deetlefs Estate, Rawsonville		10km	Worcester AC	info@deetlefs.com	BOL
09-Oct	Deetlefs Night Race	Deetlefs Estate, Rawsonville		5km	Worcester AC	info@deetlefs.com	BOL
10-Oct	Boland Masters Road Race	Paarl Shopping Mall		10km	Boland Masters	bruinerspieter@dcs.gov.za	BOL
10-Oct	Boland Masters Road Race	Paarl Shopping Mall		10km	Boland Masters	bruinerspieter@dcs.gov.za	BOL
17-Oct	Van Loveren Wine on the river	Van Loveren Wine Estate		10km	Bonnievale AC	Henus.Crafford@parmalat.co.za	BOL
17-Oct	Ceres Fruit Juices Road Race	Ceres / Mitchells Pass		21.1km	Ceres AC	lionel.ceres@telkomsa.net	BOL
17-Oct	Ceres Fruit Juices Road Race	Ceres / Mitchells Pass		10km	Ceres AC	lionel.ceres@telkomsa.net	BOL
28-Oct	Coetzenburg 1 hour run	Maties Stellenbosch		NA	Maties AC	ioep@sun.ac.za	BOL
07-Nov	Dwars Rivier Valley Road race	Dwarsrivier Sport Complex		21.1km	Dwars Rivier AC	chendon@pioneerfoods.co.za	BOL
07-Nov	Dwars Rivier Valley Road race	Dwarsrivier Sport Complex		10km	Dwars Rivier AC	chendon@pioneerfoods.co.za	BOL
21-Nov	Môreson Franschoek Road race	Hugenote Monument		21.1km	Franschoek AC	tvmarken@hotmail.com	BOL
04-Dec	10km Summer Series	Bettysbaai		10km	Hangklip AC	races@hangklipathletics.co.za	BOL
04-Dec	10km Summer Series	Bettysbaai		5km	Hangklip AC	races@hangklipathletics.co.za	BOL
11-Dec	10km Summer Series	Pringlebaai		10km	Hangklip AC	races@hangklipathletics.co.za	BOL
11-Dec	10km Summer Series	Pringlebaai		5km	Hangklip AC	races@hangklipathletics.co.za	BOL
18-Dec	10km Summer Series	Kleinmond Lagoon		10km	Hangklip AC	races@hangklipathletics.co.za	BOL
18-Dec	10km Summer Series	Kleinmond Lagoon		5km	Hangklip AC	races@hangklipathletics.co.za	BOL
05-Dec	Montpellier Estate Road Race	Montpellier Estate		21.1km	Tulbach AC	admin@montrouge.wcape.schools.za	BOL
05-Dec	Montpellier Estate Road Race	Montpellier Estate		10km	Tulbach AC	admin@montrouge.wcape.schools.za	BOL
05-Dec	Montpellier Estate Road Race	Montpellier Estate		10 W	Tulbach AC	admin@montrouge.wcape.schools.za	BOL
05-Dec	Hangklip Road race	Betty's Bay		21.1km	Hangklip AC	races@hangklipathletics.co.za	BOL
09-Dec	Simonsvlei Road Race	Simonsvlei Wine Cellar		10km	Paarl AC	shireenpauze@yahoo.com	BOL
19-Dec	Whalers Road Race	Onrus Strand		10km	Whalers AC	carina@cegela.co.za	BOL
26-Dec	Struisbaai Strand Marathon	Struisbaai		42.2km	Bredasdorp AC	wikushanekom@absamail.co.za	BOL
26-Dec	Struisbaai Strand Half Marathon	Struisbaai		21.1km	Bredasdorp AC	wikushanekom@absamail.co.za	BOL
31-Dec	Dangerpoint Road race	Hoofstraat, Gansbaai		21.1km	Whalers AC	kotnel@mweb.co.za	BOL
04-Feb	1 Hour Meeting	Dal Josaphat Stadium, Paarl		NA	Paarl AC	brandonathletics@yahoo.com	BOL
14-Feb	Community Project – T+F League	Dal Josaphat Stadium, Paarl			Athletics Alive	Freddie.Neff@dcs.gov.za	BOL
18-Feb	1 Hour Meeting	Dal Josaphat Stadium, Paarl		NA	Paarl AC	brandonathletics@yahoo.com	BOL
11-Feb	Traditional Athletics Meeting	Dal Josaphat Stadium, Paarl		NA	Boland HS Schools Athletics	bolhsath@gmail.com	BOL
19-Feb	4M All Girls T+F Meeting	Dal Josaphat Stadium, Paarl		NA	Paarl Girls High School	sport@paarlgirlshigh.org.za	BOL
21-Feb	Boland HS Reg Champs	Various		NA	Boland HS Athletics	bolhsath@gmail.com	BOL
21-Feb	Boland Senior T+F Champs	Coetzenburg Stadium		NA	Boland Athletics	fkarriem@pgwc.gov.za	BOL
21-Feb	Boland PS Championships	TBC		NA	Boland PS Schools Athletics	wlps@intekom.co.za	BOL

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27-Feb	Boland Jnr and HS T+F Champs	Coetzenburg Stadium		NA	Boland Athletics	fkarriem@pgwc.gov.za	BOL
07-Mar	WC PS Champs	TBC		NA	Boland PS Schools Athletics	wips@intekom.co.za	BOL
07-Mar	WC HS Champs	TBC		NA	Boland HS Schools Athletics	bolhsath@gmail.com	BOL
28-Mar	Boland Masters	Hermanus HS		NA	Whalers AC	leobenning@lanic.net	BOL
03-Oct	Coetzenburg Series	Stellenbosch		NA	Boland Athletics	bolandathletics@sun.ac.za	BOL
10-Oct	Coetzenburg Series	Stellenbosch		NA	Boland Athletics	bolandathletics@sun.ac.za	BOL
14-Oct	Overberg Agri Prestige Meeting	Overberg HS, Caledon		NA	Overberg HS	cma@mailbox.co.za	BOL
14-Oct	Coetzenburg Series	Stellenbosch		NA	Boland Athletics	bolandathletics@sun.ac.za	BOL
16-Oct	Paarl Athletics Invitational	Dal Josaphat Stadium		NA	Paarl AC	Hendry@coldharvest.co.za	BOL
23-Oct	Parmalat Paul Roos T+F Invitation	Stellenbosch		NA	Boland High Schools	ipvermeu@per.wcape.school.za	BOL
24-Oct	Santam/Overberg Agri Top 10 T+F	Bredasdorp HS		NA	Boland High Schools	brdh@telkomsa.net	BOL
31-Oct	ENGEN Top Junior 10 T+F Meet	Moorreesburg HS		NA	Boland High Schools	hool@dirkieuys.co.za	BOL
07-Nov	Paarl Athletics Invitational	Dal Josaphat Stadium		NA	Paarl AC	hendry@coldharvest.co.za	BOL
16-Dec	Essops Supermarket Mile	Paarl		1 Mile	Athletics Alive	Freddie.Neff@dcs.gov.za	BOL
27-Apr	5x3km Cross Country Relay	Paarl		5x3km	Athletics Alive	Freddie.Neff@dcs.gov.za	BOL
09-May	League 1	Worcester		NA	Worcester AC		BOL
16-May	League 2	Ceres			Ceres AC		BOL
22-May	Trial 1	Robertson			Robertson AC		BOL
30-May	League 3	Wellington			Wellington AC		BOL
06-Jun	Trial 2	Stellenbosch			Maties AC		BOL
18-Jul	League 4	Grabouw			Elgin Grabouw AC		BOL
25-Jul	Trial 3	Pniel			Dwarsrivier AC		BOL
01-Aug	Boland Cross Country Champs	Riebeeck West			Swartland		BOL
10-Jan	Technical Officials Symposium	Venue TBC		NA	Boland Athletics	bolandathletics@sun.ac.za	BOL
17-Jan	Swartland HS Coaching Clinic	Swartland HS		NA	Swartland HS	brian@swartlandhs.org.za	BOL
17-Jan	Bredasdorp HS Coaching Clinic	Bredasdorp HS		NA	Bredasdorp HS	brdh@telkomsa.net	BOL
07-Feb	Club Chairpersons Meeting	Venue TBC		NA	Boland Athletics	bolandathletics@sun.ac.za	BOL
04-Apr	BA Annual General Meeting	Venue TBC		NA	Boland Athletics	bolandathletics@sun.ac.za	BOL
06-Jun	Club Chairpersons Meeting	Venue TBC		NA	Boland Athletics	bolandathletics@sun.ac.za	BOL
19-Sep	BA Council Meeting	Venue TBC		NA	Boland Athletics	bolandathletics@sun.ac.za	BOL
07-Nov	Club Chairpersons Meeting	Venue TBC		NA	Boland Athletics	bolandathletics@sun.ac.za	BOL
21-Nov	BA Referees Workshop	Venue TBC		NA	Boland Athletics	bolandathletics@sun.ac.za	BOL
01-Jan	NSRI 5km & 15km Beach Run	Diaz Strand - Mossel Bay			Hartenbos Drawwers		ASWD
03-Jan	Builders Express 15km	Builders Express - George			Rainbow AC		ASWD
10-Jan	CTM 10km	CTM - George			Outeniqua Harriers		ASWD
17-Jan							ASWD
24-Jan	De Zeekoe 10km & 21.1km	De Zeekoe Guest Farm - Oudtshoorn			Run / Walk for Life		ASWD
31-Jan							ASWD
07-Feb	Wesbank Valentine's Run 5km & 10km & 21.1km	Wesbank Primary School - Oudtshoorn			Run / Walk for Life		ASWD
08-Feb	Nedbank Durban City Marathon (SA Championships)	Durban			Athletics South Africa		ASWD
13-Feb	ASWD Youth / Junior / Senior Track and Field Championships	De Jager Stadium - Oudtshoorn			Athletics SWD		ASWD
14-Feb	Karoo National Park 10km & 21.1km	Karoo National Park - Beaufort West			Beaufort West Runners		ASWD
14-Feb	Outeniqua Wheelchair Challenge 5km & 10km & 21.1km & 42.2km	George Tourist Resort - George			Disabled Road Race Foundation		ASWD
19-Feb	Outeniqua Harriers Business Relay (6 x 2km)	Outeniqua High School - George			Outeniqua Harriers		ASWD
21-Feb	Coca-Cola 5km & 10km	Plantasie Road - George			Garden Route AC		ASWD
21-Feb	Western Cape LSEN Track and Field Championships	TBA - Boland			LSEN		ASWD
27-Feb	Infantry School Cango 5km	Military Sport Club House - Oudtshoorn			Military Sport Club		ASWD
28-Feb	Infantry School Cango 21.1km (Run / Walk)	SANDF, Park Road - Oudtshoorn			Military Sport Club		ASWD
28-Feb	Infantry School Cango 42.2km (ASWD 42.2km Championships)	Cango Caves - Oudtshoorn			Military Sport Club		ASWD
07-Mar	Palm Tyre 10km	Palm Tyres - George			Rainbow AC		ASWD

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13-Mar	SA LSEN Track and Field Championships	TBA - Sasolburg			LSEN		ASWD
14-Mar	SA LSEN Track and Field Championships	TBA - Sasolburg			LSEN		ASWD
13-Mar	Yellow Pages SA Senior Track and Field Championships	Stellenbosch - Boland			Athletics South Africa		ASWD
14-Mar	Yellow Pages SA Senior Track and Field Championships	Stellenbosch - Boland			Athletics South Africa		ASWD
14-Mar	Great Brakriver 5km & 10km & 21.1km	Vorentoe Primary - Great Brakriver			Mossel Bay Harriers		ASWD
19-Mar	SASA (Primary Schools) Track and Field Championships	Polokwane			SWDUSSA Track and Field		ASWD
20-Mar	SASA (Primary Schools) Track and Field Championships	Polokwane			SWDUSSA Track and Field		ASWD
21-Mar	SASA (Primary Schools) Track and Field Championships	Polokwane			SWDUSSA Track and Field		ASWD
21-Mar	Tortoise Tuff Challenge 5km & 10km	Sedgefield Primary School - Sedgefield			Sedgefield Striders		ASWD
21-Mar	Tortoise Tuff Challenge 10km (Walk) (ASWD Walk Championships)	Sedgefield Primary School - Sedgefield			Sedgefield Striders		ASWD
21-Mar	Tortoise Tuff Challenge 30km (Run / Walk)	Sedgefield Primary School - Sedgefield			Sedgefield Striders		ASWD
26-Mar	SASA (Secondary Schools) Track and Field Championships	Durban			SWDUSSA Track and Field		ASWD
27-Mar	SASA (Secondary Schools) Track and Field Championships	Durban			SWDUSSA Track and Field		ASWD
28-Mar	SASA (Secondary Schools) Track and Field Championships	Durban			SWDUSSA Track and Field		ASWD
27-Mar	Yellow Pages SA Youth / Junior Track and Field Championships	Stellenbosch - Boland			Athletics South Africa		ASWD
28-Mar	Yellow Pages SA Youth / Junior Track and Field Championships	Stellenbosch - Boland			Athletics South Africa		ASWD
28-Mar	Wilderness Eden AC 10km	Wilderness Common - Wilderness			Eden AC		ASWD
04-Apr	Lewis Stores 10km & 21.1km (KKNK)	Wesbank Primary - Oudtshoorn			Oudtshoorn AAC		ASWD
11-Apr	Two Oceans Marathon						ASWD
18-Apr	Athletics SWD / Mossel Bay Harriers Cross Country League	Correctional Services - Mossel Bay			Mossel Bay Harriers		ASWD
25-Apr	Nedbank Outeniqua 21.1km (ASWD Trials)	George Sport Club - George			Outeniqua Harriers		ASWD
25-Apr	Nedbank Outeniqua 42.2km	George Sport Club - George			Outeniqua Harriers		ASWD
02-May	Two Lagoons 32km	Karatara - Knysna			Knysna Marathon Club		ASWD
02-May	Two Lagoons 65km	Lightley's - Knysna			Knysna Marathon Club		ASWD
09-May	Mossel Bay Mall 5km & 15km	Heiderand - Mossel Bay			Hartenbos Drawers		ASWD
16-May	Swartberg Pass 5km & 10km & 21.1km	Swartberg Pass - Prince Albert			Zwartberg Runners		ASWD
23-May	Athletics SWD / Rainbow AC Cross Country League	Olympia School - Pacaltsdorp			Rainbow AC		ASWD
24-May	Comrades Ultra Marathon						ASWD
30-May	George Habelgaam Memorial 5km & 10km (ASWD Trails)	Sao Bras Secondary - Mossel Bay			Mossel Bay Harriers		ASWD
06-Jun	Seweweekspoort 10km & 21.1km	Santo Farm - Seweweekspoort			Run / Walk for Life		ASWD
13-Jun	ASWD Race Walking 5km & 10km Trials	Tiffanies Tavern - Sedgefield			Sedgefield Striders		ASWD
20-Jun	ASWD 2010 Fixture List Meeting	Pine Lodge - George			Athletics SWD		ASWD
27-Jun	Outeniqua Harriers 5km Development Fun Run	TBA - Pacaltsdorp			Outeniqua Harriers		ASWD
04-Jul	Nedbank Matha Series 4 (SA Half Marathon Championships)	Motherwell - Port Elizabeth			Athletics South Africa		ASWD
05-Jul	SA 50km Road Race Walking Championships & Interprovincial	SANDF, Park Road - Oudtshoorn			Athletics SWD		ASWD
11-Jul	Pick 'n Pay / Cape Time Knysna Forest 5km & 21.1km	The Glebe - Knysna			Knysna Marathon Club		ASWD
11-Jul	Pick 'n Pay / Cape Time Knysna Forest 42.2km	The Glebe - Knysna			Knysna Marathon Club		ASWD
18-Jul	Ebenharts 10km & 21.1km (Portfees)	Ebenharts Restaurant - Calitzdorp			Run / Walk for Life		ASWD
18-Jul	Athletics SWD / Nedbank Running Club Cross Country League	TBA - Thembaletu			Nedbank Running Club		ASWD
25-Jul	Top Gear Sport / Cheese Festival 10km (ASWD 10km Championships)	TBA - George			Outeniqua Harriers		ASWD
01-Aug	Athletics SWD Championships & SWDUSSA Cross Country Trials	TBA			Athletics SWD & SWDUSSA		ASWD
08-Aug	Nedbank Matha Series 5 (SA 10km Championships)	Stellenbosch - Boland			Athletics South Africa		ASWD
10-Aug	Women Day Challenge 10km	Queens Mall - Oudtshoorn			Run / Walk for Life		ASWD
15-Aug	PetroSA 5km & 10km & 21.1km & 42.2km	Santos Caravan Park - Mossel Bay			Mossel Bay Harriers		ASWD
22-Aug	Swellendam 5km & 21.1km	Swellendam Show Grounds - Swellendam			Langeberg AC		ASWD
29-Aug	Saasveld 21.1km	Saasveld Sport Grounds - George			Outeniqua Harriers		ASWD
05-Sep	SA Cross Country Championships	Tshwane			Athletics South Africa		ASWD
05-Sep	Beaufort West Municipality 21.1km	Rustdene Sport Grounds - Beaufort West			Spoornet (SWD) AC		ASWD

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12-Sep	SAPS Race Against Crime 5km, & 15km (Walk) & 21.1km	Herbertsdale Primary - Herbertsdale			Mossel Bay Harriers		ASWD
19-Sep	Andries Steyn Memorial 10km & 21.1km (Run / Walk)	Buffels Bay Car Park - Knysna / Sedgfield			Sedgfield Striders		ASWD
24-Sep	Leani Nursery 5km & 15km	Leani Nursery - Great Brakriver			Hartenbos Drawwers		ASWD
25-Sep	Run / Walk for Life 3 Day Challenge 10km	Langenhoven Gimnasium - Oudtshoorn			Run / Walk for Life		ASWD
26-Sep	Karoo Ultra 80km	Laingsburg Municipality - Laingsburg			Laingsburg AC		ASWD
26-Sep	Plettenberg Bay AC 5km & 21.1km	Plett Rugby Club - Plettenberg Bay			Plettenberg Bay AC		ASWD
26-Sep	Run / Walk for Life 3 Day Challenge 10km	Langenhoven Gimnasium - Oudtshoorn			Run / Walk for Life		ASWD
25-Sep	SASA (Primary & Secondary Schools) Cross Country Championships	Kimberley			SWDUSSA Cross Country		ASWD
26-Sep	SASA (Primary & Secondary Schools) Cross Country Championships	Kimberley			SWDUSSA Cross Country		ASWD
27-Sep	Run / Walk for Life 3 Day Challenge 10km	Langenhoven Gimnasium - Oudtshoorn			Run / Walk for Life		ASWD
03-Oct	Voet Van Afrika Marathon						ASWD
03-Oct	Kanniedood Nite Race 5km & 10km	Nico Brummer Primary - Beaufort West			Beaufort West Runners		ASWD
10-Oct	Heather Park SuperSpar 10km	Heatherpark SuperSpar - George			Nedbank Running Club		ASWD
15-Oct	Lamprecht & Meyer Business Relay (6 x 2km)	Spur - Oudtshoorn			Oudtshoorn AAC		ASWD
17-Oct	Meiringspoort 10km & 21.1km (ASWD 21.1km Championships)	Meiringspoort - De Rust			De Rust Striders		ASWD
21-Oct	Geronimo Spur 10km Nite Race	TBA - George			Outeniqua Harriers		ASWD
24-Oct	SWD Masters Track and Field Championships	De Jager Stadium - Oudtshoorn			SWD Masters Association		ASWD
24-Oct	Tradouwspas 21.1km	Southern Cape Winery - Barrydale			Langeberg AC		ASWD
31-Oct	On Tap Neighbour Relay (5 x 10km)	Riverside Caravan Park - Little Brakriver			Hartenbos Drawwers		ASWD
07-Nov	Dyasons 10km	Dyasons - George			Rainbow AC		ASWD
14-Nov	Heather Park SuperSpar 21.1km	Heatherpark SuperSpar - George			Nedbank Running Club		ASWD
21-Nov	Knysna Heads 5km & 10km & 21.1km	Knysna Marathon Club - Knysna			Knysna Marathon Club		ASWD
28-Nov	Die Vlakte 21.1km	Panorama Farm, Soutpan - Heidelberg			Langeberg AC		ASWD
28-Nov	Die Vlakte 42.2km (ASWD Trials)	Panorama Farm, Soutpan - Heidelberg			Langeberg AC		ASWD
05-Dec	Klein Vellie 5km & 10km	Eden Motel - Little Brakriver			Hartenbos Drawwers		ASWD
05-Dec	Velskoen 32km (Walk)	Eden Motel - Little Brakriver			Hartenbos Drawwers		ASWD
05-Dec	Velskoen 32km (Run)	Eden Motel - Little Brakriver			Hartenbos Drawwers		ASWD
12-Dec	Palm Tyre 21.1km	Palm Tyres - George			Outeniqua Harriers		ASWD
16-Dec	Knysna Marathon Club 5km & 10km	Knysna Marathon Club - Knysna			Knysna Marathon Club		ASWD
19-Dec	Somerson 3km & 10km & 21.1km	Diaz Beach - Mossel Bay			Mossel Bay Harriers		ASWD
21-Dec	Gleniqua Properties 10km	TBA - Glentana			Outeniqua Harriers		ASWD
23-Dec	Moordkuil 5km & 15km	Friemersheim Sport Grounds - Friemersheim			Hartenbos Drawwers		ASWD
26-Dec	Coreen Fourie - Eco Avontuur 5km	St. Blaize, Point Cave - Mossel Bay			Hartenbos Drawwers		ASWD
26-Dec	Engen 10km	Engen, Knysna Road - George			Nedbank Running Club		ASWD
28-Dec	Garden Route Casino Nite Race 5km & 10km	Amphitheatre - Hartenbos			Mossel Bay Harriers		ASWD
04-Jan	Varsity Kudus 15km	West Campus, Wits			Kudus	alecjoubert@telkomsa.net	CGA
10-Jan	CGA TF All Age Groups	Ruimsig Stadium			CGA	cgauteng@intekom.co.za	CGA
11-Jan	Dischem 21km/5km	Bedford Virgin Active			Bedfordview	helena.lopes@dhl.com	CGA
14-Jan	Berg & Dal Nite Race 15km/5km	Key West Krugersdorp			Krugersdorp RR	loffielinda@telkomsa.net	CGA
17-Jan	CGA TF All Age Groups	Ruimsig Stadium			CGA	cgauteng@intekom.co.za	CGA
18-Jan	Bobbies 10km/21km	Arthur Block Stadium			SAPG	opcommunityserv@saps.org.za	CGA
21-Jan	Kempton Night Race 15km/5km	Kempton Park			Kempton Road	phiacobs@gibb.co.za	CGA
24-Jan	CGA TF All Age Groups	Germiston Stadium			CGA	cgauteng@intekom.co.za	CGA
25-Jan	Johnson Crane Marathon 21km/5km	Old Benonians Club			Benoni Harriers	secretary@benoniharriers.co.za	CGA
31-Jan	CGA TF All Age Groups	Germiston Stadium			CGA	cgauteng@intekom.co.za	CGA
01-Feb	Glassfit Marathon & Half Marathon	Ruimsig Stadium			GRRR		CGA
04-Feb	Noordheuwel Monster 15km/5km	Khosa Sports Club			Khosa	Estelle@orthodontics.co.za	CGA
07-Feb	CGA Womens Meeting	Germiston Stadium			CGA	cgauteng@intekom.co.za	CGA
08-Feb	Brooks Striders 32km/15km/5km	Springs Rugby Club			Brooks Str	pframbyurgh@yahoo.com	CGA
13-Feb	Valentines Night Race 10kmW/R	Randburg Central Sports Complex			Randburg Harriers	randburgharriers@wbs.co.za	CGA
14-Feb	CGA Snr TF Champs	Germiston Stadium			CGA	cgauteng@intekom.co.za	CGA
15-Feb	Pick & Pay 42km/21km/5km	Saheti School			Jeppe	ieppequondam@mweb.co.za	CGA

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21-Feb	CGA TF All Age Groups	Germiston Stadium			CGA	cgauteng@intekom.co.za	CGA
22-Feb	Pirates 21.1km	Greenside			Pirates	piratesclub@global.co.za	CGA
25-Feb	Alberton Nite Race 10km/15km	Alberton			Alberton Road	chairman@albertonroadrunners.co.za	CGA
28-Feb	CGA Youth / Jnr TF Champs	Germiston Stadium			CGA	cgauteng@intekom.co.za	CGA
01-Mar	The Amazing Race 10km/5km	Correctional - Modderbee			Daveyton Hearts	sbhekzin@webmail.co.za	CGA
05-Mar	JP Moragan Corporate Relay	Wanderers			CGA Challenge	Francesca.parrini@yahoo.com	CGA
08-Mar	Township Marathon / 15km W/R	Eldorado Park Stadium			Pegasus	imorris@mweb.co.za	CGA
15-Mar	Orange Farm 21km/10km/5km	Chris Hani Stadium			Orange Farm	mayfordm@wvb.co.za	CGA
21-Mar	CGA XC Development League	Vosloorus			CGA	cgauteng@intekom.co.za	CGA
22-Mar	Stadium to Stadium 15km	Germiston Stadium			Katlehong	fontunate.mosheqone@standardbank.co.za	CGA
29-Mar	George Archer 6 Day Circuit Race	Hekpoort			JHAC	ihac@mweb.co.za	CGA
29-Mar	Jackie Gibson Marathon / 21km	Klipriversberg Rec Centre			JHAC	ihac@mweb.co.za	CGA
03-Apr	George Archer 12 Hour Circuit Race	Hekpoort			JHAC	ihac@mweb.co.za	CGA
05-Apr	Slow Mag Marathon 42km/21km/5km	Benoni Northerns			BN	madge@bnac.co.za	CGA
05-Apr	Rand Road Warriors 42km/21km/5km	Horwoods Farm Edenvale			RRW	chris1@netactive.co.za	CGA
11-Apr	CGA XC Development League	Elkah Stadium			CGA	cgauteng@intekom.co.za	CGA
19-Apr	Callies Comrades Legends 32km/15km	Germiston Stadium			GCH	gch@germistoncallies.co.za	CGA
25-Apr	CGA XC League 1	Kagiso			CGA	cgauteng@intekom.co.za	CGA
26-Apr	Colgate 32km/15km	Boksburg Stadium			Boksburg	boksac@mweb.co.za	CGA
26-Apr	Cradle of Humankind 21km/10km/5km	Olde Conf Centre			Krugers Road	loffielinda@telkomsa.net	CGA
01-May	Sowetan Big Walk 15km/5km	Mapetla Sports Center			Loop 'n Val		CGA
09-May	CGA XC League 2	Delta Park			CGA	cgauteng@intekom.co.za	CGA
10-May	Diepkloof 22km/10W&R/5km	UJ (Soweto Campus)			Diepkloof	mehlape@telkom.net	CGA
10-May	Panorama 10km/21km	TBA			Panorama	trobson@telkomsa.net	CGA
16-May	CGA XC League 3	Tsakane-Faranani Sports Complex			CGA	cgauteng@intekom.co.za	CGA
17-May	Gauteng Striders 21.1km/5km	High School Roseveldt Park			Gauteng Striders	nimrodvanto@yahoo.com	CGA
06-Jun	Connies 10km Run/Walk	Connie Mulder Centre			Connies	maatskaplik@conniemulder.co.za	CGA
06-Jun	CGA XC League 4	Arthur Bloch Park			CGA	cgauteng@intekom.co.za	CGA
07-Jun	RAC 10km R/W	Old Parktonians			RAC		CGA
20-Jun	CGA XC League 5	Chris Hani Stadium			CGA	cgauteng@intekom.co.za	CGA
28-Jun	Ebony 10km/5km	Elkah Stadium			Ebony	shots@telkomsa.net	CGA
04-Jul	CGA XC League 6	Summit College			CGA	cgauteng@intekom.co.za	CGA
05-Jul	Roodepoort Northgate 10km/5km	Northgate			Roodepoort	cecilia.havenga@computershare.co.za	CGA
12-Jul	Pirates 10km Walk & Run	Pirates Club Greenside			Pirates	piratesclub@global.co.za	CGA
18-Jul	CGA XC League 7	Elkah Stadium			CGA	cgauteng@intekom.co.za	CGA
19-Jul	Breakthru 15km & Leppan Beech 5km	Midrand H.School			Breakthru Midrand	scottpen@netlab.co.za	CGA
26-Jul	702 Walk The Talk 42km/21km/8km/5km	Marksparc			Fit 2000		CGA
01-Aug	CGA XC League 8	Alberton Dam			CGA	cgauteng@intekom.co.za	CGA
02-Aug	Northgate 21km/10km	Randburg			Randburg Harriers	randburgharriers@wbs.co.za	CGA
08-Aug	CGA Cross Country Champs	Westonaria			CGA	cgauteng@intekom.co.za	CGA
09-Aug	Ladies Race 10km/5km Walk & Run	Roosevelt High School Emmerentia			Zonkizizwe	neovslerato@gmail.com	CGA
09-Aug	Alberton 10km W&R/21km	Alberton			Alberton Road	chairman@albertonroadrunners.co.za	CGA
10-Aug	Morningside One Miler	TBA			Morningside	edutoit@telkomsa.net	CGA
16-Aug	Old Eds 10km/21km	Old Eds Club			Old Eds	mwoldeds@mweb.co.za	CGA
23-Aug	Vodacom 10km/21km	Vodaworld			Powerade	fasnet@icon.co.za	CGA
30-Aug	Joe Stutzen 21km	Wanderers			Wanderers	Francesca.parrini@yahoo.com	CGA
30-Aug	Matthews Motsharatu 10km	Wanderers			Wanderers	Francesca.parrini@yahoo.com	CGA
04-Sep	100 miler	Ruimsig			GRRRRC		CGA
06-Sep	City2City Marathon / 21km	Tshwane - Jhb			CGA	cgauteng@intekom.co.za	CGA
13-Sep	Citizen/Gerald Fox Memorial 10run&w-chair/21/5km	JHB Zoo			Rockies	info@rockies.co.za	CGA
20-Sep	ADT Fred Morrison 15km	Germiston Stadium			GCH	gch@germistoncallies.co.za	CGA
24-Sep	Florida Flat One 21km/10km/5km	Florida			Florida		CGA
27-Sep	Carnival 21km/10km/5km	Carnival City			Carnival City	marius.botha@multivacsa.com	CGA
27-Sep	Daxina 21.1 and 10km/5km	Lenasia South Civic Centre			Daxina	venop@absa.co.za	CGA
04-Oct	Afrisam 10km/21km	Ruimsig Stadium			GRRRRC		CGA
04-Oct	Rainbow 15km and 5km	Barnard Stadium, Kempton			Rainbow	johnm@byversetv.co.za	CGA
11-Oct	Spar Ladies Race 10km/5km	Old Parktonians			CGA	cgauteng@intekom.co.za	CGA
18-Oct	Brotherhood 15km/5km	South Gate Mall			Brotherhood		CGA
21-Oct	15km	Germiston Stadium			Katlehong	fontunate.mosheqone@standardbank.co.za	CGA
24-Oct	Kagiso 10km/5km	Mohlakeng Stadium			Kagiso	nthatile@mweb.co.za	CGA
25-Oct	Sportsmans Warehouse 15km/5km	East Rand Value Mall			Boksburg	boksac@mweb.co.za	CGA

Date	Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
			(TF/CC/RR)	(if Road Running)	(name of club)		
08-Nov	Sportsmans Warehouse 10km/5km	Princess Crossing Shopping Cen			Roodepoort	cecilia_havenga@computershare.co.za	CGA
08-Nov	Paul Ras 10km/21km/5km	Springs Rugby			Brooks Striders	ptrambyurgh@yahoo.com	CGA
18-Nov	Austin Jordaan Night Race 15km	Benoni			BN	madge@bnac.co.za	CGA
22-Nov	RAC - Tough One 32km	Old Parks			RAC		CGA
22-Nov	RAC - Tough One 5km	Old Parks			RAC		CGA
29-Nov	Soul City 10km / 21.1km	Wits Main Campus			Soul City Sports	colin@soulcity.org.za	CGA
06-Dec	Katlehong 21km/10km	Huntersfield			Katlehong	fontunate.moshegone@standardbank.co.za	CGA
06-Dec	Mafika 10km/5km	Vosloorus			Mafika	langarnpce@yahoo.com	CGA
16-Dec	Malcolm X 10km	Vosloorus Stadium			Malcolm X	imoloi@joburg.org.za	CGA
20-Dec	Stop Abuse 10km/5km	Dinabe Stadium, Daveyton			Daveyton Hearts	sbhekzin@webmail.co.za	CGA
03-Jan	Woodlands Dairy 15km / 5km	Main Beach, Jeffreys Bay			Jeffreys Bay AC		EPA
10-Jan	Despatch 10km / 5km	Despatch Sports Centre			Despatch AC		EPA
17-Jan	Marina Salt 15km / 5km	Bluewater Bay Prim School			Bluewater Bay AC		EPA
17-Jan	Track and Field Open Meeting	Gelvandale Stadium			EPA		EPA
24-Jan	Historic Run 10km / 5km	PE College (Heath Park)			X-Cel AC		EPA
24-Jan	Track and Field Open Meeting	Westbourne Oval			EPA		EPA
28-Jan	Track and Field Meeting	Gelvandale Stadium			EPA		EPA
31-Jan	Herald/Remax Friendly City Marathon	Holmeleigh Farm			Achilles AC		EPA
07-Feb	Cassies 15km /5km	Verkenner Primary School			Nedbank AC		EPA
07-Feb	NMMU League Meeting	NMMU Stadium			NMMU AC		EPA
13-Feb	Provincial Track & Field Championships	NMMU Stadium			EPA		EPA
14-Feb	Provincial Track & Field Championships	NMMU Stadium			EPA		EPA
14-Feb	Metlife Plaza/Valentines Run 10km/5km	Metlife Plaza			Achilles AC		EPA
21-Feb	GM Bay Ultra 50km/10km/5km	Hobie Beach			Body Concept AC		EPA
25-Feb	Track and Field Meeting	Westbourne Oval			EPA		EPA
28-Feb	Aquartz 24km Challenge	Seaview Community Hall			PEAAC		EPA
07-Mar	Sportmans Warehouse 15km/5km	William Moffett Retail Park			Raleigh AC		EPA
14-Mar	Spar Bruintjieshoogte 50km/25km/5km	Somerset East			Somerset East AC		EPA
18-Mar	Track and Field Meeting	Westbourne Oval			EPA		EPA
21-Mar	Lake Farm Charity Run 25km/10km	Lake Farm Centre			Achilles AC		EPA
28-Mar	Kouga Kus 21.1km/5km	Humansdorp			Humansdorp AC		EPA
01-Apr	Track and Field Meeting	NMMU Stadium			NMMU AC		EPA
04-Apr	Umhlobo Wenene 10km/5km	Kings Beach			St Albans AC		EPA
18-Apr	Clover Settlers Ultra Marathon 60km	PJ Olivier High School,Ghs			Kowie Striders		EPA
25-Apr	Kromberg & Schubert 15km/5km	Despatch Sport Grounds			Muinte Striders		EPA
01-May	Spar Mens Race 10km/5km	Kings Beach			Spar Walmer AC		EPA
02-May	Spar Ladies Race 10km/5km	Kings Beach			EPA		EPA
09-May	Andre van Coler Memorial Run 21.1km/5km	Portuguese Club			Elite AC		EPA
16-May	Sunridge Village Shopping Complex 10km/5km	Sunridge Village			PEAAC		EPA
23-May	Cross Country League 1	Strelitzia Dam			EPA		EPA
30-May	Cross Country League 2	Varsvlei			EPA		EPA
06-Jun	Cross Country League 3	Strelitzia Dam			EPA		EPA
20-Jun	Trailer Hyper Time Challenge 17km/5km	Kirkwood Tennis Club			Raleigh AC		EPA
27-Jun	Cross country League 4	Varsvlei			EPA		EPA
18-Jul	Sechaba Medical Solutions 10km/5km	Aberdare Sports Fields			New Balance AC		EPA
25-Jul	Clover Milk Run 10km/5km	Kings Beach			PEAAC		EPA
01-Aug	Heartbreak Hill 21.1km/5km	Italian Club, Charlo			Charlo AC		EPA
08-Aug	EP Cross Country Champs	St Albans Prisons			EPA		EPA
15-Aug	PG Glass Mountain Drive 21.1km	Albany Sports Club			Albany RR		EPA
22-Aug	Itec 10km/5km	Hobie Beach			Body Concept AC		EPA
29-Aug	AF General/Trophy Palace 10km/5km	Despatch Sports Centre			Despatch AC		EPA
02-Sep	Track and Field Meeting	Gelvandale Stadium			EPA		EPA
05-Sep	Muinte 42.2km/10km/5km	Muir College, Uitenhage			Muinte Striders		EPA
12-Sep	Track and Field Meeting	Westbourne Oval			EPA		EPA
12-Sep	Wildside Adventure 15km	The Willows			Achilles AC		EPA
16-Sep	Track and Field Meeting	Gelvandale Stadium			EPA		EPA
19-Sep	Charlo Tuff 10km/5km	Charlo Primary School			PEAAC		EPA
23-Sep	Track and Field Meeting	Westbourne Oval			EPA		EPA
26-Sep	Bauer 10km Classic/5km	Caledonian Football Club			Madiba Bay AC		EPA
03-Oct	Willard Batteries 15km/5km	Gelvandale Swimming Pool			Willard Batteries AC		EPA
03-Oct	Track and Field Meeting	Gelvandale Stadium			EPA		EPA

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10-Oct	Ebenezer 10km/5km	Ebenezer Centre, Algoa Park			Ebenezer AC		EPA
10-Oct	Track and Field Meeting	NMMU Stadium			NMMU AC		EPA
17-Oct	SMS Direct 27km	Port Alfred Country Club			Kowie Striders		EPA
17-Oct	Track and Field Meeting	Westbourne Oval			EPA		EPA
24-Oct	CalteX/Algoa FM Big Walk for Cansa	EP Rugby Stadium			Elite AC		EPA
24-Oct	Track and Field Meeting	Westbourne Oval			EPA		EPA
31-Oct	Zuurberg Inn Mountain Race	Zuurberg Hotel			Achilles		EPA
31-Oct	Builders Warehouse 27km/10km/5km	Builders Warehouse			Raleigh AC		EPA
07-Nov	Bay To Bay Challenge 100km/50km/Relay	Jeffreys Bay - PE			EP Athletics		EPA
14-Nov	New Balance 10km/5km	Kings Beach			New Balance AC		EPA
21-Nov	MTN 'Yello Community Race' 10km/5km	Malabar Community Hall			Malabar AC		EPA
28-Nov	ATKV 15km/5km	Portuguese Club			Spar Walmer AC		EPA
05-Dec	Aspen Pharmacare PE City Marathon 42.2km/10km	Lorraine Primary School			Crusaders AC		EPA
12-Dec	Despatch 10km/5km	Despatch Sports Centre			Despatch AC		EPA
11-Jan	Ronnie Davel 16 km run/ walk	Laddsworth Primary School- Hilton			Hilton Harriers	sally@icfr.unp.ac.za	KZNA
16-Jan	Youth, Junior, Senior League 1	Kings Park Athletics Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
18-Jan	Halfway Scottburgh 21,1km	Scottburgh Country Club			Scottburgh Athletic Club	bphillips@oldmutualpfa.com	KZNA
18-Jan	Alex Wasps Half Marathon	Long Market Girl's School- Pietermaritzburg			Alex Wasps A.C.		KZNA
24-Jan	Youth, Junior, Senior League 2	Kings Park Athletics Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
24-Jan	The David Rattray Memorial Isandlwana Rorkes Drift 21,1km	Isandlwana Interpretive Centre			Biggarsberg Athletic Club	george.groenewald@dcs.gov.za	KZNA
31-Jan	Youth, Junior, Senior League 3	Chatsworth Athletics Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
01-Feb	Kearsney Striders Half Marathon	Kearsney College- Bothas Hill			Kearsney Striders	chezsea@iafrica.com	KZNA
01-Feb	Sparkport Challenge	Outside Sparkport Pharmacy, Sparks rd			Crusaders Sports Club		KZNA
06-Feb	Yellow Pages Ultimate Athletics iii	Kings Park Athletics Stadium- KZN			ASA- KZN Athletics	kzn@athletics.org.za	KZNA
08-Feb	Nedbank Durban City Marathon incorp SA Champs						KZNA
14-Feb	Vryheid Athletic Club Half Marathon	Cecil Ammett Sports Grounds Vryheid			Vryheid Athletic Club	ingridkusel@internext.co.za	KZNA
14-Feb	KZN Snr and Masters Champs	Kings Park Athletics Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
15-Feb	NIMAS Challenge	Hillcrest Sports Club- Hillcrest			Hillcrest Villagers	alison@diversitech.co.za	KZNA
21-Feb	Youth, Junior, Senior League 4	Kings Park Athletic Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
22-Feb	Formula 1 Bluff Meats	Bluff Meat Shopping Centre North Coast Rd			Formula 1 Bluff Meats	ecsport@telkomsa.net	KZNA
22-Feb	DB Enterprises- 10km run/ walk	Eitty Park Sport Ground - Ladysmith			Jabulani Athletic Club		KZNA
22-Feb	Mondi 21km run, 10km run/ walk	Bay Hall- Richardsbay			CANON Richardsbay Athletic Club	wayne.crouch@transnet.net	KZNA
27-Feb	KZN Youth and Junior Championships	Kings Park Athletics			KZN Athletics	kzn@athletics.org.za	KZNA
28-Feb	Battlefields 5-in-1	Newcastle Swimming Pool- Newcastle			Newcastle Harriers	anel12@telkomsa.net	KZNA
01-Mar	Newlands 42,2km & 21,1km run/ walk	Hoy Park			Newlands Athletic Club	mradr@mweb.co.za	KZNA
06-Mar	Provincial Schools Primary Champs	Kings Park Athletics Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
08-Mar	Checkout 27km Challenge	Verulam Recreation Ground - Verulam			Checkout Verulam Falcons	darktrjee@telkom.net	KZNA
08-Mar	The Umgeni Water Marathon	Midmar Dam - Howick			Collegians Harriers	burnard@futurenet.co.za	KZNA
08-Mar	Zululand Ultra Marathon	Gqikazi Sports Ground			Nongoma Athletic Club		KZNA
15-Mar	Postnet Weekend Witness Maritzburg Marathon	Natal Carbineers- Pietermaritzburg			Natal Carbineers	office@aghall.co.za	KZNA
20-Mar	Provincial Schools Secondary Champs	Kings Park Athletics Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
22-Mar	Boxer Superstores Stella Royal	Stella Sport Club			Stella Athletic Club	sher@merbeda.com	KZNA
29-Mar	Willie Mtolo Half Marathon	Lahee Park Pinetown			Willie Mtolo A.C.		KZNA
29-Mar	Arthur Cresswell Memorial Marathon	Bergville Farmers Hall- Bergville			Ladysmith Athletic Club		KZNA
05-Apr	Midlands Meander Marathon	Clifton School Nottingham Rd			Howick Athletic Club		KZNA
05-Apr	Exxaro uMhlathuze Marathon & Half Marathon	Addison Park - Empangeni			uMhlathuze Athletic Club	empangeni@eraunique.co.za	KZNA
05-Apr	Oasis Crescent Challenge				Oasis Crescent Sporting Club	bilalrawat@yahoo.com	KZNA
10-Apr	National Schools Secondary Champs	Kings Park Athletics Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
11-Apr	Cash & Carry Liquorland- Easter Ultra	PaulPietersburg Country Club			Vryheid Athletic Club	ingridkusel@internext.co.za	KZNA
12-Apr	Wings Challenge 21,1km run	Fairvale Senior Sec			Wings A.C.		KZNA
18-Apr	50km Race Walk Champs	NMR Avenue			KZN Athletics	kzn@athletics.org.za	KZNA
19-Apr	Lamontville 10	SJ Smith Stadium (Wema)			Lamontville A.C.	kmakelo@sanlam4u.co.za	KZNA
19-Apr	King Cetshwayo Marathon	Phumulani Farm			Ulundi A.C.		KZNA
19-Apr	Cavanagh Marathon	Boat Club Wagendrift Dam Escourt			Escourt Athletic Club	alan.jennings@pamgolding.co.za	KZNA
26-Apr	Chatsworth Freedom Marathon	Chatsworth Stadium			Chatsworth A.C.		KZNA
01-May	VAC Challenge	Verulam Recreation Ground			Verulam A.C.		KZNA
02-May	Old Mutual Balele Mountain Challenge	Utrecht Country Club			Newcastle Harriers	anel12@telkomsa.net	KZNA
03-May	Checkout Marathon & Half Marathon	Verulam Recreation Ground			Checkout Verulam Falcons AC	dariterjee@telkom.net	KZNA
03-May	Swift 1/2 marathon	Hulamin Ground Camps Drift- Pietermaritzburg				alex.anthony@hulamin.co.za	KZNA
10-May	Mondi Rotatrim Challenge	Cyril Geoghan Cycling Stadium Durban			Savages Athletics Club	dave@fas-sa.co.za	KZNA
16-May	Build it 21.1	Camperdown SAPS			Eskom Gijmas		KZNA

Date	Name of Event	Venue	Category (TF/CC/RR)	Distance (if Road Running)	Organised by (name of club)	Email Address	Province
17-May	RBM	Bay Hall Richards Bay			CANON Richards Bay Athletic Club	wayne.crouch@transnet.net	KZNA
17-May	Starling Plumbers 3 in 1	Mount Edgecombe Recreational Grounds			Woodview Athletic Club	info@starlingplumbers.co.za	KZNA
24-May	COMRADES MARATHON	Pietermaritzburg City Hall			Comrades Marathon Association	info@comrades.com	KZNA
06-Jun	Mr Price Lindani Mbele 10km Challenge	Luthuli Sport Ground eMathulini			Thubalethu A.C.	phakut@webmail.co.za	KZNA
07-Jun	East Coast Big Walk	Sun Coast Casino			Forest Hills Athletic Club		KZNA
05-Jul	Queensburgh 10	Queensburgh Sports Club Bowker Rd Queensburgh			Queensburgh Harriers	deswight@polka.co.za	KZNA
11-Jul	MTN Game Park	Cecil Emmett Sport Ground- Vryheid			Vryheid Athletic Club	ingridkusel@internext.co.za	KZNA
12-Jul	Sardine Half Marathon	TBA			South Coast Striders	crisspies@gmail.com	KZNA
18-Jul	Mfuli Mountain Challenge	Mfuli Game Farm Empangeni			uMhlatuze Athletic Club	empangeni@eraunique.co.za	KZNA
19-Jul	Forest 10	Forest Hills Sports Club			Forest Hills Athletic Club	hpaul@stmarys.kzn.school.za	KZNA
26-Jul	Ladies Spar - Durban	Sahara King Smead Cricket Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
26-Jul	Mtontwane Eco Walk	Mtontwane Game Farm Estcourt			Escourt Athletic Club		KZNA
26-Jul	RBCT Charity Relay Run				Zululand Multi Sport Club	jeanette@beesink.co.za	KZNA
01-Aug	Donkey's Pass Mountain Challenge	Dunable Farm			Newcastle Harriers	anel12@telkomsa.net	KZNA
01-Aug	The Longest Day	Collegians Club			Collegians Harriers	burnard@futurenet.co.za	KZNA
02-Aug	Value Prop Orion Challenge	Protea Sports Centre Raisensthorpe			Orion Athletic Club	ajithdeena@hotmail.com	KZNA
09-Aug	Women's Day Ladies 10km	Chatsworth			Chartworth A.C.		KZNA
15-Aug	Mtubatuba 10km Challenge	Kwamsane Sport Ground			Mtubatuba A.C.		KZNA
15-Aug	The Witness Capital Climb	Pietermaritzburg City Hall			Midlands Athletic Club	anthony.morrison@kznhealth.gov.za	KZNA
16-Aug	Mtunzini Bush Run	Mtunzini Town Hall			Mtunzini Athletic Club	paulm@ritchauto.co.za	KZNA
16-Aug	Merewent 10	Dhubri Rd Merewent			Merewent Athletic Club	pat@multiship.co.za	KZNA
22-Aug	Dumbe Mountain Race	Paulpietersburg Country Club			Vryheid Athletic Club	ingridkusel@internext.co.za	KZNA
22-Aug	Sub Youth and Primary Schools League 1	Kings Park Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
23-Aug	Nongoma Build It 21,1km	Gqikazi FET Main Gate Nongoma			Nongoma Athletic Club		KZNA
23-Aug	Gaterite Ultra Challenge	Verulam Recreation Ground Verulam			Verulam Athletic Club		KZNA
29-Aug	Sub Youth and Primary Schools League 2	Richards Bay			KZN Athletics	kzn@athletics.org.za	KZNA
30-Aug	The Spares Shop Half Marathon & 10km walk	Addison Park Empangeni			uMhlatuze Athletic Club		KZNA
04-Sep	Midlands 100 Miler	Winterton Country Club			Natal Carbineers	office@aghall.co.za	KZNA
05-Sep	Sub Youth and Primary Schools League 3	Newcastle			KZN Athletics	kzn@athletics.org.za	KZNA
06-Sep	The Duke of York	Carwin Heights Farm Manderston			Collegians Harriers	burnard@futurenet.co.za	KZNA
12-Sep	Mpati Mountain Race	King Edward Park Dundee			Biggarsberg Athletic Club		KZNA
12-Sep	Sub Youth and Primary Schools League 4	Ladysmith			KZN Athletics	kzn@athletics.org.za	KZNA
13-Sep	Spar Ladies Pietermaritzburg	The Oval Alexander Park			Natal Carbineers	office@aghall.co.za	KZNA
13-Sep	Vusi Nxumalo Half Marathon	Ulundi Regional Stadium			Ulundi A.C.		KZNA
13-Sep	SAPS Striders	Kings Park Athletic Stadium			SAPS Striders		KZNA
19-Sep	Sub Youth and Primary Schools League 5	PM Burg			KZN Athletics	kzn@athletics.org.za	KZNA
20-Sep	Beds for Africa	Crusaders Club Ranleigh Crescent Durban North			Athletics North		KZNA
26-Sep	Ithala Escarpment Challenge	Ntshondwe Main Camp, Ithala Game Park			Vryheid Athletic Club	ingridkusel@internext.co.za	KZNA
26-Sep	Sub Youth and Primary Schools League 6	Kings Park Athletic Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
27-Sep	Ethekwini 4-in-1 Event	Kings Park Athletic Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
Sept	Incorp. KZN 42.2km Champs						KZNA
03-Oct	ABI Hamilton Night Race	Ladysmith Sport Club Klipbank			Ladysmith Athletic Club		KZNA
04-Oct	Mahindra Thorntree Challenge	St Charles College Pietermaritzburg			Saints Athletic Club	eversont@ukzn.ac.za	KZNA
10-Oct	KZN Sub Youth and Primary School Champs	Kings Park Athletics Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
11-Oct	Owabahle Women's 10km Challenge	KwaGqikazi College			Owabahle Athletic Club		KZNA
11-Oct	Sugar Coast 21	Outspan Ground Tongaat			Tongaat Panthers	milleniummail@telkomsa.net	KZNA
17-Oct	Bayside 15	Bay Hall Richards Bay			CANON Richards Bay Athletic Club	wayne.crouch@transnet.net	KZNA
17-Oct	Youth, Junior, Senior League 1	Kings Park Athletics Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
18-Oct	Chatsworth 21,1km	Chatsworth Stadium			Chatsworth Athletic Club		KZNA
24-Oct	Nite Race	Newcastle Swimming Pool			Newcastle Harriers		KZNA
24-Oct	Youth, Junior, Senior League 2	Richardsbay			KZN Athletics	kzn@athletics.org.za	KZNA
24-Oct	Tonevale Game Farm Empangeni	uMhlatuze Athletic Club			uMhlatuze Athletic Club		KZNA
25-Oct	Ethekwini Township to Township Marathon	King Zwelithini Stadium			Umlazi AC incorporating Chesterville & KwaMashu		KZNA
31-Oct	Youth, Junior, Senior League 3	Newcastle			KZN Athletics	kzn@athletics.org.za	KZNA
01-Nov	Venk Pac 15km Challenge	Verulam Recreation Ground			Checkout Verulam Falcons	kpersad@tpss.co.za	KZNA
07-Nov	Youth, Junior, Senior League 4	Kings Park Athletics Stadium			KZN Athletics	kzn@athletics.org.za	KZNA
07-Nov	Longest Night 12 hour race	Kings Park Athletics Stadium			Verulam Athletic Club		KZNA
08-Nov	Bluff 35+ Half Marathon 15km	Fynnland Combined Sports Club			Bluff Athletic Club		KZNA
08-Nov	FOSKOR	Bay Hall Richards Bay			CANON Richards Bay Athletic Stadium		KZNA
15-Nov	Transnet Port Terminals Stella Tribute No to Violence	Stella Sport Club Durban			Stella Athletics Club	sher@merbeda.com	KZNA
15-Nov	Edendel 10km	Wadley Stadium Edendale			Comrades Marathon Association	info@comrades.com	KZNA

Date	Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
			(TF/CC/RR)	(if Road Running)	(name of club)		
22-Nov	Thompsons Tasty Meats	Newcentre Sport Complex Newlands			Newlands Striders	sanasa@telkomsa.net	KZNA
28-Nov	Sani Stagger	Sani Pass Hotel Lesotho Border Post			Sani Athletic Club	pcrawley@iafrica.com	KZNA
29-Nov	Heatonville	Addison Park Empangeni			uMhluhuze Athletics Club	empangeni@eraunique.co.za	KZNA
04-Dec	SALGA-KZN Games	TBA			KZN Athletics		KZNA
06-Dec	Bearngman Stainbank Cup	Yellowwood Park Sport Club Field Start Barbert RD			Yellowwood Park AC	freds@sa-shipyards.co.za	KZNA
13-Dec	Illovo Sugar Christmas Challenge	Westville Athletic Club Westville			Westville Athletic Club	adriani@iafrica.com	KZNA
16-Dec	Kwazulu Waevers Summer Holiday Run/Walk	Bergville Primary School Bergville			Estcourt At5hletic Club	alan.jennings@pamgolding.co.za	KZNA
20-Dec	Calder Sulin	Kings Park Athletics Stadium Durban					
17-Jan	Nedbank Matha – Series 1	Tswane		21.1 / 5km	AGN		LIMA
23-Jan	Yellow Pages – Series 1	Potchefstroom		Track & Field			LIMA
24-Jan	Soutpansberg Mountain Race	Clubhouse		21.1 / 9km	Soutpansberg A C		LIMA
30-Jan	Yellow Pages – Series 2	Tswane			AGN		LIMA
31-Jan	Inter High (2 nd Date)	Polokwane		Track & Field	Noorderland H S		LIMA
03-Feb	Inter Schools	Polokwane		Track & Field	Ivypark Laerskool		LIMA
04-Feb	Inter Schools	Polokwane		Track & Field	Ivypark Laerskool		LIMA
06-Feb	Yellow Pages – Series 3	Durban			KZN A		LIMA
07-Feb	Inter High (1 st Date)	Polokwane		Track & Field	Noorderland H S		LIMA
08-Feb	Nedbank City Marathon – SA Champs	Durban		42.2km	KZN A		LIMA
14-Feb	Lima Provincial Snr Championchips	Polokwane		Track & Field	LIMA		LIMA
20-Feb	Yellow Pages – Series 4	Port Elizabeth					LIMA
21-Feb	Pegasus 4 in 1	SA Breweries		42.2/21.1/10/5km	Polokwane A C		LIMA
27-Feb	Limpopo Schools Close						LIMA
27-Feb	Yellow Pages – Series 5	Stellenbosch					LIMA
28-Feb	Lima Provincial Youth & Jnr Champs	Polokwane		Track & Field	LIMA		LIMA
06-Mar	Yellow Pages – Series 6	Germiston					LIMA
07-Mar	Tarentaal Trio	Naboomspruit		42.2 / 21 / 10km	Naboomspruit MC		LIMA
13-Mar	Yellow Pages – ASA Snr Championships	Stellenbosch		Track & Field	Boland Athletics		LIMA
14-Mar	Yellow Pages – ASA Snr Championships	Stellenbosch		Track & Field	Boland Athletics		LIMA
14-Mar	Remax Foskor Open Pit	Phalaborwa		21.1 / 10km	Phalaborwa R R		LIMA
19-Mar	SA Schools Athletics – Primary Schools	Polokwane		Track & Field	LIMA		LIMA
20-Mar	SA Schools Athletics – Primary Schools	Polokwane		Track & Field	LIMA		LIMA
21-Mar	SA Schools Athletics – Primary Schools	Polokwane		Track & Field	LIMA		LIMA
22-Mar	Nedbank City Marathon	Johannesburg		42.2km	CGA		LIMA
26-Mar	SA Schools Athletics – Secondary Schools	Durban		Track & Field	KZN A		LIMA
27-Mar	SA Schools Athletics – Secondary Schools	Durban		Track & Field	KZN A		LIMA
28-Mar	Marakele National Parks	Thabazimbi		42.2 / 20 / 5km	Thabazimbi M C		LIMA
28-Mar	SA Schools Athletics – Secondary Schools	Durban		Track & Field	KZN A		LIMA
28-Mar	Yellow Pages – ASA Youth & Jnr Champs	Tswane		Track & Field	ASA		LIMA
29-Mar	Yellow Pages – ASA Youth & Jnr Champs	Tswane		Track & Field	ASA		LIMA
04-Apr	Land of Legends	Thohoyando Stadium		42.2km / 21.1km	Soutpansberg A C		LIMA
05-Apr	Nedbank Matha – Series 2	Kanyamazane, Nelspruit		21.1km / 5km	MPA		LIMA
18-Apr	Marken 3 in 1	Marken		32 / 21.1 / 5km	Exxoro A C		LIMA
25-Apr	League 1			Cross Country	LIMA		LIMA
01-May	Spar Road Races	Spar		21.1 / 10km	Phalaborwa R R		LIMA
02-May	Spur Race	Savannah Centre		10 / 5km	Polokwane A C		LIMA
03-May	Nedbank City Marathon 2	Johannesburg		42.2km			LIMA
09-May	League 2			Cross Country	LIMA		LIMA
09-May	Warmbad / Nylstroom	Nylstroom		26km	Nylstroom M C		LIMA
23-May	League 3			Cross Country	LIMA		LIMA
23-May	Nedbank Matha – Series 3	Bloemfontein		21.1km / 5km			LIMA
24-May	Comrades Marathon	Durban		Ultra Marathon	Comrades Committee		LIMA
30-May	League 4			Cross Country	LIMA		LIMA

Date	Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
			(TF/CC/RR)	(if Road Running)	(name of club)		
30-May	ASA – Challenge 1	Witbank		Cross Country	Mpumalanga Athletics		LIMA
06-Jun	League 5			Cross Country	LIMA		LIMA
13-Jun	Coke Race	Peter Mokaba Stadium		21.1 / 10 / 5km	Polokwane A C		LIMA
04-Jul	Nedbank Matha Series 4 SA Champs	Port Elizabeth		21.1km	ASA		LIMA
05-Jul	50km Road Race Championships	Oudtshoorn		Walking			LIMA
8/12 Jul	IAAF World Youth Championships	Bressanone, Italy		Walking			LIMA
25-Jul	Foskor	Namakgale		21.1 / 10km	Foskor Athletic Club		LIMA
25-Jul	League 6			Cross Country	LIMA		LIMA
01-Aug	Bela Bela	Bela Bela (Warmbad)		21.1 / 10 / 5km	Run & Walk for Life		LIMA
08-Aug	League 7			Cross Country	LIMA		LIMA
08-Aug	Weir Warman Maroela – Maroela	Phalaborwa		10 / 5km	Phalaborwa R R		LIMA
08-Aug	Nedbank Matha Series 5 – SA Champs	Stellenbosch		10km	Boland Athletics		LIMA
12-Aug	12 th IAAF World Championships	Berlin, Germany		Track & Field			LIMA
15-Aug	Lima Provincial Championships			Cross Country	LIMA		LIMA
22-Aug	ASA Challenge 2	New Castle		Cross Country	KZN A		LIMA
29-Aug	Nedbank Martha 4	Stellenbosch		10km	Boland Athletics		LIMA
05-Sep	Nedbank Martha 5	Bloemfontein		21.1km	AFS		LIMA
05-Sep	Two Countries	Musina		42.2 / 21.1 / 10km	Soutpansberg A C		LIMA
05-Sep	Lemoen Bloeisel	Groblersdal		32 . 21.2 / 10 / 5km	Loskopvallei M C		LIMA
12-Sep	ASA Championships	Tswane		Cross Country	AGN		LIMA
20-Sep	Nedbank City Marathon	Cape Town		42.2km	WPA		LIMA
03-Oct	Nedbank Matha – Series 6	Polokwane		21.1km / 5km	LIMA		LIMA
04-Oct	IAAF World Championships	To be announced		21.1km	IAAF		LIMA
17-Oct	Maruis Lengton Memorial Meeting	Peter Mokaba Stadium		Track & Field	Tom Naude T H S		LIMA
23-Oct	Hyundai Night Race	Peter Mokaba Stadium		10 / 5km	Polokwane A C		LIMA
31-Oct	Run & Walk for Life	Noorderland Hoërskool		10 / 5km	Run & Walk for Life		LIMA
03-Oct	Nedbank Matha – Series 6	Polokwane		21.1km / 5km	LIMA		LIMA
01-Nov	Nedbank Soweto Marathon	Soweto		42.2km	CGA		LIMA
17-Jan	Rainbow	Machadodorp		15 , 21 km	Rainbow		AMPU
21-Jan	Powerade Nite	Clubhouse		10 , 15 km	Nelspruit		AMPU
21-Jan	Eskom Nite	Eskom Clubhouse		4.9 , 10 km	Eskom		AMPU
24-Jan	Boulders	Mara junction		25 km	Onderberg		AMPU
24-Jan	Volksrust 3-in-1	Hoerskool Volksrust		10 , 21 , 32 km	Volksrust		AMPU
31-Jan	Middelburg 5-in-1	Kees Taljaardt stadion		42,32,21,15,10km	Middelburg		AMPU
4-Jan	Ferrochrome Nite	Kees Taljaardt Stadion		4 , 10 km	Midack		AMPU
6-Jan	Sasol Nite	Sasol Recreation club		10 km	Sasol		AMPU
7-Jan	Sasol	Sasol Recreation club		21 , 42 km	Sasol		AMPU
11-Jan	Valentyns Nite	Secunda High School		10 km	Secunda		AMPU
14-Jan							AMPU
18-Jan	Van Wettens Nite	Lowveld Country Club		4.9 , 10 km	LVCC		AMPU
21-Jan	Assegaai	Piet Retief Primary		42 , 21 km	Assegaai		AMPU
25-Jan	Panorama	Panorama School		10 km	Coaldust		AMPU
28-Jan	Matla	Matla mine		42,21,10,5 km	Matla		AMPU
04-Mar	Eskom Wellness	Eskom Clubhouse		4.9 , 10 km	Eskom		AMPU
07-Mar	PWC Fast 3-in-1	Sabie Road		42 , 21 , 10 km	Nelspruit		AMPU
14-Mar	Kosmos 3-in-1	Lake Umuzi Waterfront		42 km	Secunda		AMPU
14-Mar	Kosmos 3-in-1	Lake Umuzi Waterfront		21 km	Secunda		AMPU
14-Mar	Kosmos 3-in-1	Lake Umuzi Waterfront		10 km	Secunda		AMPU
14-Mar	Lowveld Memorial	Lowveld Country club		21 km	LVCC		AMPU
21-Mar	Goldi	Show grounds		42,21,10 km	Standerton		AMPU
21-Mar	Elandsvallei	Waterval Boven		42,21,10 km	Ngodwana		AMPU
28-Mar	Long Tom	Sabie		56, 21 km	Trust		AMPU
04-Apr	Nedbank Series	Kayamazane		21 & 5 km	ASA		AMPU
11-Apr	Two Oceans						AMPU
18-Apr	Loskop	Municipal Offices		50 , 21 km	Middelburg		AMPU

Date	Name of Event	Venue	Category (TF/CC/RR)	Distance (if Road Running)	Organised by (name of club)	Email Address	Province
25-Apr	Sportsman Warehouse	Sportsman Warehouse		10 , 21 km	Nelspruit		AMPU
25-Apr	Witbank 3-in-1	Witbank Dam		21 km	Coaldust		AMPU
25-Apr	Witbank 3-in-1	Witbank Dam		21 km	Coaldust		AMPU
25-Apr	Witbank 3-in-1	Witbank Dam		10 km	Coaldust		AMPU
02-May	Bethal Steinmuller	Jim v Tonder skool		10 , 21 km	Bethal		AMPU
09-May	Selati	Malelane Buiteklub		10 , 21 km	Onderberg		AMPU
09-May	Business connexion	Sasol Recreation club		60,45,30,15 km	Sasol		AMPU
16-May	Sudwala	Sudwala Lodge		21 km	Legogote		AMPU
23-May							AMPU
24-May	Comrades Marathon						AMPU
30-May							AMPU
04-Jul	Hall's	Hall's Gateway		10 , 21 km	LVCC		AMPU
18-Jul	Richkim Engineering	Midack Klubhuis		4.9 , 10 , 20 km	Midack		AMPU
01-Aug	Skukuza	Skukuza staff village		10 , 21 km	Kruger Park		AMPU
08-Aug	Kaftan	Komatipoort rugbyklub		10 , 21 km	Onderberg		AMPU
08-Aug	Botshabelo Challenge	Botshabelo		10 , 21 km	Middelburg		AMPU
15-Aug							AMPU
22-Aug	Great Train Race	Emalahleni Station		28 km & Relay			AMPU
29-Aug	Delmas 4-in-1			5, 10 , 21 , 42 km	Delmas		AMPU
02-Sep	Duvha Nite	Eskom Clubhouse		4.9 , 10 km	Eskom		AMPU
05-Sep	Rudamans	Kaapsche Hoop road		10 km	Nelspruit		AMPU
12-Sep	Om-die-Dammetjie	Witklip Dam		10 , 21 km	LVCC		AMPU
12-Sep	Apollo	Secunda High School		10 , 21 km	Secunda		AMPU
19-Sep	Collisen Electrical	Olifants River Lodge		4.7 , 10, 21 km	Midack		AMPU
26-Sep							AMPU
03-Oct	Bruce Crookes	Eskom Clubhouse		4.9 , 10 , 21 km	Eskom		AMPU
07-Oct	Standerton Nite	Show Grounds		10 km	Standerton		AMPU
10-Oct	God's Window	Municipality , Graskop		10 , 21 km	Legogote		AMPU
14-Oct	Waypoint Nite	Secunda High School		10 km	Secunda		AMPU
17-Oct							AMPU
24-Oct							AMPU
30-Oct	Reach for a Dream			100 myler	Coaldust		AMPU
30-Oct	Reach for a Dream			24 hours	Coaldust		AMPU
31-Oct	Reach for a Dream			12 hours	Coaldust		AMPU
07-Nov	Kaapsche Hoop	Kaapsche Hoop road		10 , 21 , 42 km	Nelspruit		AMPU
11-Nov	Frans Moolman	Secunda High School		10 km	Secunda		AMPU
14-Nov	Calderys Refractory	Midack Clubhouse		4.9 , 10 , 21 km	Midack		AMPU
21-Nov							AMPU
3-Jan	Poppy Run	Seaside Shopping Centre, Big Bay	RR	15km	Hewat	cfestivalofrunning@eject.co.za	WPA
11-Jan	Weber Wentzel Bay to Bay 2 x 15 km Relay	Camps Bay	RR	2x15km	AAC	aacinfo@ananzi.co.za	WPA
11-Jan	Weber Wentzel Bay to Bay 30 km	Camps Bay	RR	30km	AAC	aacinfo@ananzi.co.za	WPA
13-Jan	Collison 6	Parow	T&F		WPA	wpathletics@iafrica.com	WPA
17-Jan	20km walk	Belville	T&F		WPA	wpathletics@iafrica.com	WPA
17-Jan	Hohenhort	Constantia	RR	15km	Pinelands	michael.mortley@standardbank.co.za	WPA
21-Jan	Brackenfell 10 Km	Brackenfell High School	RR	10km	Brackenfell		WPA
21-Jan	Brackenfell 10 Km	Brackenfell High School	RR	10km	Brackenfell	tolkenm@telkomsa.net	WPA
24-Jan	Red Hill	Fish Hoek Sports Grounds	RR	36km	Fish Hoek	race@fishhoekac.com	WPA
24-Jan	Red Hill	Fish Hoek Sports Grounds	RR	42km	Fish Hoek	race@fishhoekac.com	WPA
24-Jan	WPA Masters Clive Truter	Parow	T&F		WPA	wpathletics@iafrica.com	WPA
27-Jan	Collison 7	Parow	T&F		WPA	wpathletics@iafrica.com	WPA
28-Jan	Dan Luyt	Durbanville Library	RR	15km	Belville	martins@eclipse.co.za	WPA
31-Jan	WPA Junior Open Meeting	Belville	T&F		WPA	wpathletics@iafrica.com	WPA
1-Feb	Kloof Nek Classic	Camps Bay High School	RR	21km	Fit 2001 (WP)	aradley@pnp.co.za	WPA
6-Feb	Combined Events	Belville	T&F		WPA	wpathletics@iafrica.com	WPA
6-Feb	MTBS	Belville	T&F		WPA	wpathletics@iafrica.com	WPA
7-Feb	Combined Events + Open Meeting	Belville	T&F		WPA	wpathletics@iafrica.com	WPA
7-Feb	Lion of Africa Half Marathon	Academy for Maths, Science and Technology, Firgrove Road, Tokai	RR	21km	Spartan Harriers		WPA
7-Feb	Phillip Rabinowitz 10 Km	Academy for Maths, Science and Technology, Firgrove R	Walk	10km	Spartan Harriers		WPA
11-Feb	Half League	Parow	T&F		WPA	wpathletics@iafrica.com	WPA

Date	Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
			(TF/CC/RR)	(if Road Running)	(name of club)		
11-Feb	Thomas Mbiza	Navy Swimming Pool, Simon's Town	RR	10km	Thomas Mbiza	majozitainment@yahoo.co.uk	WPA
14-Feb	Susman Meeting + League	Parow	T&F		WPA	wpathletics@iafrica.com	WPA
14-Feb	Top Form Road Race	Vygieskraal	RR	10km	Top Form	pschouw@kingsley.co.za	WPA
14-Feb	Top Form Road Race	Vygieskraal	RR	5km	Top Form	pschouw@kingsley.co.za	WPA
17-Feb	Half League	Bellville	T&F		WPA	wpathletics@iafrica.com	WPA
18-Feb	Stragglers - Allens Race	Stragglers Sports Complex	RR	10km	Stragglers	mammoo@absamail.co.za	WPA
19-Feb	WPA Senior & Masters Championships	Bellville	T&F		WPA	wpathletics@iafrica.com	WPA
20-Feb	WPA Senior & Masters Championships	Bellville	T&F		WPA	wpathletics@iafrica.com	WPA
21-Feb	WPA Senior & Masters Championships	Bellville	T&F		WPA	wpathletics@iafrica.com	WPA
22-Feb	Puma Peninsula Fun Run	Simon's Town Sports Field	RR	8km	Celtic Harriers	info@topevents.co.za	WPA
22-Feb	Puma Peninsula Half Marathon	Bergvliet to Simon's Town	RR	21km	Celtic Harriers	info@topevents.co.za	WPA
22-Feb	Puma Peninsula Marathon	Green Point to Simon's Town	RR	42km	Celtic Harriers	info@topevents.co.za	WPA
28-Feb	Koeberg 15 km	Koeberg Nature Reserve	RR	15km	Eskom Gijimas	vandykk@hosaf.co.za	WPA
28-Feb	Koeberg 5 km Fun run	Koeberg Nature Reserve	Fun Run		Eskom Gijimas	vandykk@hosaf.co.za	WPA
28-Feb	Zonal Champs Schools	Bellville	T&F		WPA	wpathletics@iafrica.com	WPA
1-Mar	Jive 10 Km Big Walk	Greenpoint Track	Walk	Various	Non WPA	ltheko@mweb.co.za	WPA
2-Mar	Collison 8	Bellville	T&F		WPA	wpathletics@iafrica.com	WPA
3-Mar	Open Meeting	Dal Josefaf	T&F		WPA	wpathletics@iafrica.com	WPA
4-Mar	Men's Health Lighthouse 10 km	Mouille Point Lighthouse, Green Point	RR	10km	AAC	aacinfo@ananzi.co.za	WPA
6-Mar	WPA Junior & Schools Championships	Bellville	T&F		WPA	wpathletics@iafrica.com	WPA
7-Mar	Constantia Village	Constantia Village	RR	15km	VOB	vobsec@mweb.co.za	WPA
7-Mar	Constantia Village	Constantia Village	RR	15km	VOB	vobsec@mweb.co.za	WPA
7-Mar	WPA Junior & Schools Championships	Bellville	T&F		WPA	wpathletics@iafrica.com	WPA
14-Mar	Weskus Half Marathon	West Coast National Park Offices, Langebaan	RR	21km	Langebaan Strandlopers	vernondup@worldonline.co.za	WPA
14-Mar	Weskus Marathon	West Coast National Park Offices, Langebaan	RR	42km	Langebaan Strandlopers	vernondup@worldonline.co.za	WPA
14-Mar	Weskus Marathon Fun Run	West Coast National Park Offices, Langebaan	Fun Run		Langebaan Strandlopers	vernondup@worldonline.co.za	WPA
15-Mar	UCT Memorial	Middle Campus, UCT	RR	10km	UCT	athletics@sportsclubs.uct.ac.za	WPA
17-Mar	Half League	Parow	T&F		WPA	wpathletics@iafrica.com	WPA
21-Mar	Top Ten Interclub	Stellenbosch	T&F				WPA
22-Mar	Glenryck Tygerberg 30 Km Road Race	Parow Athletic Track, Parow North	RR	30km	Tygerberg Northlink	benniealmelo@telkomsa.net	WPA
24-Mar	Half League	Bellville	T&F		WPA	wpathletics@iafrica.com	WPA
24-Mar	International Congress of Health	CBD, Cape Town	RR	10km	WPA	wpathletics@iafrica.com	WPA
28-Mar	Fairbridge Mall Half Marathon	Fairbridge Mall, Brackenfell	RR	21km	Nedbank	jacques.vanheerden@dcs.gov.za	WPA
28-Mar	Fairbridge Mall Walk	Fairbridge Mall, Brackenfell	Walk	10km	Nedbank	jacques.vanheerden@dcs.gov.za	WPA
4-Apr	Pinelands 6x6 relay	Lower Oval, Pinelands	RR	6x6	Pinelands	info@pinelandsathleticclub.co.za	WPA
4-Apr	SASSU Championships	Bellville	T&F		WPA/SASSU	wpathletics@iafrica.com	WPA
5-Apr	SPAR Women's race 10km	Bellville Stadium, (Tygervalley)	RR	10km	WPA	wpathletics@iafrica.com	WPA
5-Apr	SPAR Women's race 5km	Bellville Stadium, (Tygervalley)	Fun Run		WPA	wpathletics@iafrica.com	WPA
10-Apr	Two Oceans Fun Runs	UCT Sports Fields	Fun Run		Two Oceans	entries@twooceansmarathon.org.za	WPA
11-Apr	Two Oceans	UCT Sports Fields	RR	21km	Two Oceans	entries@twooceansmarathon.org.za	WPA
11-Apr	Two Oceans	UCT Sports Fields	RR	56km	Two Oceans	entries@twooceansmarathon.org.za	WPA
18-Apr	Telkom 10 Km Challenge	Peninsula Technikon, Bellville	RR	10km	Telkom	Samuelle@telkom.co.za	WPA
18-Apr	Telkom 10 Km Challenge walk	Peninsula Technikon, Bellville	Walk	10km	Telkom	Samuelle@telkom.co.za	WPA
18-Apr	Telkom 5km fun walk	Peninsula Technikon, Bellville	Fun Run		Telkom	Samuelle@telkom.co.za	WPA
25-Apr	Rola Motor Group 21 Classic	Somerset College, Somerset West	RR	21km	Strand	ljb@telkomsa.net	WPA
25-Apr	Rola Motor Group 21 Classic	Somerset College, Somerset West	RR	10km	Strand	ljb@telkomsa.net	WPA
25-Apr	Rola Motor Group 21 Classic	Somerset College, Somerset West	Fun Run		Strand	barryhattingh@telkomsa.net	WPA
25-Apr	Rola Motor Group 21 Classic	Somerset College, Somerset West	Fun Run		Strand	ljb@telkomsa.net	WPA
25-Apr	Rola Motor Group 21 Classic	Somerset College, Somerset West	RR	21km	Strand	barryhattingh@telkomsa.net	WPA
27-Apr	Mandela Road to Freedom	Grand Parade, Cape Town	RR	27km	Durbac	Inklassen@parliament.gov.za	WPA
27-Apr	Mandela Road to Freedom 10km	Grand Parade, Cape Town central TBC	RR	10km	Durbac	Inklassen@parliament.gov.za	WPA
2-May	Cross Country Relay	Pinelands High School	CC		WPA CC	elsaoliver@absamail.co.za	WPA
3-May	WPA Junior & Schools Championships	Bellville	T&F		WPA	wpathletics@iafrica.com	WPA
9-May	1st Cross Country League	UCT	CC		WPA CC	elsaoliver@absamail.co.za	WPA
9-May	Race Walking Int Club Championships	Youngsfield	Walk	10km	WPA	swalters@absamail.co.za	WPA
9-May	Race Walking Int Club Championships	Youngsfield	Walk	30km	WPA	swalters@absamail.co.za	WPA
9-May	Race Walking Int Club Championships	Youngsfield	Walk	20km	WPA	swalters@absamail.co.za	WPA
10-May	Milkwood	Soetwater Recreation Area, Kommetjie	RR	10km	Harfield Harriers	carl@rarewoods.co.za	WPA

Date	Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
			(TF/CC/RR)	(if Road Running)	(name of club)		
10-May	Milkwood	Soetwater Recreation Area, Kommetjie	RR	21km	Harfield Harriers	carl@rarewoods.co.za	WPA
16-May	2nd Cross Country League	UWC	CC		WPA CC	elsaoliver@absamail.co.za	WPA
16-May	Puma Development Fun Run	Langa Sports Complex	Fun Run			wpathletics@iafrica.com	WPA
17-May	Plexus 10	Durbanville Athletic Club	RR	10km	Durbac	inklassen@parliament.gov.za	WPA
17-May	Plexus Fun Run	Durbanville Athletic Club	Fun Run		Durbac	inklassen@parliament.gov.za	WPA
17-May	Plexus Half Marathon	Durbanville Athletic Club	RR	21km	Durbac	inklassen@parliament.gov.za	WPA
17-May	Plexus League Walk	Durbanville Athletic Club	Walk	21km	Durbac	inklassen@parliament.gov.za	WPA
23-May	Darling 10km	Darling Primary School	RR	10km	Darling A C	mary@toucancape.co.za	WPA
23-May	Darling Fun Run	Darling Primary School	Fun Run		Darling A C	mary@toucancape.co.za	WPA
23-May	Darling Half Marathon	Darling Primary School	RR	21km	Darling A C	mary@toucancape.co.za	WPA
30-May	UWC	UWC Campus	RR	10km	UWC	jwalters@uwc.ac.za	WPA
30-May	UWC walk	UWC Campus	Walk	10km	UWC	jwalters@uwc.ac.za	WPA
31-May	Table Mountain	Constantia Nek	RR	16km	VOB	vobsec@mweb.co.za	WPA
6-Jun	3th Cross Country League		CC		WPA CC	elsaoliver@absamail.co.za	WPA
13-Jun	Khayelitsha Development 10	Khayelitsha Rugby Club	RR	10km	WPA	wpathletics@iafrica.com	WPA
14-Jun	4th Cross Country League		CC		WPA CC	elsaoliver@absamail.co.za	WPA
20-Jun	5th Cross Country League	Koebeg	CC		WPA CC	elsaoliver@absamail.co.za	WPA
20-Jun	Mamre	Mamre Primary School	RR	15km	Mamre	pjulies@webmail.co.za	WPA
20-Jun	Mamre	Mamre Primary School	RR	15km	Mamre		WPA
20-Jun	Mamre	Mamre Primary School	RR	15km	Mamre		WPA
27-Jun	Eersterivier	Stratford Primary School	RR	15km	Eersterivier	gpekeur@pgwc.gov.za	WPA
27-Jun	Eersterivier	Stratford Primary School	Walk	10km	Eersterivier	gpekeur@pgwc.gov.za	WPA
27-Jun	Eersterivier	Stratford Primary School	Fun Run		Eersterivier	gpekeur@pgwc.gov.za	WPA
4-Jul	Spookhill	Beaumont School, Somerset West	RR	15km	Helderberg Harriers	hugh@arc.agric.za	WPA
12-Jul	RCS Guguletu 10km	Green Point	RR	10km	Guguletu	TanyaSchouw@woolworths.co.za	WPA
18-Jul	6th Cross Country League		CC		WPA CC	elsaoliver@absamail.co.za	WPA
19-Jul	Elsies River	Pentech Bellville Pen University of Technology	RR	10km	Elsies River	parlab@mcgind.co.za	WPA
25-Jul	Ravensmead	Florida Park Sports Ground	Walk	15km	Ravensmead		WPA
25-Jul	Ravensmead	Florida Park Sports Ground	Walk	15km	Ravensmead	bramack@webmail.co.za	WPA
25-Jul	Ravensmead	Florida Park Sports Ground	RR	15km	Ravensmead	bramack@webmail.co.za	WPA
25-Jul	Ravensmead	Florida Park Sports Ground	RR	15km	Ravensmead		WPA
26-Jul	7th Cross Country League		CC		WPA CC	elsaoliver@absamail.co.za	WPA
1-Aug	8th Cross Country League		CC		WPA CC	elsaoliver@absamail.co.za	WPA
2-Aug	Pinelands 10km	Lower Oval, Pinelands	RR	10km	Pinelands	pscloete@pawc.wcape.gov.za	WPA
2-Aug	Pinelands 5km	Lower Oval, Pinelands	Fun Run		Pinelands	pscloete@pawc.wcape.gov.za	WPA
9-Aug	Bonitas Women's Day Classic	Belville Stadium	Fun Run		Edgemead	committee@edgemeadrunners.co.za	WPA
9-Aug	Bonitas Women's Day Classic	Belville Velodrome	RR	10km	Edgemead	committee@edgemeadrunners.co.za	WPA
15-Aug	WP Cross Country Championships		CC		WPA CC	elsaoliver@absamail.co.za	WPA
16-Aug	Big Walk Distance Tester	Navy Sports Field, Simon's Town	Walk	30km	Defence	chris.dooner@sanavy.co.za	WPA
16-Aug	John Korasie	Navy Sports Field, Simon's Town	RR	30km	Defence	chris.dooner@sanavy.co.za	WPA
16-Aug	Thomas Mbiza Memorial 10km	Navy Sports Field, Simon's Town	RR	10km	Thomas Mbiza	majozitainment@yahoo.co.uk	WPA
16-Aug	Thomas Mbiza Memorial Fun Run	Navy Sports Field, Simon's Town	Fun Run		Thomas Mbiza	majozitainment@yahoo.co.uk	WPA
21-Aug	Tuffer Puffer	V&A to Cape Point to V&A	CC	160km	Fish Hoek	race@fishhoekac.com	WPA
22-Aug	Atlantis	Atlantis	RR	15km	Atlantis	desmond.arendse@capetown.gov.za	WPA
22-Aug	Puffer	Cape Point to V&A	CC	80km	Fish Hoek	race@fishhoekac.com	WPA
23-Aug	Blisters for Bread Walks	Green Point Track	Walk	Various	Top Events	info@topevents.co.za	WPA
30-Aug	Don Lock Memorial	Brookside, Landsdowne Rd, Claremont	Fun Run		Celtic Harriers	mwceltic@mweb.co.za	WPA
30-Aug	Don Lock Memorial	Brookside, Landsdowne Rd, Claremont	RR	8km	Celtic Harriers	mwceltic@mweb.co.za	WPA
5-Sep	Citrusdal 21	Citrusdal	RR	21km	Nedbank	jacques.vanheerden@dcs.gov.za	WPA
6-Sep	Satori Camel Run 10 miler Classic	Noordhoek Sportsfields	RR	16.1km	Satori	satoris@mweb.co.za	WPA
6-Sep	Satori Camel Run 10 miler Classic	Noordhoek Sportsfields	RR	16.1km	Satori	ktqurney@mweb.co.za	WPA
12-Sep	Bike and Tekkie Challenge	Majille Forrest, Cnr Van Riebeeckshof / Jip de Jager Road	Fun Run		New Balance	newbalanceclub@mweb.co.za	WPA
12-Sep	Bike and Tekkie Challenge	Majille Forrest, Cnr Van Riebeeckshof / Jip de Jager Road	Fun Run		New Balance	newbalanceclub@mweb.co.za	WPA
12-Sep	Bike and Tekkie Challenge	Majille Forrest, Cnr Van Riebeeckshof / Jip de Jager Road	RR	10km	New Balance	newbalanceclub@mweb.co.za	WPA
12-Sep	Bike and Tekkie Challenge	Majille Forrest, Cnr Van Riebeeckshof / Jip de Jager Road	RR	10km	New Balance	newbalanceclub@mweb.co.za	WPA
12-Sep	Cross country 6x5	Athletic Track, Parow North	CC		Tygerberg Northlink	benniealmelo@telkomsa.net	WPA
12-Sep	Race Walking Grand Prix	Youngsfield	Walk	10km	WPA	swalters@absamail.co.za	WPA
12-Sep	Race Walking Grand Prix	Youngsfield	Walk	20km	WPA	swalters@absamail.co.za	WPA
13-Sep	Brackenfell 21		RR	21km	Brackenfell	tolkenm@telkomsa.net	WPA
13-Sep	Brackenfell 21		RR	21km	Brackenfell		WPA
20-Sep	Nedbank City of Cape Town Marathon	Grand Parade, Cape Town	RR	10km	WPA	wpathletics@iafrica.com	WPA

Date	Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
			(TF/CC/RR)	(if Road Running)	(name of club)		
20-Sep	Nedbank City of Cape Town Marathon	Grand Parade, Cape Town	RR	42km	WPA	wpathletics@iafrica.com	WPA
24-Sep	Beachcomber - Race Against Crime	Strandfontein Sportsfield	RR	15km	Stragglers	mammoo@absamail.co.za	WPA
24-Sep	Beachcomber - Race Against Crime Fun Run	Strandfontein Sportsfield	Fun Run		Stragglers	mammoo@absamail.co.za	WPA
24-Sep	Beachcomber - Race Against Crime Walk	Strandfontein Sportsfield	Walk	10km	Stragglers	mammoo@absamail.co.za	WPA
26-Sep	Cape Town 100 Miler	Three Anchor Bay	RR	160km	Hewat	ctfestivalofrunning@eject.co.za	WPA
26-Sep	Cape Town 100km	Three Anchor Bay	RR	100km	Hewat	ctfestivalofrunning@eject.co.za	WPA
26-Sep	Cape Town 10x10 Km Relay	Three Anchor Bay	RR	10x10km	Hewat	ctfestivalofrunning@eject.co.za	WPA
26-Sep	Cape Town 10x5 Km Relay	Three Anchor Bay	RR	10x5km	Hewat	ctfestivalofrunning@eject.co.za	WPA
27-Sep	Cape Town 21 Km Classic	Three Anchor Bay	RR	21km	Hewat	ctfestivalofrunning@eject.co.za	WPA
3-Oct	CapeGate 10km	Cape Gate Centre	RR	10km	Nedbank	jacques.vanheerden@dcs.gov.za	WPA
3-Oct	CapeGate 5km	Cape Gate Centre	Fun Run		Nedbank	jacques.vanheerden@dcs.gov.za	WPA
7-Oct	Prima Bande 10km	Prima Tyres, Bellville	RR	10km	Bellville	jcmarnewick@uwc.ac.za	WPA
11-Oct	OUTsurance 94.5 KFM Gun Run	Hamiltons Rugby Club, Green Point	RR	10km	AAC	aacinfo@ananzi.co.za	WPA
11-Oct	OUTsurance 94.5 KFM Gun Run	Hamiltons Rugby Club, Green Point	Fun Run		WPA	wpathletics@iafrica.com	WPA
11-Oct	OUTsurance 94.5 KFM Gun Run	Hamiltons Rugby Club, Green Point	RR	21km	WPA	wpathletics@iafrica.com	WPA
17-Oct	Road to the Vineyard	Pick 'n Pay Shopping Centre Soneike	RR	10km	Blue Downs	patrick@burhose.co.za	WPA
18-Oct	GO RED for WOMEN SA	Blue Route Centre, Tokai	Fun Run		Heart Foundation	adeliah@heartfoundation.co.za	WPA
21-Oct	Silver Queen	Air Force Base Ysterplaat	RR	10km	Defence	chris.dooner@sanavy.co.za	WPA
21-Oct	Silver Queen Fun Run	Air Force Base Ysterplaat	Fun Run		Defence	chris.dooner@sanavy.co.za	WPA
24-Oct	10km Classic	Beaumont Primary School, Radloff Park, Somerset West	RR	10km	Strand	ljb@telkomsa.net	WPA
24-Oct	5km Classic	Beaumont Primary School, Radloff Park, Somerset West	Fun Run		Strand	barryhatting@telkomsa.net	WPA
24-Oct	5km Classic	Beaumont Primary School, Radloff Park, Somerset West	Fun Run		Strand	ljb@telkomsa.net	WPA
25-Oct	Constantia Valley Grape Run	Constantia	RR	21km	VOB	vobsec@mweb.co.za	WPA
28-Oct	Old Mutual	Old Mutual Sports Grounds, Pinelands	RR	10km	Old Mutual	om05694@oldmutual.com	WPA
31-Oct	Isostar 15 Km	Tokai Forest	RR	15km	Foresters	gavin@delispices.co.za	WPA
31-Oct	Olifants River Rittelfees	Vredendal	RR	10km	ORAK	gerrie@kingsleyemail.co.za	WPA
31-Oct	Olifants River Rittelfees	Vredendal	Fun Run		ORAK	gerrie@kingsleyemail.co.za	WPA
4-Nov	Eskom 10	Parow Rugby Stadium	RR	10km	Eskom Gijimas	vandykk@hosaf.co.za	WPA
7-Nov	International Realtors-West Coast AC	Seaside Village Shopping Centre, Big Bay, Bloubergstrat	RR	21km	West Coast	alancg@telkomsa.net	WPA
8-Nov	Discovery Cape Times Big Walk	Various	Walk	Various	Spartan Harriers	dkirbs@eject.co.za	WPA
14-Nov	Easterns 10 Km	Aristea Primary School, Kraaifontein	RR	10km	Easterns/Kraaifontein	anvir@telkomsa.net	WPA
14-Nov	Easterns 10 Km	Aristea Primary School, Kraaifontein	RR	10km	Easterns/Kraaifontein	wilden@telkomsa.net	WPA
14-Nov	Easterns 10 Km walk	Aristea Primary School, Kraaifontein	Walk	10km W	Easterns/Kraaifontein	wilden@telkomsa.net	WPA
14-Nov	Easterns 10 Km walk	Aristea Primary School, Kraaifontein	Walk	10km W	Easterns/Kraaifontein	anvir@telkomsa.net	WPA
14-Nov	Easterns 5 Km	Aristea Primary School, Kraaifontein	Fun Run		Easterns/Kraaifontein	wilden@telkomsa.net	WPA
14-Nov	Easterns 5 Km	Aristea Primary School, Kraaifontein	Fun Run		Easterns/Kraaifontein	anvir@telkomsa.net	WPA
15-Nov	The Landmarks 21	Western Province CC Keurboom Road	RR	21km	WPCC	members@wpcc.co.za	WPA
15-Nov	The Landmarks 6	Western Province CC Keurboom Road	Fun Run		WPCC	members@wpcc.co.za	WPA
21-Nov	WineLands Half Marathon	Markotter Sports Grounds, Stellenbosch	RR	21km	Helderberg Harriers	hugh@arc.agric.za	WPA
21-Nov	WineLands Marathon	Markotter Sports Grounds, Stellenbosch	RR	42km	Helderberg Harriers	hugh@arc.agric.za	WPA
24-Nov	Twilight Run	Founder's Garden, Cape Town	Fun Run		Spartan Harriers	?	WPA
25-Nov	Niel Joubert Farm Race	Niel Joubert Farm, near Klamputs	CC	13km	Sanlam	ChristiaanRudolf.Pieters@capetown.gov.za	WPA
28-Nov	Phil Pansegrouw Brooks 10 km	Bellville Stadium	RR	10km	Bellville	jcmarnewick@uwc.ac.za	WPA
28-Nov	Phil Pansegrouw Brooks 10 km	Bellville Stadium	Walk	10km	Bellville	pieter@hq.okfd.com	WPA
28-Nov	Phil Pansegrouw Brooks 21 km	Bellville Stadium	RR	21km	Bellville	jcmarnewick@uwc.ac.za	WPA
28-Nov	Phil Pansegrouw Brooks 21 km	Bellville Stadium	Walk	21km	Bellville	pieter@hq.okfd.com	WPA
2-Dec	Metropolitan Road Race	Parc du Cap, Bellville	RR	10km	Metropolitan	Kenny.Jantjies@t-systems.co.za	WPA
5-Dec	Run/Walk for Life New Balance 10km	Radloff Park, Somerset West	RR	10km	Run/Walk For Life	runwalk@intekom.co.za	WPA
5-Dec	Run/Walk for Life New Balance 10km Walk	Radloff Park, Somerset West	Walk	10km W	Run/Walk For Life	runwalk@intekom.co.za	WPA
5-Dec	Run/Walk for Life New Balance 21km	Radloff Park, Somerset West	RR	21km	Run/Walk For Life	runwalk@intekom.co.za	WPA
5-Dec	Run/Walk for Life New Balance 4km	Radloff Park, Somerset West	Fun Run		Run/Walk For Life	runwalk@intekom.co.za	WPA
12-Dec	AVBOB 15 Km	Pick 'n Pay Shopping Centre Table View	RR	15km	Tygerberg Northlink	benniealmelo@telkomsa.net	WPA
16-Dec	RCS Guguletu Reconciliation Day	Guguletu Sports Complex cnr NY1 & NY2 Guguletu	RR	10km	Guguletu	TanyaSchouw@woolworths.co.za	WPA
19-Dec	Mitchells Plain	West Gate Mall Mitchells Plain	RR	21km	Mitchells Plain Titans	lascheepers@uwc.ac.za	WPA
19-Dec	Mitchells Plain Walk	West Gate Mall Mitchells Plain	Walk	10km W	Mitchells Plain Titans	lascheepers@uwc.ac.za	WPA
22-Dec	Mitchell's Brewery Sundowner	Mitchells Brewery, V&A Waterfront	RR	10km	Fit 2001 (WP)	aradley@pnp.co.za	WPA
26-Dec	Tokai Manor House	Tokai Forest	RR	16km	Southern Striders	peter.powell@capetown.gov.za	WPA
31-Dec	Brooks Runner's Memorial	Mouille Point	Fun Run		Edgemead	committee@edgemeadrunners.co.za	WPA

Date	Name of Event	Venue	Category (TF/CC/RR)	Distance (if Road Running)	Organised by (name of club)	Email Address	Province
24-Jan	RAC Invitation	DP De Villiers Stadium, Sasolburg	TF		Rainbow AC		AVT
31-Jan	AVT Open League	DP De Villiers Stadium, Sasolburg	TF		AVT Province		AVT
7-Feb	AVT Open League	DP De Villiers Stadium, Sasolburg	TF		AVT Province		AVT
11-Feb	Valentines 15 Km	Laerskool Kollegepark, Vdbp	RR	15 Km	Nedbank Running Club - AVT		AVT
11-Feb	Valentines 10 Km	Laerskool Kollegepark, Vdbp	RR	10 Km	Nedbank Running Club - AVT		AVT
11-Feb	Valentines 5 Km	Laerskool Kollegepark, Vdbp	RR	5 Km	Nedbank Running Club - AVT		AVT
14-Feb	AVT Open League	DP De Villiers Stadium, Sasolburg	TF		AVT Province		AVT
21-Feb	AVT Open League	DP De Villiers Stadium, Sasolburg	TF		AVT Province		AVT
1-Mar	Vaal Marathon 42,2 Km	Dick Fourie Stadium, Vereeniging	RR	42,2 Km	Vaal AC		AVT
1-Mar	Vaal 21,1 Km	Dick Fourie Stadium, Vereeniging	RR	21,1 Km	Vaal AC		AVT
1-Mar	Vaal 10 Km	Dick Fourie Stadium, Vereeniging	RR	10 Km	Vaal AC		AVT
1-Mar	Vaal 5 Km	Dick Fourie Stadium, Vereeniging	RR	5 Km	Vaal AC		AVT
7-Mar	AVT Open League	DP De Villiers Stadium, Sasolburg	TF		AVT Province		AVT
21-Mar	AVT Youth/Junior/Senior T & F Champs	DP De Villiers Stadium, Sasolburg	TF		AVT Province		AVT
2-May	League 1	Evaton	CC		Lekoa AC		AVT
16-May	League 2	Meyerton Sports Grounds	CC		Vaal AC		AVT
6-Jun	League 3	George Thabo Stadium	CC		Lekoa AC		AVT
20-Jun	League 4	Boipatong	CC		Vultures AC		AVT
27-Jun	League 5	HTS Carel De Wet	CC		ArcelorMittal AC		AVT
25-Jul	League 6	Izak Steyl Stadium	CC		VUT Athletic Club		AVT
15-Aug	AVT XC-Championships	Izak Steyl Stadium	CC		AVT Province		AVT
5-Sep	Spring Run 21,1 Km	Laerskool Kollegepark, Vdbp	RR	21,1 Km	Nedbank Running Club - AVT		AVT
5-Sep	Spring Run 10 Km	Laerskool Kollegepark, Vdbp	RR	10 Km	Nedbank Running Club - AVT		AVT
5-Sep	Spring Run 5 Km	Laerskool Kollegepark, Vdbp	RR	5 Km	Nedbank Running Club - AVT		AVT
24-Sep	Heritage Day Race 42,2 Km	Laerskool Kollegepark, Vdbp	RR	42,2 Km	Nedbank Running Club - AVT		AVT
24-Sep	Heritage Day Race 21,1 Km	Laerskool Kollegepark, Vdbp	RR	21,1 Km	Nedbank Running Club - AVT		AVT
24-Sep	Heritage Day Race 10 Km	Laerskool Kollegepark, Vdbp	RR	10 Km	Nedbank Running Club - AVT		AVT
10-Oct	AVT Open League	DP De Villiers Stadium, Sasolburg	TF		AVT Province		AVT
17-Oct	Mittal 21,1 Km	Quest Conference Centre, Vdbp	RR	21,1 Km	ArcelorMittal AC		AVT
17-Oct	Mittal 11 Km	Quest Conference Centre, Vdbp	RR	11 Km	ArcelorMittal AC		AVT
17-Oct	Mittal 5 Km	Quest Conference Centre, Vdbp	RR	5 Km	ArcelorMittal AC		AVT
17-Oct	AVT Open League	DP De Villiers Stadium, Sasolburg	TF		AVT Province		AVT
23-Oct	Ultimate 100 Miler	Laerskool Kollegepark, Vdbp	RR	160 Km	Nedbank Running Club - AVT		AVT
24-Oct	100 Km Circuit Race	Laerskool Kollegepark, Vdbp	RR	100 Km	Nedbank Running Club - AVT		AVT
24-Oct	50 Km Circuit Race	Laerskool Kollegepark, Vdbp	RR	50 Km	Nedbank Running Club - AVT		AVT
24-Oct	21,1 Km Circuit Race	Laerskool Kollegepark, Vdbp	RR	21,1 Km	Nedbank Running Club - AVT		AVT
24-Oct	10 Km Circuit Race	Laerskool Kollegepark, Vdbp	RR	10 Km	Nedbank Running Club - AVT		AVT
24-Oct	AVT Talent ID	DP De Villiers Stadium, Sasolburg	TF		AVT Province		AVT
28-Nov	AVT Sub Youth Champs	DP De Villiers Stadium, Sasolburg	TF		AVT Province		AVT
31-Dec	Oujaars "Party"	Laerskool Kollegepark, Vdbp	RR	10 Km	Nedbank Running Club - AVT		AVT
31-Dec	Oujaars "Party"	Laerskool Kollegepark, Vdbp	RR	5 Km	Nedbank Running Club - AVT		AVT
14-Feb	Provincial Senior Track and Field Championships	Mthatha	TF		ATRA	zukiemaq@webmail.co.za	ATRA
21-Feb	District Schools Athletics Championships	All Districts	TF		DEPARTMENT OF EDUCATION	N/A	ATRA
27-Feb	Provincial Schools Athletics Championships	East London	TF		DEPARTMENT OF EDUCATION	N/A	ATRA
07-Mar	Provincial Youth and Junior Championships	Mthatha	TF		ATRA	zukiemaq@webmail.co.za	ATRA
16-May	Provincial Half Marathon Championships	Libode		21,1km&5km	ATRA	zukiemaq@webmail.co.za	ATRA
30-May	Cross Country Development Programme	Ntabankulu	CC		ATRA	zukiemaq@webmail.co.za	ATRA
13-Jun	Cross Country Development Programme	Flagstaff	CC		ATRA	zukiemaq@webmail.co.za	ATRA
27-Jun	Cross Country Development Programme	Mbizana	CC		ATRA	zukiemaq@webmail.co.za	ATRA
11-Jul	Meeg Bank Provincial 10km Championships	Butterworth	RR	10km&5km	ATRA	zukiemaq@webmail.co.za	ATRA
25-Jul	Cross Country Development Programme	Lusikisiki	CC		ATRA	zukiemaq@webmail.co.za	ATRA
01-Aug	Meeg bank 10km Challenge and 5km Fun Run	Ngcobo	RR	10km &5km	ATRA	zukiemaq@webmail.co.za	ATRA
15-Aug	Provincial Country Country Championships	Lady Frere	CC		ATRA	zukiemaq@webmail.co.za	ATRA
22-Aug	Meeg bank 10km Challenge and 5km Fun Run	Ntabankulu	RR	10&5km	ATRA	zukiemaq@webmail.co.za	ATRA
12-Sep	Meeg bank 10km Challenge and 5km Fun Run	Lusikisiki	RR	10km &5km	ATRA	zukiemaq@webmail.co.za	ATRA
19-Sep	Meeg bank 10km Challenge and 5km Fun Run	Dutywa	RR	10km&5km	ATRA	zukiemaq@webmail.co.za	ATRA
26-Sep	Mr Price Transkei Schools & Club Relay	Tsolo	RR		Mr Price Transkei A/C	mfinolucas@yahoo.com	ATRA
03-Oct	Meeg bank 10km Challenge and 5km Fun Run	Port St Johns	RR	10km&5km	ATRA	zukiemaq@webmail.co.za	ATRA

Date	Name of Event	Venue	Category (TF/CC/RR)	Distance (if Road Running)	Organised by (name of club)	Email Address	Province
11-Nov	Meeg bank 10km Challenge and 5km Fun Run	Mthatha - Ngangelizwe	RR	10km&5km	ATRA	zukiemag@webmail.co.za	ATRA
22-Nov	Cheetahs 10km Challenge& 5km Fun Run	Mthatha	RR	10km&5km	Cheetahs A/C	ntsiki@cybertrade.co.za	ATRA
	16-Dec	Heroes Marathon,Meeg bank 10km &5km Fun Run	RR	42,2km,10km&5km	ATRA	zukiemag@webmail.co.za	ATRA
1-Sep	Siyanda Schools - Interhouse Competition	Danie Kuys Stadium - Upington	TF		Different Schools	beukes.gerald@gmail.com	ANWC
21-Feb	Siyanda & Namaqua Districts Event	Danie Kuys Stadium - Upington / Show Grounds	TF		Dept. Education	beukes.gerald@gmail.com	ANWC
14-Feb	Spitskop Halfmarathon	Spitskop - Upington	RR	21 km	Crusaders S.C	rnugent@lantic.net	ANWC
28-Feb	Provincial Youth / Juniors / Seniors	Danie Kuys Stadium - Upington	TF		ANWC	wallycloete@vodamail.co.za	ANWC
13-Mar	Senior TF - Boland	Stellenbosch	TF		ASA		ANWC
21-Mar	Canal Marathon	Kakamas	RR	21 km / 42 km	Crusaders S.C	rnugent@lantic.net	ANWC
28-Mar	Youth / Junior TF Championship	Tshwane	TF		ASA		ANWC
4-Apr	Nedbank Matha Series Series 2	Nelspruit	RR	21 km	ASA		ANWC
5-Feb	Dorperland Marathon	Kenhardt	RR	21 km / 42 km	Kenhardt Marathon Club	christastander@sanlam4u.co.za	ANWC
26-Apr	OWK Marathon	OWK - Upington	RR	15 km / 42 km	Crusaders S.C	rnugent@lantic.net	ANWC
7-Jan	Cross Country - Circuits	Police Grounds - Upington	CC		Dept. Education	beukes.gerald@gmail.com	ANWC
7-Apr	Nedbank Matha Series Series 3	Motherwell - Port Elizabeth	TF		ASA		ANWC
8-Jan	District Schools Cross Country	Police Grounds - Upington	CC		Dept. Education	beukes.gerald@gmail.com	ANWC
8-Aug	Provincial Schools Cross Country	Police Grounds - Upington	CC		Dept. Education	beukes.gerald@gmail.com	ANWC
29-Aug	Nedbank Matha Series 4	Stellenbosch	RR	10 km	ASA		ANWC
9-May	Daisy Marathon	Springbok	RR	21 km / 42 km	Namaqua Diamond Fund Trust	ingrid@ndft.org	ANWC
12-Sep	S.A Cross Country Championship	Tshwane	CC		ASA		ANWC
19-Sep	Loeriefontein Marathon	Loeriefontein	RR	21 km / 42 km	Namaqua Athletics	Victor Haupt - 027-6621005/7	ANWC
26-Sep	Kalahari Kuierfees Marathon	Upington	RR	21 km / 42 km	Crusaders S.C	rnugent@lantic.net / wallycloete@vodamail.co	ANWC
29-Sep	Hamtam Vleisfees Marathon	Calvinia	RR	21 km / 42 km	Namaqua Athletics	Willie Visagie - 027-3411424	ANWC
1-Nov	Nedbank SOWETO Marathon	Soweto - Gauteng	RR	21 km / 42 km	ASA		ANWC