

February										
1-Feb	Wed	CGA	McCarthy VW Westgate	15\5	19:00	KHOSA Sports Club	KHOSA	Helga Weiland	083 2795498	No
1-Feb	Wed	Mpu	Ferrochrome Nite	10	19:00	Kees Taljaard Stadion	Midack	Conrad vd Berg	082 9081228	No
1-Feb	Wed	Mpu	Van Wettens Nite	10	18:00	LVCC Aurora St Nelspruit	Nedbank LVCC	Riaan Nel	083 4568832	No
1-Feb	Wed	WP	Cape Summer Trail series 4	Trail	18:00	Tygerberg Nature Reserve	Wildrunner	Owen Middleton	084 2218422	No
1-Feb	Wed	WP	Jacobus "Baille" Bruintjies Memorial Race	10	18:15	Florida Park, Ravensmead	Ravensmead AC	Abram Mahdiehe	082 3235828	No
4-Feb	Sat	Bol	Prison to Prison Road Race	21\10\5	06:30	Worcester Gevangenis	Brandvlei Cor. Services	Kosie Botha	083 9913915	No
4-Feb	Sat	Bor	Tomato Trot 15 km	15		Lilyfontein School	Old Boys	Danie Bessinger	082 2025310	No
4-Feb	Sat	EP	The Historic Run	10\5	06:30	Bertram High School	X-cel AC	Dean Klivido	082 3994722	No
4-Feb	Sat	FS	SASOL Marathon	42\21\10	06:00	DP de Villiers Std Sasolburg	Sasolburg AC	Pieter Du Toit	084 5702544	Yes
4-Feb	Sat	GN	McCarthy Toyota	5\10\21.1	06:00	Rietondale Park	Magnolia RR	Hank Bezuidenhout	012 4609065	No
4-Feb	Sat	Lim	Soutpansberg Mountain Race	21\10	06:00		Soutpansberg AC	Elmien Vd Goot	082 7814249	No
4-Feb	Sat	Mpu	Rainbow	21\10	07:00	Machado Primary School	Rainbow RR	Faan Coetzee	082 9256333	No
4-Feb	Sat	SWD	Pine Lodge 5km and 15km	15\5	07:00	Pine Lodge - George	Rainbow AC	Sidwell Oktober	078 395 8489	No
4-Feb	Sat	WP	Lion of Africa 21.1km	21\10\5	06:00	Academy for Mathematics Science & Tech	Spartan Harriers AC	Reon Jacobs	082 5403092	No
4-Feb	Sat	WP	Phillip Rabinowitz 10 Km Walk	10 W	07:00	Academy for Mathematics Science & Tech	Spartan Harriers AC	David Kirby	082 2987547	No
5-Feb	Sun	CGA	Brooks Striders	32\15\5	06:00	Springs Rugby Club	Brooks Striders	Rhoda Steyn	073 5612700	Yes
5-Feb	Sun	KZN	Langasun Marathon	42\10	06:00	Empangeni Rugby Club	Imamba AC	Shadrack Mncwango	072 4371347	No
5-Feb	Sun	KZN	Sparkport Challenge	32\16	05:00	Sparkport Pharmacy Sydenham	Sydenham Sports Club	Michael Shanglee	083 2333124	No
5-Feb	Sun	WP	Cape Summer Trail series 5	Trail	07:30	Oak Valley, Elgin	Wildrunner	Owen Middleton	084 2218422	No
8-Feb	Wed	GN	SPAR Lantern	5\10	18:30	Argicultural/Research Council	Irene	Wynand Breytenbach	012 6540005	No
8-Feb	Wed	Mpu	Valentyns Nite	10	19:00	Secunda High School	Secunda	Jurie Botha	082 5700180	No
8-Feb	Wed	WP	Stragglers 10km	10	07:00	TBA	Stragglers AC	Pro Arumugam	082 9265840	No
10-Feb	Fri	CGA	KFC Valentine	10	19:00	Randburg Sports Complex	Randburg Harriers	Michelle Knotzer	011 7927003	No
10-Feb	Fri	FS	Harmony Valentine Night Race	10	18:00	Welkom Square Game Centre	Harmony Striders	Db Prinsloo	083 2878810	No
11-Feb	Sat	CNW	Vyfhoek Marathon	42\21\10	06:00	NG Gemeente Potch-Vyfhoek, Richardson street	Run/Walk for Life (CNW)			
11-Feb	Sat	Bol	Freedom Race	27\10\5	07:00	Drakenstein Prison	Correctional Services AC	Pieter Bruiners	082 9610723	No
11-Feb	Sat	Bol	Freedom Wheel Chair Race	10	07:15	Drakenstein Prison	Correctional Services AC	Pieter Bruiners	082 9610723	No
11-Feb	Sat	Bor	Masters Half marathon	21		Mount Coke	Masters	Tony Viljoen	043 7353350	No
11-Feb	Sat	EP	Valentine's Run	10\5	06:00	Metlife Mall Kabega Park	Achilles/Malabar	Milka Boshoff	072 4637065	No
11-Feb	Sat	FS	Kloppers Addas Festival of Running	42\21\10	06:00	Nedbank Bfn Achilles Sport Centre	Nedbank Bfn Achilles	M.J. Mokati	084 5625124	No
11-Feb	Sat	GN	Bronkhorstspuit 32	4\10\32	06:00	Erasmus H/S	Bronkhorstspuit MC	Gans Barnard	083 8770262	Yes
11-Feb	Sat	Lim	Potties - Mokopane	42\32\21\10	06:00		Potties MC	Hennie Smit	082 6029830	No
11-Feb	Sat	Mpu	Eskom	42\21\10	06:00	Eskom Clubhouse	Eskom	Paul Bester	082 9667767	No
11-Feb	Sat	WP	Top Form 10km Road Race	10\5	07:30	Turfhall Park Stadium	Top Form AC	Russel Mehl	084 5455851	No
12-Feb	Fri	ASA	SA Marathon Championships	42		George	ASA R/R Comm.	ASA Office	011 8805800	No
12-Feb	Sun	CGA	Pick'n'Pay	42\21	06:00	Saheti School	Jeppe Quondum	Race Office	011 4632743	Yes
12-Feb	Sun	KZN	NIMAS Marathon	42\21	05:00	Hillcrest Villagers Club	Hillcrest Villagers AC	Voaneen Douthwaite	031 7651238	No
15-Feb	Sun	AVT	Nedbank (NRCVT) Valentine	15\10	19:00	Kollegepark Primary School	Nedbank AVT	Pierre Joubert	082 8512127	No
15-Feb	Wed	Bol	Model Sport Valentine Night Race	10\5	18:15	Mountain Mill Mall, Worcester	Worcester AC	Russel Cupido	082 5320826	No
15-Feb	Wed	Mpu	Dennies Wedloop	4.91	19:00	Dennesig Laerskool	Eskom Gijimas	Theuns Luus	083 6308729	No
18-Feb	Sat	ASA	ASA Cross Country Trials	CC		Potchefstroom			011 8805800	No
18-Feb	Thu	EP	Kromberg and Schubert	15\5	06:00	Frans Conradie Primary School	Muirite Striders	Margie du Toit	082 5475413	No
18-Feb	Sat	FS	Planeet Rooies Valentines RR	21\10	06:15	AHS Kroonstad (Rooiskool)	Syngenta MC	Danie Brummer	082 5649426	No
18-Feb	Sat	GN	Tuks Bestmed 21KM	5\10\21	06:00	LC de Villiers SG	Tuks A/C	Vollie Spies	082 8216952	No
18-Feb	Sat	KZN	Old Mutual Battlefields	50\42\21\10	05:30	Newcastle Swimming Pool	Newcastle Harriers	André Grundlingh	034 3287661	No
18-Feb	Sat	Mpu	Assegaa 2-in-1	42\21	06:00	Rainbow Festival Grounds	Assegaa	Claudine	083 2669506	No
18-Feb	Sat	NWN	Mafikeng Marathon & Half	42\21		Mmabatho Tusk	Mafikeng Road Runners		082 3328722	No
18-Feb	Sat	SWD	Outeniqua Wheelchair Challenge 42.2km	42\21\10\5	08:00	Mountview Resort - George	Rainbow AC	Esther Watson	082 421 9359	No
19-Feb	Sun	ASA	SA Marathon champs	42		Durban	ASA		011 8805800	No
19-Feb	Sun	CGA	Pirates 21	21	07:00	Greenside	Pirates	Ainsley Williams	083 2352118	No
19-Feb	Sun	EP	Mini Marathon Motherwell	4.2			EPA Development	Aziez Madatt	082 7387029	No
19-Feb	Sun	KZN	Zabalaza Half Marathon	21\15\5	06:00	Hammarsdale	Zabalaza AC	Bongani Ndlovu	031 7002222	No
19-Feb	Sun	WP	Cape Peninsula Half Marathon	21.1	07:00	Bergvliet to Simon's Town	Celtic Harriers Club	Top Events	021 5117130	No
19-Feb	Sun	WP	Cape Peninsula Marathon	42.2	05:15	Green Point to Simon's Town	Celtic Harriers Club	Top Events	021 5117130	No
22-Feb	Wed	Bol	Gino's Night Race (10km)	10	18:00	Coetzenburg	Maties AC	Mohamed Ally	072 9959655	No
22-Feb	Wed	FS	USN 10km	10\5	18:15	Langenhovenpark Boeremark	Bloemfontein Striders	Jaco Grobbelaar	082 4166779	No
25-Feb	Sat	Bor	Bufs Marathon 21,1 km walk ,5 & 10km trail run	42\21\10\5		Maclean town	Bufs	Kerryn Newey	083 2158749	No
25-Feb	Sat	EP	Cassies	15\5	06:30	Verkenner Primary School	Nedbank RC	Irene van Eeden	083 2991775	No
25-Feb	Sat	FS	Sterkfontein 25km	25\10	07:00	Sterkfontein Dam	Harrismith MC	Pieter Bailey	0845 8883860	No
25-Feb	Sat	GN	Deloitte Pretoria Marathon	21.1\42.2	06:00	Hoffmeyer Park Lynnwood	Phobians MC	Hennie Oosthuizen	072 3123858	Yes
25-Feb	Sat	GN	Deloitte Pretoria Marathon	10	06:20	Hoffmeyer Park Lynnwood	Phobians MC	Hennie Oosthuizen	072 3123858	No
25-Feb	Sat	Lim	Bmw Modern Autohouse	42\21\10\5	06:00		Polokwane AC	Pieter Pretorius	084 4006667	No
25-Feb	Sat	Mpu	Sasol	42\21\10	06:00	Sasol Recreation club	Sasol	Julu Mavuso	082 8061352	No
25-Feb	Sat	SWD	Infantry School Cango 21.1km	21	06:00	Ou Tol Road - Oudtshoorn	Military Sport Club - Odn	Rodney Williams	082 498 4076	No
25-Feb	Sat	SWD	Infantry School Cango 42.2km	42	06:00	Cango Caves - Oudtshoorn	Military Sport Club - Odn	Richard Hughes	082 563 4573	No
25-Feb	Sat	WP	Koeberg 5km Fun Run	5	07:15	Koeberg Nature Reserve	Eskom Gijimas	Kaylene van Dyk	082 5092967	No
26-Feb	Sun	CGA	Township Marathon	42\15	06:00	Eldorado Park Stadium	Pegasus	The Secretary	082 4433777	Yes
26-Feb	Sun	KZN	DB Enterprises 10km race	10\	10:00	Fitty Park Sport Ground Ladysmith	Jabulani AC	DB Shabangu	084 6401213	No
26-Feb	Sun	KZN	Maritzburg Marathon and Half	42\21	05:00	Drill Hall PMB	Natal Carbineers AC	John Hall	033 3423284	No
26-Feb	Sun	WP	Milkwood	21\10	07:30	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Graeme Trautmann	079 5165801	No
29-Feb	Wed	Mpu	McCarty VW Panorama	10	19:00	Panorama Primary Gordon str	Coaldust	Hettie Terblanche	082 6800973	No
29-Feb	Wed	WP	Sunset Team Time Trail	4 x 3	18:00	Green Point Urban Park	ATC Running	Steve Attwell	082 7399010	No

			March										
1-Mar	Thu	CGA	J.P. Morgan Corporate Relay	5.6	18:30	Wanderers Stadium	CGA Challenge	CGA	011 8722726	No			
3-Mar	Sat	Bol	MKB Swartland Half Marathon	21\10\5	07:00	Gene Louw Sportgronde	Altech Autopage Swartland	Denie Truter	022 4331895	No			
3-Mar	Sat	Bor	Kempston Ladies 5 & 10 km	10\5		Oxford Striders	Oxford Striders	Dillon Pretorius	083 6545999	No			
3-Mar	Sat	EP	Bay Ultra Marathon	50\5	05:00		Body Concept RW	Eekart Schumann	083 2992092	No			
3-Mar	Sat	FS	Dairy Belle Naval Duiwel	42\21\10\5	06:00	Bfn Bowling Club Navil Hill Union Av	Bloemfontein Striders	Jaco Grobbelaar	082 4166780	No			
3-Mar	Sat	FS	Surrender Hill Marathon	42\21\10	06:00	Clarencs	Bethlehem MC	Dolf Binneman	073 3396809	No			
3-Mar	Sat	GN	Medihelp Sunrise Monster	5\10\32	06:03	Harlequins Club Groenkloof	Harlequins	Frans Verwoerd	082 7747070	No			
3-Mar	Sat	KZN	Emnambithi 21,1km	21\5	17:00	Settlers Park Rugby stadium	Emnambithi Striders	Ashwin Parthab	036 6382800	No			
3-Mar	Sat	Lim	Kumba Marekele Race	42\21\10	06:00		Thabazimbi MC	Iwada Bezuidenhout	083 4101378	No			
3-Mar	Sat	Mpu	PWC 3-in-1	42\21\10	06:00	Nelspruit Clubhouse	Nelspruit	Mariët Erasmus	082 0926406	No			
3-Mar	Sat	NWN	Lichtenburg Zebra Zambra	32\10\5		Lichtenburg High School	Lichtenburg Marathon			No			
3-Mar	Sat	SWD	Palm Tyres 5km and 10km	10\5	07:00	Palm Tyres - George	Rainbow AC	Sidwell Oktober	078 395 8489	No			
3-Mar	Sat	WP	Century City 10km Express	10	07:30	Central Park, Century City	Century City AC	Alan Liebenberg	083 6518165	No			
4-Mar	Sun	AVT	Vaal Marathon	42\21	06:00	Dick Fourie Stadium	Vaal AC			No			
4-Mar	Sun	CGA	Orange Farm 15	15\5	07:00	Chris Hani Complex	Orange Farm	Mayford	011 5305296	No			
4-Mar	Sun	CGA	Bidvest Marathon	42\21	42\21	TBA	Bidvest	Thokozane	083 2966545	No			
4-Mar	Sun	KZN	Mondi	21\10	05:00	Bay Hall Richards Bay	CANON Richards Bay	Virna McMaster	082 4473040	No			
4-Mar	Sun	KZN	Oasis Crescent Challenge	21\10	06:00	Kings Park Athletics	Oasis Crescent	Jubeira Varatharajulu	031 7006300	No			
4-Mar	Sun	WP	1 Up Big Walk	Var	07:30	Greenpoint Track				No			
7-Mar	Wed	WP	Lighthouse 10 km	10	18:15	Green Point Lighthouse, Mouille Point	Atlantic AC	Tony Breslin	082 8882307	No			
8-Mar	Thu	SWD	Coastline Junior Road Running Series	5\2.5	15:00	New Dawn Park Primary - George	Coastline AC	Joe Arendse	082 907 1296	No			
10-Mar	Sat	Bol	Worcester Rainbow	30\10\5	06:30	National Institute for the Deaf	Worcester AC	Natale Roelofse	082 7711543	No			
10-Mar	Sat	EP	Sportsmans Warehouse	15\5	06:30	Moffet Retail Centre	Triangle SC	Alan Taylor	083 6580050	No			
10-Mar	Sat	FS	Engen to Engen and FS 10km Championship	21\10	06:00	Engen Riebeeckstad	Riebeeckstad Harriers	Hendrik Van Rensburg	083 4797448	No			
10-Mar	Sat	GN	W/Boom Junction Bobbies	5\10\21	06:00	W/Boom Junction Shp Cntr	PPMC	Theo Naude	082 5625862	No			
10-Mar	Sat	KZN	VAC Challenge	50\42\21\10	06:00	Pionier High School - Vryheid	Vryheid AC	Sean Roberts	034 9899423	No			
10-Mar	Sat	Mpu	Kosmos 3-in-1	42	06:00	Lake Umuzi Waterfront	Secunda	Willie Pruis	082 4922882	No			
10-Mar	Sat	Mpu	Kosmos 3-in-1	21	13:00	Lake Umuzi Waterfront	Secunda	Willie Pruis	082 4922882	No			
10-Mar	Sat	Mpu	Kosmos 3-in-1	10	17:00	Lake Umuzi Waterfront	Secunda	Willie Pruis	082 4922882	No			
10-Mar	Sat	SWD	Tortoise Tuff Challenge	30\15\10\2.5	07:00	Sedgefield Primary - Sedgefield	Sedgefield Striders	Dave Edge	084 312 4927	No			
10-Mar	Sat	WP	Constantia Village	15\5	06:15	Constantia Village	Acis VOB	Charlotte Kettlewell	021 7618887	No			
11-Mar	Sun	CGA	Remax Reach for a Dream	42\21\5	06:00	Edenvale High School	RRW	Chris Midland	084 7146232	Yes			
11-Mar	Sun	KZN	Gaterite Challenge	42\21\10	05:30	Verulam Recreation	Verulam AC	Smiley Naidoo	082 2664074	No			
11-Mar	Sun	WP	Argus Cycle Tour		06:00	Cape Town				No			
14-Mar	Wed	Bol	Correctional Services Road Race	10\5	18:15	Paarl, Faure Street Stadium	Drakenstein Corr.Services	D Strauss	083 9806495	No			
16-Mar	Fri	Bor	Seymour Beds 5 & 10km Border 10 km champs	10\5		Old Boys	Old Boys	Andrew Moss	082 7823936	No			
17-Mar	Sat	EP	Lake Farm Charity Run	25\10\5	07:00	Lake Farm	Achilles AAA	Graham Channon	078 1849723	No			
17-Mar	Sat	FS	Pride in Tyres / Pentagon Pistols 32km	32\10	06:30	Northridge Mall Bloemfontein	Pentagon Pistols	Ebarnie Cilliers	082 8228992	No			
17-Mar	Sat	GN	Om die Dam	50\20	06:00	Schoemansville Primary School	Haartebeespoort		082 8232327	Yes- Only 50			
17-Mar	Sat	Mpu	Bateleur Estate	10\21	06:00	Bateleur Estate, Uityky Rd	Nedbank LVCC	Beth Bloch	082 8013600	No			
17-Mar	Sat	NWN	Old Mutual Om Die Dam	50\21\10\5		Schoemansville Primary School	Haartebeespoort		082 8232327	No			
17-Mar	Sat	WP	Seeff Weskus Marathon	42\21\5	06:30	West Coast National Park , Langebaan	Langebaan Strandlopers	Louis van der Walt	074 2338865	No			
18-Mar	Sun	CGA	Gauteng Striders 21	21\5	07:00	Wembley Stadium	Gauteng Striders	Bruce	072 0743390	Yes			
18-Mar	Sun	KZN	Stella Royal	25\10	05:00	Stella Sports Club	Stella AC	Cecil Sher	031 2058573	No			
18-Mar	Sun	KZN	Zululand District Ultra Marathon	56	06:00	Kwagqikiza(56km)	Nongoma AC	Manqele Mphathiseni	083 4329566	No			
19-Mar	Mon	Bol	Bain's Veldloop	12\7	08:00	Wellpanas Farm, Wellington	Wellington AC	Pieter van Wyk	082 8573180	No			
21-Mar	Wed	Bol	Beesloop Farm Race	15\5	07:30	Overhex, Worcester	Worcester AC	Eida van Dijk	082 3318889	No			
21-Mar	Wed	Bor	Away with the fairies trail run 5km,10km,15km	15\10\5		Hogsback		Liam Victor	082 9273395	No			
21-Mar	Wed	AVT	Vaal Mall Nite Race	15\10\5	18:30	Vaal Mall C/o Barrage Road and Rossini BLVD	Arcelel Mittal	Malie vd Walt	082-8539144	No			
21-Mar	Wed	EP	Seaview 24km Training Run	24	06:30	Seaview Community Centre	PEAAC	Cordell Schnetler	076 1580407	No			
21-Mar	Wed	FS	DR Church Universitas 10km Road Race	10\4		DR Church Universitas	KOVISIE A/C	Danie Brummer	082 5649426	No			
21-Mar	Wed	GN	Right to Run	5\10\21	07:00	Sunnypark Mall	ARCADIA AC	John Gwetsa	082 4359212	No			
21-Mar	Wed	Mpu	Goldi 3-in-1	42\21\10	06:00	Standerton Showgrounds	Standerton	Pieter Grobbelaar	082 9297482	No			
21-Mar	Wed	WP	Plexus Half Marathon	21,1	07:30	Durbanville Athletic Club Sportsgrounds	Durbac	Wayne Sneyd	082 8205504	No			
22-Mar	Thu	SWD	Coastline Junior Road Running Series	5\2.5	15:00	Heidedal Primary - George	Coastline AC	Joe Arendse	082 907 1296	No			
24-Mar	Sat	EP	Kouga-Kus Half Marathon	21	07:00	Nico Malan High School H'dorp	Humansdorp AK	Freddie Jacobs	078 4743636	No			
24-Mar	Sat	EP	Mini Marathon	4.2			Humansdorp AK			No			
24-Mar	Sat	GN	Great 15 KM Run	5\15	06:00	TBA	Global RC	Moha Molelekoa	071 9067144	No			
24-Mar	Sat	Mpu	Witbank 3&1 Challenge	16\32\48	06:00	Coaldust Clubhouse	Coaldust	Hettie Terblance	082 6800973	No			
24-Mar	Sat	WP	Vineyard Forest run 10km	10	07:45	In the Forest , Winery Road	Strand AC	Lester Burrow	082 4248547	No			
25-Mar	Sun	CGA	Jackie Gibson	42\21	06:00	Klipriviersberg Recreation Centre	JHAC	Cathy Munn	072 6790874	Yes			
25-Mar	Sun	KZN	Edumbe Mayors Race	21\10\5	07:00	Dumbe Regional Stadium	Edumbe AC Club	Bussie Dlamini	034 9951630	No			
25-Mar	Sun	KZN	Umgeni Water Marathon	42\32\15	06:00	Midmar Dam	Collegians Harriers/ Howick AC	Andre Booysen	082 3185137	No			
25-Mar	Sun	KZN	21,1km Challenge	21\10	05:00	Hammersdale,Mpumulanga stadium	Hammersdale AC	Sanele Khomo	031 7720086	No			
25-Mar	Sun	WP	Glenryck 30 Km	30	06:00	Parow Athletic Track, Parow North	Tygerberg Northlink AC	Leon Thelander	083 9996450	No			
28-Mar	Wed	Mpu	Eskom Wellness	10	19:00	Eskom Clubhouse	Eskom	Paul Bester	082 9667767	No			
31-Mar	Sat	EP	Umhlobo Wenene	10\5	07:00	King's Beach	St Albans CSEP	Bennie Thyssen	082 2939289	No			
31-Mar	Sat	FS	Memel Mahem Road Race	26\10	06:00	Memel	Warden MC	Benita Coetzee	058 6430639	No			
31-Mar	Sat	GN	Denel Road Race	4\10\21	06:00	Denel Irene Campus	Denel AC	Corrie Fourie	083 6292644	No			
31-Mar	Sat	KZN	Masakhane Road Race	42\28\10\5	06:00	Utrecht to Osizweni Police station	Osizweni AC	Msebenzi Nkosi	073 7812607	No			
31-Mar	Sat	Lim	Hoedspruit Big 5	42\21\16\10	06:00		Hoedspruit Afb	M R Mhlongo	072 4789039	No			
31-Mar	Sat	Mpu	Long Tom Marathon	56\21	06:00	Sybrand v Niekerk School	Trust	Loma vd Walt	082 5579604	No			
31-Mar	Sat	SWD	Klein Karoo Nasionale Kunstefees	21\10	07:00	Wesbank Primary - Oudtshoorn	Oudtshoorn AAC	David McKinnon	082 374 8632	No			
31-Mar	Sat	WP	Prosano Challenge 10km	10\5	07:30	Peninsula Technikon, Bellville	Telkom AC	Ysuuf Samsodien	081 3541495	No			

April										
1-Apr	Sun	CGA	Alberton 21/10/5	15\10\5	07:00	Alberton City	Alberton	Andries Venter	083 7272970	No
1-Apr	Sun	CGA	Birchwood Half Marathon	21\10	07:00	Birchwood Hotel	Birchwood	Patience Moeketsi	076 0791036	No
1-Apr	Sun	KZN	Checkout Challenge	27\15	05:00	Verulam Recreation	Verulam Falcons	Omash Nundlar	083 5579765	No
6-Apr	Fri	WP	Old Mutual Two Oceans Fun Runs	10	07:30	UCT Sports Fields	TOMA	Trevor Ball	082 8964597	No
6-Apr	Fri	WP	Old Mutual Two Oceans Trail run	22	07:30	UCT Sports Fields	TOMA	Trevor Ball	082 8964597	No
7-Apr	Sat	ASA	SA Combined Events Championships				Potchefstroom			No
7-Apr	Sat	Bol	Kleinmond Road Race	21.1	07:30	Laerskool Kleinmond	Hangklip AC	Sandy Keizerwaard	079 4136610	No
7-Apr	Sat	Bol	Perdekop Road Race	10	07:12	Laerskool Kleinmond	Hangklip AC	Sandy Keizerwaard	079 4136611	No
7-Apr	Sat	Bol	Perdekop Road Race	5	12:00	Laerskool Kleinmond	Hangklip AC	Sandy Keizerwaard	079 4136612	No
7-Apr	Sat	GN	Rotary Run	7\14	06:00	AFB Swartkop	Running Inn	Tjaart le Roux	082 9946909	No
7-Apr	Sat	Lim	Tzaneen On Die Dam	50\21\10\5	06:00		Tzaneen MC	Nick Serfontein	082 5547960	No
7-Apr	Sat	Mpu	Run & walk for life series	12\6			RWFL Nelspruit			No
7-Apr	Sat	WP	Old Mutual Two Oceans Half Marathon	21.1	06:00	Main Road Newlands	TOMA	TOMA Offices	021 6575140	No
7-Apr	Sat	WP	Old Mutual Two Oceans Ultra Marathon	56	06:25	Main Road Newlands	TOMA	TOMA Offices	021 6575140	No
9-Apr	Mon	GN	Family Day Fun/Walk	5\10	07:00	The Grove Shopping Centre	RWFL	Daan du Toit	082 5724169	No
12-Apr	Thu	SWD	Coastline Junior Road Running Series	5\2.5	15:00	Pacaltsdorp Primary - George	Coastline AC	Joe Arendse	082 907 1296	No
14-Apr	Sat	EP	Coega Development Corp Road Race	21\10\5	06:15	Coega IDZ	Coega AC	Donovin Lesch	082 3303326	No
14-Apr	Sat	FS	Wildfees Marathon	42\10	06:00	Willem Pretorius Game Reserve (Ventersburg)	Syngenta MC	Jack Morton	083 3020703	No
14-Apr	Sat	GN	Solomon Mahlangu	5\10	06:00	Mamelodi	AGN	AGN	012 3274931	No
14-Apr	Sat	KZN	Arthur Cresswell Memorial	52\21	06:00	Bergville farmers hall	Ladysmith AC	Johan Van Dyk	076 5367070	No
14-Apr	Sat	Mpu	Elandsvallei	42\21\10	06:00	Waterval Boven	Ngodwana	Wally Duncan	076 8613407	No
15-Apr	Sun	CGA	Slow Mag 42/21	42\21	06:30	Benoni Northerns Sports Grounds	BNAC	Madge Attwell	083 5731011	Yes
15-Apr	Sun	KZN	Dick King	21\15W	06:00	Amanzimtoti Main Beach	Amanzimtoti AC	Desmond vd Merwe	082 8060348	No
15-Apr	Sun	KZN	Exxaro KZN Sands	42\21	05:30	Addison Park Empangeni	uMhlathuze AC	Lionel Qwabe	084 4290305	No
15-Apr	Sun	WP	SPAR Women's race	10\5	08:00	Green Point Track	WPA	WPA Office	021 6990615	No
18-Apr	Wed	CGA	Noordheuwel 10/5	10\5	19:00	Hoerskool Noordheuwel	Noordheuwel	Michelle du Toit	082 7835467	No
21-Apr	Sat	Bol	Eendracht Hotel Vista Trail Run	12\5	07:30	Coetzenburg, Stellenbosch	Stellenbosch AC	Hennie Roos	084 9525412	No
21-Apr	Sat	Bor	Pacers 15km	15		Beacon Bay	EL Pacers	Sharonne Dewing		No
21-Apr	Sat	FS	3rd Campus to Campus Road Race	15\5	08:00	Goldfields FET Welkom	Goldfields FET College	M. Mvambo	078 3945437	No
21-Apr	Sat	Mpu	Loskop Marathon							No
21-Apr	Sat	Mpu	Forever Resort Loskop	50\21	06:00	Municipal Offices	Middelburg	Hein Koch	073 4245984	No
21-Apr	Sat	SWD	Outeniqua 42.2km	42\21\5	07:00	George Bowling Club - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	No
22-Apr	Sun	CGA	Callies Legends	32\15	06:30	Germiston Stadium	Germiston Callies	Steve Jones	082 3389794	Yes
22-Apr	Sun	EP	Ironman South Africa							No
22-Apr	Sun	FS	World 100km Championship	100		Bergamo, ITA	IAAF / ASA		011 8805800	No
22-Apr	Sun	IAF	World 100km Champs			Bergamo, ITA	IAU			No
22-Apr	Sun	KZN	Chatsworth Freedom	52\25	05:30	Chatsworth Stadium	Flora Chatsworth AC	Dees Govender	083 7854333	No
22-Apr	Sun	WP	Itheko 21	21\10	07:00	Grand Parade, Cape Town	Itheko Sport AC	Shiehaam Darries	084 9911200	No
27-Apr	Fri	Bor	Merrel Extreme 52km 46km 48 km	52\48\46		Port Alfred - EL	-	Liam Victor	082 9273395	No
27-Apr	Fri	CGA	RAC Long Comrades Training Run	60km	05:00	Old Parktonians	RAC	Vreni Welch	011 4428256	No
27-Apr	Fri	CGA	Cradle Half Marathon	21\10\5	07:00	Kloofzicht Lodge	Krugerdorp	Christo Truter	083 6809533	Yes
27-Apr	Fri	Mpu	Steinmuller 2-in-1	10\21	07:00	Marietjie v Niekerk School	Bethal	Pieter Botes	017 6473200	No
27-Apr	Fri	WP	Ravensmead 15km	15	07:00	Florida Park, Ravensmead	Ravensmead AC	Abram Mahdiehe	082 3235828	No
28-Apr	Sat	Bol	Delta Draf	10\5	08h00	Solms-Delta Wine Estate	Dwarsrivier valley AC	Nolan Hendon	072 7856529	No
28-Apr	Sat	EP	SPAR Bruittjieshooghte	50\25\15\5	06:00	Gill Primary School	Somersestos AK	Riaan vd Walt	083 4468260	No
28-Apr	Sat	FS	SA Truck Bodies Marathon and Brocor 10km	42\10	06:00	Nedbank Bfn Achilles Sport Centre	Nedbank Bfn Achilles	Marijke De Wet	083 2873050	No
28-Apr	Sat	Lim	Land Of Legends	42\21\10	06:00		Soutpansberg AC	Elmien Vd Goot	082 7814249	No
28-Apr	Sat	Mpu	Umjindi	10\21\54	06:00	Barberton Correctional Services	Correctional Serv	Sifiso	082 3303588	No
28-Apr	Sat	SWD	Pick n Pay Two Lagoons 5km, 10km and 32km	32\10\5	08:00	Parks Board Island Lake - Wildernis	Knysna MC	Leon Brown	082 422 1033	No
28-Apr	Sat	SWD	Prince Albert Olive Festival Swartberg Pass	21\10\5	07:30	Prince Albert	Zwartberg Runners	Terry Modra	072 331 9354	No
29-Apr	Sun	CGA	Carnival City	21\10\5	06:30	Carnival City, Brakpan	Carnival City	Marius Botha	084 8889840	Yes
29-Apr	Sun	KZN	Checkout Marathon and	42\21\10	05:00	Verulam Recreation	Verulum Falcons	Omash Nundlar	083 5579765	No
29-Apr	Sun	KZN	Umzinyathi Ultra Marathon	52\10	06:00	Nautu Sport Sdadium	Biggarsberg AC	Ken Voster	034 2182139	No

May										
1-May	Tue	Bol	Safari Wellington Road Race	21\10\5	07:00	Hugenote High School	Wellington AC	Top Events	021 5117130	No
1-May	Tue	GN	Traumeel Wally Hayward	10\21	07:00	Swartkops High School	Alpha Centurion	Mike Summerfield	082 7814357	Yes
1-May	Tue	GN	Traumeel Wally Hayward	42	06:30	Swartkop High School	Alpha Centurion	Mike Summerfield	082 7814357	Yes
1-May	Tue	SWD	Coastline Junior Road Running Series	5\2.5	15:00	Thembaletu Primary - George	Coastline AC	Joe Arendse	082 907 1296	No
5-May	Sat	Bor	Contact Refrigeration Mountain Challenge	24\16		Queenstown Harriers	Queenstown Harriers	Patrick Seddon	082 4417805	No
5-May	Sat	Bor	Diesel Depot			Chamberlain Rd	Hams	Bronek Urban	082 5770932	No
5-May	Sat	EP	Spar Woman's Race	10\5	07:15	King's Beach	Walmer AC	Loynes Jenkerson	082 6446422	No
5-May	Sat	FS	DR Church Vaalpark	21\10	08:00	D/R Church, Keiskama st, Sasolburg	Sasolburg AC	Boet Beukes	084 5054371	No
5-May	Sat	FS	Glen Half Marathon and FS Half Marathon Champs	21	07:00	Circle Andries Pretorius & Wilcocks Rd Bfn	Nedbank Bfn Achilles	Marijke De Wet	083 2873050	No
5-May	Sat	GN	Jackie Mekler	10\25	06:00	DSC Thaba Tshwane	PMMC	Vivian Petrus	082 5582968	No
5-May	Sat	Lim	Nguni Grill	28\10\5			Polokwane AC	Pieter Pretorius	084 4006667	No
5-May	Sat	Mpu	Sudwala Monster	21	07:00	Sudwala Lodge	Legogote	Jurgen Halbrich	083 2900678	No
5-May	Sat	SWD	Mossel Bay Mall 4km, 10km and 21.1km	21\10\4	08:00	Mossel Bay Mall - Heiderand	Hartenbos Drawwers	Des Harris	083 309 8732	No
6-May	Sun	Bol	Hermanus Wheels/Runners Race	10	10:00	Old Habour, Hermanus	Whalers AC	Karin Coetzee	082 9233201	No
6-May	Sun	CGA	Colgate 32/15	32\15	06:30	Boksburg Stadium	Boksburg	Race Secretary	011 9173721	Yes
6-May	Sun	KZN	Cavanagh Marathon	52\21	06:00	Wagendrift Dam Escort	Estcourt AC	Belinda Smith	036 3523347	No
6-May	Sun	KZN	Queensburgh Mine Shaft	21\15	06:00	Queensburgh Sports Bowker rd	Queensburgh Harriers	Dean Wight	031 5620774	No
6-May	Sun	WP	Jonkershoek Mountain Challenge	Trail	06:30	Jonkershoek	Wildrunner	Owen Middleton	084 2218422	No
6-May	Sun	WP	UCT Memorial	10	07:00	Middle Campus, UCT	UCT	Sports Administration	021 6503564	No
12-May	Sat	Bor	Blanco Train Run 10 & 21,1 km	21\10		Blanco Guest farm	Old Boys	Peter Bursej	083 6271713	No
12-May	Sat	EP	Andre van Coller Memorial	21\5	06:30	EP Command Army base	Elite AC	Jakkie Gerber	083 6516880	No
12-May	Sat	FS	Zio Cash & Carry 10km	10	08:00	Flavius Mareka College Stadium Sasolburg	Sasolburg AC	Pollie Massyn	083 6392423	No
12-May	Sat	GN	Race 4 Friendship	8\16	07:00	Moreleta Plaza	RWFL	Daan du Toit	082 5724169	No
12-May	Sat	KZN	Sun Rise Run	10\5	06:30	Moses Mabhidia	King Fisher AC	Billy Harker	082 6546542	No
12-May	Sat	Mpu	Selati 2-in-1	21\10	07:00	Malelane Rugby Club	Onderberg	Deon Valks	082 7880675	No
12-May	Sat	SWD	George Habelgaarn 5km and 10km	10\5	07:00	Sao Bras Secondary - Mossel Bay	Mossel Bay Harriers	Jacob Karelse	073 081 7484	No
12-May	Sat	WP	Brackenfell Pick 'n Pay Family Store 21km	21\5	07:00	Brackenfell Primary School	Brackenfell AC	David McCarthy	079 9130618	No
13-May	Sun	ASA	SA 10km Championships	10		Durban	ASA R/R Comm.	ASA Office	011 8805800	No
13-May	Sun	Bol	10km Trial Run	10	08:45	Avalon Springs, Montagu	Montagu AC	Ilse Esterhuysen	023 6142880	No
13-May	Sun	Bol	Asics Xtreme 17km Mountain Race	17	08:30	Avalon Springs, Montagu	Montagu AC	Ilse Esterhuysen	023 6142880	No
13-May	Sun	CGA	KFC 21/10	21\10	07:00	Randburg Sports Complex	Randburg Harriers	Michelle Knotzer	011 7927003	No
13-May	Sun	KZN	RBM	32\10\5	06:00	Bay Hall Meerensee, Richards Bay	Richards Bay AC	Virna McMaster	082 4473040	No
13-May	Sun	KZN	Starling Plumbers	21\10	06:00	Mount Edgecombe Rec Grounds	Woodview AC	Prashen Ramjee	031 5771215	No
13-May	Sun	NWN	Bojanala half Marathon	21\10\5		Mogwase	ANWN		014 5942895	No
19-May	Sat	ASA	SA 10km Championship	10		Bloemfontein	ASA		011 8805800	No
19-May	Sat	Bol	APL Cartons De Doorns	21\10	08:00	HS Hexvallei Sportsfield	Worcester AC	B du Plessis	083 3241675	No
19-May	Sat	EP	Sunridge Village Family Run/Walk	10\5	07:00	Sunridge Village Shopping Centre	PEAAC	Cordell Schnetler	076 1580407	No
19-May	Sat	GN	Mazda 10 & 21,1km	10\21.1	07:00		Mazda			No
19-May	Sat	Lim	Coca Cola Polokwane Mayors Race	5\10\21			Polokwane AC	Pieter Pretorius	084 4006667	No
19-May	Sat	Mpu	Run & walk for life series	12\6			RWFL Nelspruit			No
19-May	Sat	SWD	Nedbank Junior Series 5km	5	09:00	Waboomskraal Primary - George	Nedbank RC	Clarence Smart	071 447 5038	No
19-May	Sat	WP	Darling Half Marathon	21\10	08:30	Darling Primary School	Darling AC	Mary Ashford	082 6845575	No
19-May	Sat	WP	WPA Race Walking 30km Champs	30\5	07:30	Youngsfield	WPA Race Walking	Gideon Cillie	083 3212668	No
19-May	Sat	WP	WPA Race Walking Grand Prix 2	20\10\5	07:30	Youngsfield	WPA Race Walking	Gideon Cillie	083 3212668	No
19-May	Sat	WP	WPA Race Walking Junior 10km Champs	10 W	09:00	Youngsfield	WPA Race Walking	Gideon Cillie	083 3212668	No
20-May	Sun	ASA	ASA 10km Championship	10		TBA	ASA	ASA Office		No
20-May	Sun	CGA	RAC Sweatshop 10km	10	08:00	Old Parktonians	RAC	Vreni Welch	011 4428256	Yes
20-May	Sun	CGA	RAC Sweatshop 10km walk	10	08:10					Yes
20-May	Sun	KZN	Discovery East Coast Radio Big Walk	20\15\10\5	09:00	Ushaka Marine World	Savages AC	Kevin Bradfield	078 2816981	No
20-May	Sun	KZN	St Lucia 21	21\10\2	08:00	Sugarloaf, St Lucia Zululand	Zululand Multi Sport Club	Barend Harmse	082 7828172	No
20-May	Sun	WP	Helderberg Mountain Challenge	Trail	07:00	Helderberg Nature Reserve	Wildrunner	Owen Middleton	084 2218422	No
22-May	Tue	WP	Cape Winter Taril Series 1	Trail	09:00	Tygerberg Nature Reserve	Wildrunner	Owen Middleton	084 2218422	No
26-May	Sat	GN	Jacaranda Centre Run/Walk	5\10\20	07:00	Jacaranda Shopping Mall	RWFL	Daan du Toit	082 5724169	No
26-May	Sat	Lim	Samancor Chrome Race				Samancor Chrome AC	Mrs Wg Potgieter	082 7802209	No
26-May	Sat	SWD	Wildernis 3km, 10km and 21.1km	21\10\3	08:00	NG Church - Hoekwil	New Balance MSC	Juan Botes	071 678 7147	No
27-May	Sun	WP	UCT Memorial	10	07:00	Middle Campus, UCT	UCT	Sports Administration	021 6503564	No
29-May	Tue	WP	Cape Winter Taril Series 2	Trail	09:00	Paarl Mountain	Wildrunner	Owen Middleton	084 2218422	No

June										
2-Jun	Sat	Bol	Drakenstein Half Marathon	21\5	08:00	Allandale Correctional centre : Paarl	Boland Correctional services	Basil Jantjies	082 0455030	No
2-Jun	Sat	KZN	Youth Run	10\5	09:00	Durban Exhibition Centre	KZN AC	The Secretary	031 3129374	No
2-Jun	Sat	Mpu	MPU Moral Generation	21\10	06:00	Whiteriver	Born-to-Win	Simon Mduli	072 9195057	No
2-Jun	Sat	WP	UWC 10km Fast & Flat	10\5	07:30	UWC Main Campus	UWC	Jerome Walters	073 1571755	No
3-Jun	Sun	KZN	COMRADES MARATHON	89	05:30	PMB City Hall -DBN Sahara Stadium	CMA	The Secretary	033 8978650	Yes
3-Jun	Sun	WP	New Balance Table Mountain 16km	16	08:00	Constantia Nek	Acis VOB	Charlotte Kettlewell	021 7618887	No
6-Jun	Wed	WP	Old Fisherman's Trail Challenge	Trail		Houtbay		Claire Ashwoth		No
9-Jun	Sat	Bol	Miles of Smiles Road Race	21\10\5	08:00	Robertson Winery, Robertson	Robertson AC	Edward Salies	071 6322346	No
9-Jun	Sat	GN	Race 4 Faith	5.5\10\15	07:00	Silver Oaks Crossing	RWFL	Daan du Toit	082 5724169	No
9-Jun	Sat	Mpu	Bennet Matela Service	21\10	06:00	Evander	Matela MC	BT Matela	073 1116165	No
9-Jun	Sat	SWD	Garden Route Mall 5km and 10km	10\5	08:00	Garden Route Mall - George	Nedbank RC	Clarence Smart	071 447 5038	No
10-Jun	Sun	CGA		21\10\5	07:30	Altrek Stadium	Alexandra AC	Frank	072 9814442	No
16-Jun	Sat	Bol	Napier Half Marathon	21\6	08:30	Napier High School	Bredasdorp AC	Tom Ambrose	082 9781971	No
16-Jun	Sat	FS	Maluti A Phofung Youth Run	15\5	09:00	Phuthaditjhaba Stadium	Setsing Superspar	Arnold Motsoeneng	078 8025945	No
16-Jun	Sat	GN	Take 5 Team Relay	5X5	08:00	AFB Waterkloof	Faranani AC	Event Office	012 4609065	No
16-Jun	Wed	KZN	Impendle 16	16\5	08:00	New Form Centre	Impendle AC	Mthembeni Ndlela	033 9960421	No
16-Jun	Sat	Mpu	RPPA Take a Step for Children	10	08:00	Riverside Park	Lowveld Canoe Club	Annabelle Dixon	082 4527549	No
16-Jun	Sat	SWD	Tekkie Town 2 Town 4km, 2 x 4km and 8km	8\4	08:00	Garden Route Mall - George	Nedbank RC	Clarence Smart	071 447 5038	No
16-Jun	Sat	WP	Mamre 15km	15\5	08:00	Mamre Primary School	Mamre AC	Lesley Daniels	079 7162955	No
17-Jun	Sun	CGA	Sports Interchange 15/5	15\5	08:00	Hector Pieterse Memorial	Sports Interchange	Sam Mlangeni	071 2960983	No
17-Jun	Sun	KZN	Umlazi Dev 10km Challenge	10\5	07:00	Umlazi Sport Centre	Umlazi Development AC	Mzomusa Gumede	073 3088681	No
23-Jun	Sat	Bor	Katberg Eco Trail run 10km & 18 km	18\10		Katberg		Liam Victor	082 9273395	No
23-Jun	Sat	EP	Heart Break Hill 21 & 5km	21\5	07:00	Moffat on Main	Charlo AC	Mike Burger	082 0836370	No
23-Jun	Sat	Mpu	Coaldust 16 km	16	06:30	Panorama School	Coaldust RR	Hettie Terblanche	082 6800973	No
23-Jun	Sat	WP	Eersterivier 15	15\10W\5	07:15	Stratford Primary School	Eersterivier AC	Johannes Kamfer	084 4627431	No
24-Jun	Sun	KZN	Spar Ladies Race	10\5	09:00	Kings Park Athletics Stadium	KZN AC	The Secretary	-031-3129374	No
30-Jun	Sat	EP	VWAC 10km	10\5	07:00	TBA	VWAAC	Freddie Jones	041 9966466	No
30-Jun	Sat	WP	Fine Food & Wine Spar Spookhill	15\5	08:00	Beaumont Primary School, Somerset West	Helderberg Harriers	Hans Hugo	072 2908179	No

July											
1-Jul	Sun	ASA	SA Half Marathon Championships	21			Kimberly	ASA R/R Comm.	ASA Office	011 8805800	No
1-Jul	Sun	CGA	Northgate 10	10\5	07:30		Northgate Shopping Centre	Roodepoort	Charlie Herselman	082 7701143	No
1-Jul	Sun	KZN	Forest 10	10	07:00		Forest Hills Sports Club	Forest Hills AC	Lucy Kewley	082 8682723	No
7-Jul	Sat	Bor	Katberg Sky Trail				Katberg		Liam Victor	082 9273395	No
7-Jul	Sat	CNW	St. Michael's Spar 10 km	10	08:30		St. Michaels Spar Orkney	Vaal Reefs Marathon Club	Charles Wade	082-8284357	No
7-Jul	Sat	EP	Mega Save 15km	15\5	07:00		TBA	Muirite Striders	Margie du Toit	082 5475413	No
7-Jul	Sat	GN	Clover Irene Milk Run	5\15	07:30		Argicultural Research Cnc	Irene	Wynand Breytenbach	012 6540005	No
7-Jul	Sat	Lim	Spur Road Race	10\5	06:00			Polokwane AC	Pieter Pretorius	084 4006667	No
7-Jul	Sat	Mpu	Selati Kaftan	10\21	07:00		Show Grounds Komatipoort	Komatipoort	Linsay Robinson	082 4127538	No
7-Jul	Sat	SWD	Top Gear 5km and 10km	10\5	08:00		Horse Riding Club - George	Rainbow AC	Sidwell Oktober	078 395 8489	No
7-Jul	Sat	WP	Orak 12 Hour Race	Var	07:00		Vredendal Sports Grounds	Orak	Gerrie Cillers	083 6500642	No
8-Jul	Sun	CGA	Pirates 10	10	07:00		Greenside	Pirates	Ainsley Williams	083 2352118	Yes
8-Jul	Sun	KZN	Sardine Half Marathon	21	06:30		Douglas Mitchell Sport grounds	South Coast Striders	Kim Rice	039-3156211	No
8-Jul	Sun	WP	Dave Spence Memorial race	10\4	07:00		NY 49 Stadium, Gugulethu	RCS Gugulethu AC	Marshall Moiloa	084 6508758	No
9-Jul	Mon	SWD	Athletics SWD & Knysna Marathon Club Relays		15:00		Knysna Marathon Club House - Knysna	AC SWD	ASWD Office	044-8730023	No
11-Jul	Wed	SWD	Athletics SWD & Knysna Marathon Club 10km	10\5	16:30		Knysna Marathon Club House - Knysna	AC SWD	ASWD Office	044-8730023	No
12-Jul	Thu	SWD	Knysna Marathon Club Street Miles	1.6	15:00		Knysna Marathon Club House - Knysna	AC SWD	ASWD Office	044-8730023	No
14-Jul	Sat	Bor	Rhodes Trail Run				Rhodes		Evie Raubenheimer	0415 8158107	No
14-Jul	Sat	GN	Dinamika Springbok Vasbyt	10\5\25	07:30		Voortrekker Monument	VTM AK	A Hattlingh	083 4158016	No
14-Jul	Sat	Lim	Iron Crown Trail Run	21\10\5				Ocolaco Harriers	Charles Luther	083 6298398	No
14-Jul	Sat	Mpu	Hall's	10\21	07:30		Hall's Gateway	Nedbank LVCC	Mark Greeff	083 2993779	No
14-Jul	Sat	SWD	Pick n Pay Cape Times Knysna Forest 21.1km	21	08:00		Glebe, Knysna Forest - Knysna	Knysna MC	Moses Gericke	082 763 7974	No
14-Jul	Sat	SWD	Pick n Pay Cape Times Knysna Forest 42.2km	42	07:00		Glebe, Knysna Forest - Knysna	Knysna MC	Moses Gericke	082 763 7974	No
14-Jul	Sat	SWD	Pick n Pay Cape Times Knysna Forest 5km	5	07:30		Knysna Secondary - Knysna	Knysna MC	Chris Stander	084 872 7202	No
15-Jul	Sun	CGA	Breakthru Midrand 15km run/walk	15\5	8am		Midrand High School	Breakthru Midrand Striders	Kebu Kotola	082 6020721	Yes
15-Jul	Sun	KZN	Esikhaleni Senkosi Uctshwayo	15\5	07:00		Eskhaleni Gym	Eskhaleni AC Club	Mbuso Mkhwanazi	035 7964120	No
15-Jul	Sun	KZN	Savages 21,1km run walk challenge	21\10	07:00		Cyril Geoghegan Cycling Stadium Dbn	Savages AC	Kevin Bradfield	078 2816981	No
21-Jul	Sat	Bol	Worcester Voorsieners Hospice	21\10\5	08:00		Worc. Voorsieners Durbanstraat	Worcester AC	Faezal Karriem	083 4159601	No
21-Jul	Sat	GN	Maxi Cross Trail	15	08:00		Fountains Valley	New Balance	Pierre Jordaan		No
21-Jul	Sat	KZN	RBCT Charity Relay Run	8\2	05:00		Bay Hall Richards Bay	Zululand Multi Sport Club	Jeanette Small	035-7896907	No
21-Jul	Sat	KZN	Vryheid Game Park Race	21\15\10	01:30		Grootgewacht Dam, Vryheid	Vryheid AC	Ingrid Kusel	034 9821629	No
21-Jul	Sat	Mpu	Richkim Engineering	21\10	08:00		Midack Club House	Midack	Conrad vd Berg	082 9081228	No
21-Jul	Sat	Mpu	Run & walk for life series	12\6				RWFL Nelspruit			No
21-Jul	Sat	SWD	Beaufort West 5km and 21.1km	21\5	07:00		Rustdene Sport Grounds - Beaufort West	Spoonet (SWD) AC	Selma Murray	023-4148020	No
21-Jul	Sat	WP	Gordonsbay 21km	21	07:45		Gordonsbay Spur	Strand AC	Lester Burrow	082 4248547	No
22-Jul	Sun	CGA	Community Walk	10\5	09:00		Cecil Payne Stadium	Mercury	Claude Vergie	082 9059252	No
22-Jul	Sun	CGA	Walk the Talk	30\15\8\5	06:30		Marks Park	CGA	Race Office	011 2702702	No
22-Jul	Sun	KZN	Corridor Half Marathon	21\10\5	07:00		Umzimkhulu Town	Genius AC Club	Themba Gumede	072 8440734	No
22-Jul	Sun	KZN	Total Sport Ladies Race	10\5	09:00		Kings Park Athletics	KZN AC	The Secretary	-031-3129374	No
22-Jul	Sun	WP	Voet of The Wine Route	10\5	07:30		Zevenwacht Mall Kuisrivier	In Touch AC	Pricilla Willaims	076 2304919	No
28-Jul	Sat	Bol	PPC Riebeeck Berg Road Races	42\21\10\5	07:30		PPC, Riebeeck Wes	Altech Swartland AC	Anneke Mouton	082 4953234	No
28-Jul	Sat	Bor	Griffon 80 km	80			Halfway	Buffs	Arthur Brindley	083 7337432	No
28-Jul	Sat	EP	Clover Milk Run	10\5	07:00		King's Beach	PEAAC	Cordell Schnetler	076 1580407	No
28-Jul	Sat	GN	Jolly Jumbo	10\21	07:00		Swartkop Lapa	Alpha Cent Runners	Sharon Badenhorst	082 4541598	No
28-Jul	Sat	KZN	Meditrax Mfuli Mountain Challenge	15	01:30		Mfuli Game Farm	uMhathuze AC	Lionel Qwabe	084 4290305	No
28-Jul	Sat	KZN	The Braai Kettis Longest Day	12hr	07:00		Collegians Club Pietermaritzburg	Collegians Harriers	Brian Swart	079 9133305	No
28-Jul	Sat	Lim	Foskor	21\10	11:00			Foskor	Reginald Monareng	082 8847366	No
28-Jul	Sat	Mpu	The Grove Super Spar 2&1	21\10	07:00		White River Rugby club	Legogote	Amanda Wessels	084 5836945	No
28-Jul	Sat	NWN	Old Mutual Mountain Race	25\5			Bergsig	Rustenburg marathon		082 8975096	No
28-Jul	Sat	SWD	Cheese Festival Farmland Run 21.1km	21\10\5	08:00		4 Brothers Potato Shed - George	Outeniqua Harriers	Abrie De Swardt	072 348 1961	No
28-Jul	Sat	WP	Houtbay Trail Challenge	Trail			Houtbay		Claire Ashworth		No
29-Jul	Sun	CGA	Varsity Kudus 21/10/5	21\10\5	07:00		West Campus, Wits	Varsity Kudus	Dave Rossouw	083 6662983	Yes
29-Jul	Sun	KZN	Kosibay 21km	21	07:00		Manguzi Shopping Centre	Kosibay AC Club	Oscar Mathenjwa	084 3350315	No

August												
3-Aug	Fri	IOC	Olympic Games				London		IAAF		No	
4-Aug	Sat	Bol	Ceres Fruit Juices Road Race	21\10	08:00		Ceres / Mitchells Pass		Ceres AC	Roy Abrahams	072 7097003	No
4-Aug	Sat	EP	Mountain Drive Half Marathon	21	07:00		Albany Sports Club		Albany R R	Misty Nish	084 8903415	No
4-Aug	Sat	GN	Tswane 10/21 KM	10\21	07:00		Medunsa Sport Complex		Tswane A/C	Dukes Mokonoto	082 4125673	No
4-Aug	Sat	Mpu	Skukuza Castle Lager Half	21	08:30		Skukuza- Kruger Nationale Park		Kruger Park	Martie Oosthuizen	076 7379732	No
4-Aug	Sat	SWD	SAPS Race Against Crime	21\15\4	08:00		Herbertsdale Primary - Herbertsdale		Mossel Bay Harriers	Diane Oosthuizen	084 369 2731	No
4-Aug	Sat	WP	ArcelorMittal Saldanha 21km	21\5	08:00		SAS Saldanha Sports Fields		ArcelorMittal AC	Bossie Boshoff	083 4624400	No
4-Aug	Sat	WP	WPA Race Walking Development race	5 W	10:00		Youngsfield		WPA Race Walking	Gideon Cillie	083 3212668	No
4-Aug	Sat	WP	WPA Race Walking Grand Prix 3	30\20\10\5	07:30		Youngsfield		WPA Race Walking	Gideon Cillie	083 3212668	No
5-Aug	Sun	KZN	Chesterville 10km Challenge	10	07:00		Chesterville Sport Grounds		Chesterville AC Club	Mandla Dlodlo	078 3574495	No
5-Aug	Sun	WP	Cape Winter Taril Series 3	Trail	09:00		Bottelary Hills		Wildrunner	Owen Middleton	084 2218422	No
5-Aug	Sun	WP	McKenna & Scott Pinelands 10km	10\5	07:30		Lower Oval , Pinelands		Pinelands AC	Hayley Smith	082 7740228	No
9-Aug	Thu	Bol	Totalsports Ladies Race	10\5	08:00		Stellenbosch (Die Braak)		Boland AC	Top Events	021 5117130	No
9-Aug	Thu	CGA	Womens Day 10/5	10\5	07:00		Roosevelt Park High School		Zonkiszwe	Mehlo Hlabangane		No
9-Aug	Thu	GN	Castle Walk 10	5\10	06:30		Castle Walk Shopping Cntr		FIT 2000 Pta	Info	079 8695030	No
9-Aug	Sun	KZN	Woman's Day Ladies 10km	10\5	08:00		Chatsworth Stadium		Flora Chatsworth AC	Dees Govender	083 7854333	No
9-Aug	Thu	Lim	Weir Minerals Maroela To Maroela	10\5	08:00				Phalaborwa RR	Colin Wilson	082 6503699	No
9-Aug	Thu	SWD	Leading Edge Women's Day 2km and 5km	5\2	09:00		Leading Edge - George		Rainbow AC	Sidwell Oktober	078 395 8489	No
9-Aug	Thu	SWD	Sanet Wentzel Memorial Women's Day	10\5	09:00		Nostalgie Guest House - Oudtshoorn		Run / Walk For Life - Odn	Denise Nortier	083 500 4915	No
9-Aug	Thu	WP	Womens Day Challenge	10\5	08:00		N1 City Shopping Centre		Edgemead AC	Marc Naumann	083 4658335	No
11-Aug	Sat	Bol	Paarberg Mountain Race	21\10	07:00		Coutra Primary School		Paarl AC	Sybrand du Plessis	083 4446940	No
11-Aug	Sat	GN	Ocean Basket Marcel vt Slot	5\15	06:30		Phobians SG Lynnwood		Phobians	Dimitri Kavallineas	083 2997456	No
11-Aug	Sat	Lim	Meropa Road Race	5\10\21					Polokwane AC	Pieter Pretorius	084 4006667	No
11-Aug	Sat	SWD	Swellendam 5km and 21.1km	21\5	08:00		Swellendam Rugby Club - Swellendam		Langeberg AC	Willem Hough	083 287 6952	No
11-Aug	Sat	WP	Cape Winter Taril Series 4	Trail	09:00		Kogelberg Bioshere Reserve, Kleinmond		Wildrunner	Owen Middleton	084 2218422	No
11-Aug	Sat	WP	Cape XL 2	Trail	08:30		Kogelberg Bioshere Reserve, Kleinmond		Wildrunner	Owen Middleton	084 2218422	No
12-Aug	Sun	CGA	Old Eds 21/10	21\10	08:00		Old Eds Club		Old Eds	Anne Pratt	011 7287335	Yes
12-Aug	Sun	KZN	KwaMashu 21,1km, 10km Challenge	21\10\5	07:00		Princess Magogo Stadium		Kwa-Mashu AC	M.M Madlala	-082 7068150	No
12-Aug	Sun	KZN	Mtunzini Bush Run	16	07:00		Mtunzini Town Hall		Mtunzini AC Club	Paul Mannix	035 7221164	No
12-Aug	Sun	WP	Reutech Solutions John Korasie	30	07:00		Navy Sports Fields Simonstown		Defence AC	Will Honeyman	083 3458507	No
17-Aug	Fri	FS	Welkom, Medi-Clinic Eskom Gijimas FS	10\5	16:00		Welkom Medi-Clinic		Eskom Gijimas FS	Anton Coetzee	072 2207913	No
18-Aug	Sat	EP	CONTINENTAL 10KM	10\5	07:00		Hobie Beach		Body Concept RW	Eckart Schumann	083 2992092	No
18-Aug	Sat	GN	Wierrie Road Race	10\21	06:00		Centurian Mall		Alpha Centurion	Anneline Prinsloo	083 4178732	No
18-Aug	Sat	KZN	The Witness Capital Climb	15\5	08:00		Pietermaritzburg City Hall		Midlands AC	Tony Morrison	031 3272963	No
18-Aug	Sat	Mpu	Great Train Race	15\28	08:00		Emalahleni Station		Middelburg	Elsabe Dawson	086 1187246	No
18-Aug	Sat	SWD	Tramonto Wedding Run 21.1km	21\10\4\1	07:00		Tramonto Wedding Venue - George		Nedbank RC	Clarence Smart	071 447 5038	No
18-Aug	Sat	WP	Easterns 15km	15\5	07:00		Fairbridge Mall, Brackenfell		Easterns Kraaifontein AC	William Swartbooi	084 2477170	No
19-Aug	Sun	CGA	Vodacom 21/10/5	21\10\5	08:00		Vodaworld		Nedbank	Mark Struwig	082 4924416	Yes
19-Aug	Sun	KZN	Isitolo Esikhkazi Half Marathon	21\5	07:00		KwaGqikazi FET.Main Gate Nongoma		Nongoma AC Club	Manqeke Mphathiseni	083 4329566	No
19-Aug	Sun	KZN	Merewent 10km	10	07:00		Dhubri Road Merewent		Merewent AC	Pat Pather	031 3323106	No
19-Aug	Sun	WP	Don Lock Memorial Run	8\5	07:30		Brookside		Celtic Harriers Club	Sharon Austen	021 7610081	No
25-Aug	Sat	Bol	Jonkershoek Half Marathon	21.1	07:00		Maties Stellenbosch		Maties AC	Mohamed Ally	072 9959655	No
25-Aug	Sat	EP	TRE 15km & 5km	15\5	06:30		TRE Depot Cuyler Manor		TRE AC	Ferdinand Grobler	083 2888642	No
25-Aug	Sat	FS	Wilge Spring Half Marathon	21\10	08:00		NG Kerk Frankfort		Sasolburg AC	Senatla J.M.T.	072 7027204	No
25-Aug	Sat	FS	Windmill Casino 10km	10\5	06:30		Windmill Casino,Jan Pierewiet Rd,Pellissier		Bloemfontein Striders	Jaco Grobelaar	082 4166781	No
25-Aug	Sat	GN	Dawn 2 Dusk	80\12 hrs	06:00		Akasia High School		Akasia	Gerrie Strydom	082 9405453	No
25-Aug	Sat	Mpu	Wakkerstroom	21\10	08:00		NGK Church Grounds		Volksrust	Joanna Burgers	082 8731354	No
25-Aug	Sat	SWD	Saasveld 21.1km	21	08:00		Saasveld Campus - George		Outeniqua Harriers	Abrie De Swardt	072 348 1961	No
25-Aug	Sat	WP	Atlantis	15	08:00		Westfleur Park, Atlantis		Atlantis Harris AC	Desmond Arendse	084 3921061	No
25-Aug	Sat	WP	Puffer	80	05:30		Cape Point to V&A		Fish Hoek AC	Serena Haupt	083 2733260	No
26-Aug	Sun	ASA	ASA Half Marathon Championship	21	TBA	TBA			ASA	ASA Office		No
26-Aug	Sun	CGA	Joe Stutzen 21	21	07:00		Wanderers		Wanderers	Francesca Parini	083 5049150	No
26-Aug	Sun	CGA	Mathews Motswaratau 10 & walk	10\5								No
26-Aug	Sun	KZN	F-1 Bluff Meats	20\10	07:00		Bluff Meats Shopping Centre Dbn Nth		Formula 1 AC	Cliff Chinnasamy	031 5695780	No
26-Aug	Sun	KZN	F21 Foskor Richards Bay	21\10\5	07:00		Zululand Multi -Sports Club		Zululand Multi -Sports Cub			No
26-Aug	Sun	WP	Blisters for bread	Var	09:00		Green Point Track					No
31-Aug	Fri	CGA	Golden Reef 100 miler	160	18:00				GRRRC	Pierre Westerveld	082 3307911	No

September										
1-Sep	Sat	Bol	Riebeeck Kasteel Road race	21\10	07:30	Riebeeck Kasteel	Altech Swartland AC	Anneke Mouton	082 4953234	No
1-Sep	Sat	Bol	Zoetendal Akad Lente preddraf	5	08:00	Bredasdorp AC	Bredasdorp AC	Yolanda de Waal	072 1860349	No
1-Sep	Sat	AVT	Nedbank (NRCVT) Spring Run			Kollegepark Primary School	Nedbank AVT	David Jordaan	0982 3641954	No
1-Sep	Sat	Bor	Masters Marathon	42		Macleantown	Masters	Tony Viljoen	043 7353350	No
1-Sep	Sat	CGA	Horison	10	07:00		Rodepoort	Desiree Beukes	072 9055872	No
1-Sep	Sat	EP	Afrisave Marathon	42\10\5	06:00	Muir College Uitenhage	Muirite Striders	Margie du Toit	082 5475413	No
1-Sep	Sat	FS	Bultfontein Boertjie Fees	21\10\5	07:15	Bultfontein Show Grounds	Harmony Striders	Deon Lodder	082 9213330	No
1-Sep	Sat	FS	Vic Theron & Webbers Springrace	10	07:00	Nedbank Bfn Achilles Sport Centre	Nedbank Bfn Achilles	Marijke De Wet	083 2873051	No
1-Sep	Sat	GN	Spirit of Flight	5\10	06:30	AFB Swartkops	PMCC	Vivian Petrus	082 5582968	No
1-Sep	Sat	Lim	Tzaneen Spring Opener	32\21\10\5	07:00		Tzaneen MC	Nick Serfontein	082 5547960	No
1-Sep	Sat	Mpu	Botshabelo Challenge	10\21	08:00	Botshabelo	Middelburg	Johan de Klerk	073 9695206	No
1-Sep	Sat	NWN	Marico Bosveld Myl	42\21\5		Groot Marico	Groot Marico Riekersdam		072 2667565	No
1-Sep	Sat	SWD	Nedbank Junior Series 5km	5	08:00	Franken Primary - Herold	Nedbank RC	Petrus Le Roux	083 443 8824	No
1-Sep	Sat	WP	Farmrun	10\5	07:30	Arbeidsvreugd Farm	Namaqua AC	Adele Maas	083 6727759	No
2-Sep	Sun	CGA	City to City	50\20	06:00		CGA	Race Office	011 8732726	Yes
2-Sep	Sun	EP	Cape Recife Trail Run		08:00	Something good	Malabar Ac	Malabar Ac	083 5644270	No
2-Sep	Sun	KZN	Dolphin Coast Lifestyle\ Ultra 50	50\21\10	06:00	Lifestyle Centre- Ballito	Dolphin Coast Striders	Barry Currin	032 9428908	No
2-Sep	Sun	WP	Satori Camel Run	16	07:30	Noordhoek Sportsfields	Satori AC	Keith Gurney	083 9480076	No
5-Sep	Wed	FS	Dries Cuyler Gedenkweelooop	15\	18:00	Kroonstad S/S (Blouskool)	Syngenta MC	Danie Brummer	082 5649426	No
5-Sep	Wed	Mpu	Cansa Nite	10	19:00	Eskom Clubhouse	Eskom	Paul Bester	082 9667767	No
7-Sep	Fri	SWD	George Herald Run with the stars 10km	10	18:00	Glenwood School - George	Nedbank RC	Clarence Smart	071 447 5038	No
8-Sep	Sat	ASA	SA XC Championships	Various	TBC	Tshwane	AC South Africa	Athletics South Africa	011 8805800	Yes
8-Sep	Sat	Bol	Hexkoel Orchard PS Road Race	10	08:00	Orchard PS	Correctional Services AC	DJ Blom	023 3548840	No
8-Sep	Sat	Bol	Kogelberg Mountain Race	21\10\5	07:30	Pringle Bay Community Hall	Hangklip AC	Organiser	079 4136610	No
8-Sep	Sat	EP	Mini Marathon	4.2	07:30	World Cup Stadium	EPA Development	Aziz Madatt	083 5644270	No
8-Sep	Sat	FS	Bloempark SWEET & EET 10km	10\5	07:00	Bloempark Church,Fichardtpark	Bloemfontein Striders	Marijke De Wet	083 2873052	No
8-Sep	Sat	GN	Run for Love	5\10\21	06:00	Hatfield Christian Church	Love Running	Scott Ferreira	082 3941667	No
8-Sep	Sat	KZN	Mpati Mountain Race	15\5	02:00	Dundee Junior Schools Sport Grounds	Biggarsberg AC	Ken Vorster	034 2182139	No
8-Sep	Sat	Mpu	Collisen Electrical	21\10	07:00	Plenaarsdam resort	Midack	Conrad vd Berg	082 9081228	No
8-Sep	Sat	Mpu	Om-die-dammetjie	21\10	06:00	Witklip Dam	Nedbank LVCC	Brenda Thompson	082 8953768	No
8-Sep	Sat	NWN	Rustenburg Multi Sport	5\10\21		Sun City	Rustenburg		083 2269730	No
8-Sep	Sat	SWD	Karoo 10km and 21.1km	21\10	07:00	JJ Ellis Sport Grounds - Laingsburg	Laingsburg AC	Petro Buys	073 654 1652	No
8-Sep	Sat	SWD	Karoo Ultra Marathon 80km	80	06:00	Engen Garage N1 - Laingsburg	Laingsburg AC	Petro Buys	073 654 1652	No
8-Sep	Sat	WP	Medihelp Tekkie Challenge	10\5	07:00	Jan Kriel School Kuislriver	New Balance Multi Sport	Clive Idas	082 7845783	No
8-Sep	Sat	WP	WPA Race Walking Development race	5 W	08:45	Youngsfield	WPA Race Walking	Gideon Cillie	083 3212668	No
8-Sep	Sat	WP	WPA Race Walking Grand Prix 4	20\10\5	07:30	Youngsfield	WPA Race Walking	Gideon Cillie	083 3212668	No
9-Sep	Sun	Bor	Mdantsane 10 km	10		Sisa Dukashe	Real Gijimas	Alex Kambule	084 2024872	No
9-Sep	Sun	CGA	Gerald Fox 21/10	21\10	07:00	Johannesburg Zoo	Rockies	Race Secretary	086 1076259	Yes
9-Sep	Sun	KZN	Spar Ladies Pietermaritzburg	10\5	08:00	Alexander Park, Pietermaritzburg	Natal Carabineers AC	John Hall	033 3423284	No
9-Sep	Sun	KZN	Wings Challenge	21\10	06:00	TBC	Wings AC	Cyril Bradley	082 7972437	No
9-Sep	Sun	WP	Khayelitsha 21km	21\10\5	07:00	Khayelitsha Rugby Club	Khayelitsha AC	Patience Nkohla	083 9467154	No
14-Sep	Fri	FS	Engen Charity Walk/Run for Toys	10\5	18:00	Stateway Welkom	Welkom Striders	Paul Barnes	072 4818057	No
15-Sep	Sat	ASA	National X country Championships				Durban	Asa / Kzn		No
15-Sep	Sat	Bol	HIV/VIGS 10km Road Race	10\5	07:30	Hawequa Prison	Correctional Services AC	Jenny Petersen	021 8645800	No
15-Sep	Sat	EP	Kowie Striders	27\10	06:30	Bathurst Big Pineapple	Kowie Striders	Dylan Murray	082 8766357	No
15-Sep	Sat	FS	Allan Ferguson Round Navil Hill	10	07:00	Hamilton Park Bfn	Nedbank Bfn Achilles	Marijke De Wet	083 2873050	No
15-Sep	Sat	FS	Correctional Services 10km	10	08:00	Goedemoed Sport field	Goedemoed AC	Marieke Du Plessis	079 8780760	No
15-Sep	Sat	FS	South African Cross Country Championship	CC		Durban	ASA		011 8805800	No
15-Sep	Sat	GN	Value Log Ou Voetpad	16	06:30	TUT Pta-West	VTM AK	L Bezuidenhout	076 8546210	No
15-Sep	Sat	KZN	Ithala Challenge	30\10	07:00	Ntshodwe Camp Ithala Game Reserve	Vryheid AC	Ingrid Kusel	034 9821629	No
15-Sep	Sat	Lim	Hout Is Goud Daybreaker	80			Warmbad MC	Erika Kotze	082 320 0589	No
15-Sep	Sat	Mpu	Sabie Shufflers 2-in-1	21\10	07:00	Sabie River Camp	Sabie Shufflers	Grant Bosman	082 8221929	No
15-Sep	Sat	SWD	Hartenbos Spar Lenteloop 4km and 15km	15\4	08:00	Hartenbos Spar - Hartenbos	Hartenbos Drawwers	Des Harris	083 309 8732	No
15-Sep	Sat	WP	Beachcomer Race aginst crime 10km	10\5	07:00	Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 9265840	No
16-Sep	Sun	Bor	Sole Destroyer			Gillwood Camp	Oxford Striders	Dillon Pretorius	083 6545999	No
16-Sep	Sun	CGA	Fred Morrison	15	07:00	Germiston Stadium	GCH	Steve Jones	082 3389794	Yes
16-Sep	Sun	KZN	Mtubatuba Challenge	10\5	07:00	Kwamsane Sport Ground	Mtubatuba AC	Jabulani Mlungu	073 8461347	No
16-Sep	Sun	KZN	Save Super Markets Orion 21	21\10	07:00	Prote Sport Grounds,	Orion AC Club	Ajith Deena	03 8189093	No
16-Sep	Sun	WP	ARD 3 Vlei 10km	10\5	07:00	Fairmont High School, Klip Rd, Gassy Park	ARD AC	Nasrullah Enus	082 5745323	No
18-Sep	Tue	SWD	PFK Business Relay 6 x 2km	6x2	17:30	Outeniqua Bowling Club - George	Nedbank RC	Clarence Smart	071 447 5038	No
19-Sep	Wed	Mpu	Laerskool Kanonkop	5\10	19:00	Kees Taljaard Stadion	Middelburg	Naudene	082 4954173	No
22-Sep	Sat	Bol	Montagu Half marathon	21\10		De Bos Guest Farm, Montagu	Montagu AC	Mauveen Moore	071 5043461	No
22-Sep	Sat	EP	Cradock 21km	21	06:00	Cradock Spa	Cradock M C	Elfie Muller	081 4312663	No
22-Sep	Sat	FS	Motheo 10km & Fun-Run	10		Schoeman Park Bfn	Motheo Dev AC	Jaco Grobbelaar	082 4166785	No
22-Sep	Sat	FS	Real Lions RR	10\4	08:00	Riebeeckstad Sportgrounds	Real Lions AC	Pollie Massyn	083 6392423	No
22-Sep	Sat	GN	Irene Village Mall Spring Run	5\10\21	06:00	Irene Village Mall	Irene RRC	Wynand Breytenbach	012 6540005	No
22-Sep	Sat	Lim	Foskor Open Pit	21\10\5	07:00		Foskor AC	Reginald Monareng	082 884 7366	No
22-Sep	Sat	Mpu	MORAL REGENERATION MARATHON	21\10		Barberton Correctional Services	Corectional Serv	Mandla	072 2567965	No
22-Sep	Sat	SWD	Dis-Chem Andries Steyn	21\15\10\2,5	07:00	Buffels Bay Car Park - Buffels Bay	Sedgefield Striders	Paul VD Spuy	082 772 7977	No
22-Sep	Sat	WP	Cape Town Marathon Fun Run & relay	5	14:00 PM	Urban Park, Green Point	WPA	WPA Office	021 6990615	No

23-Sep	Sun	CGA	Soweto Cabal 10	10	07:00	Sir John Adamson High School	Soweto Cabal	Rio Mathaku	082 9077943	No
23-Sep	Sun	KZN	Sanlam SAPS Striders 21 Challenge	21	06:00	Kings park Athletics Stadium	SAPS Striders	VG Naidoo	031 4899614	No
23-Sep	Sun	WP	Cape Town Marathon 42km	42\10\4.2	06:30	Urban Park, Green Point	WPA	WPA Office	021 6990615	No
24-Sep	Mon	Bol	Bainskloof Pass Ultra Mar Relay	31.65x2	06:00	Wellington	Wellington AC	Koleski Herselman	082 8744663	No
24-Sep	Mon	Bol	Bainskloof Pass Ultra Marathon	63.3\21\10	06:00	Wellington	Wellington AC	Koleski Herselman	082 8744663	No
24-Sep	Mon	Bor	Hemingways Charity 8 km race	8		Hemingways	Hams	Bronek Urban	082 5770932	No
24-Sep	Mon	EP	Heritage Day Fun run	56	07:00	King's Beach	PEAAC	Cordell Schnetler	076 1580407	No
25-Sep	Tue	GN	Spar Ladies	5\10	14:00	Supersport Park	AGN	H. v Aswegen	082 3445641	No
26-Sep	Wed	FS	Eduplus 10 km	10\5	18:00	Eduplus,Langenhoven Park	Bloemfontein Striders	Anja Coetzee	083 2848295	No
29-Sep	Sat	Bol	Whale Half Marathon	21.1	07:00	HS Hermanus	Whalers AC	Micky Milne	083 4467840	No
29-Sep	Sat	Bor	Daily Dispatch fun run				EL Pacers	Sharonne Dewing		No
29-Sep	Sat	EP	Ecomile	42\21\15	05:30	Hunters Retreat	Nedbank RC	Irene van Eeden	083 2991775	No
29-Sep	Sat	GN	Andrew Greyling	5\10\21	06:30	Anton van Wouw Prim Schl	PMC	Loma vd Walt	082 5579604	No
29-Sep	Sat	KZN	Tonevale Game Park	16	02:30	Wallenton Farm	uMhlathuze AC	Lionel Qwabe	084 4290305	No
29-Sep	Sat	Lim	Two Countries Marathon	42\21			Soutpansberg AC	Elmien Vd Goot	082 7814249	No
29-Sep	Sat	Mpu	N'Komati Anthracite:	25	06:00	Kaapmuiden Primary School	Middelburg	Iohan de Klerk	013 2432683	No
29-Sep	Sat	NWN	Kromberg & Schuberg Road Race	15\5		High School Brits	Brits road race		012 2525823	No
29-Sep	Sat	SWD	PetroSA 5km, 10km, 21.1km and 42.2km	42\21\10\5	07:00	Santos Caravan Park - Mossel Bay	Mossel Bay Harriers	Maryke Sass	082 568 5490	No
29-Sep	Sat	WP	Hewat 100 Miler	160\100\10x10	06:00	Three Achor Bay	Hewat AC	Kanu Sukha	072 2101127	No
29-Sep	Sat	WP	Hewat 5km	5	08:00	Three Achor Bay	Hewat AC	Kanu Sukha	072 2101127	No
30-Sep	Sun	CGA	Daxina 21/10/5	21\10\5	07:00	Lenasia South Civic Centre	Daxina	Roger Govender	083 2635608	Yes
30-Sep	Sun	KZN	Saints Thornrtree Challenge	15\10	07:00	St Charles College Pietermaritzburg	Saints AC	Alan Kockott	033 3411267	No
30-Sep	Sun	WP	Gandhi Peace Walk	8	10:00	Beach Rd, Sea Point	Hewat AC	Kanu Sukha	072 2101127	No
30-Sep	Sun	WP	Hewat 21	21,1	07:00	Beach Rd, Sea Point	Hewat AC	Kanu Sukha	072 2101127	No

October											
3-Oct	Wed	GN	Light of the World Nite Race	5\10		18:30	Voortrekker Monument	Alpha Cent	Sanchia	082 2996284	No
3-Oct	Wed	Mpu	Maximed Pharm Nite	10		19:00	Standerton Showgrounds	Standerton	Pieter Grobbelaar	082 9297482	No
3-Oct	Wed	Mpu	Sportsman Warehouse	10		18:00	Sportsman Warehouse	Nelspruit	Daleen Taljaadt	082 4124499	No
3-Oct	Wed	WP	Bakgat 10km	10		18:30	Premier Fitness & Leisure, Bellville	Belville AC	Pieter Carstens	084 4044933	No
5-Oct	Fri	Bol	Deetlefs Night Race	10\5		18:00	Deetlefs Estate, Rawsonville	Worcester AC	Gert Griesel	023 3491260	No
5-Oct	Fri	FS	Berg-en-Daller	10\5		18:00	Berg en Dal Church Gen Hertzog Av Dan Pienaar	Bloemfontein Striders	Wanda Kuit	082 4162421	No
6-Oct	Sat	AVT	Lite2Nite 12hour Circuit Race	Minimum 80km	06h00		Kollegepark Primary School Vanderbijlpark	ArcelorMittal AC and Nedbank RC	Malie vd Walt	082 853 9144	
6-Oct	Sat	Bol	Zomerlust Spar Adam Kock 10km	10\5		08:00	Main Street, Paarl.	AC Alive AC	Carmila Shaik	021 8621285	No
6-Oct	Sat	EP	Gelvandle SUPERSPAR	15\10		06:30	Gelvandale SUPERSPAR	Willard Batteries AC	Keith Sezoe	083 2893429	No
6-Oct	Sat	FS	GAT fees RR	21\5		07:30	Zastron Golf Club	Goedemoed AC	Mnr Meje	083 4291031	No
6-Oct	Sat	FS	Golden Gate Half Marathon	21\10		06:00	Golden Gate	Bethlehem MC	Ebarnie Cilliers	082 8228992	No
6-Oct	Sat	FS	World Half Marathon Champs	21			Kavarna, BUL	IAAF / ASA			No
6-Oct	Sat	GN	Business Relay	42\21		06:00	Rietondale Park	Magnolia	Event Office	012 4609065	No
6-Oct	Sat	IAF	World Half Marathon	21			Kavarna, BUL	IAAF			No
6-Oct	Sat	Mpu	Gods Window 2-in-1	21\10		07:00	Graskop Caravan Park	Legogote	Amanda Wessels	084 5836945	No
6-Oct	Sat	SWD	Plettenberg Bay AC 21.1km	21\10		07:30	Central Beach - Plettenberg Bay	Plettenberg Bay AC	Chris De Villiers	082 789 5068	No
6-Oct	Sat	WP	Cape Gate 10	10\5		07:00	Cape Gate Centre , Brackenfell	Nedbank RC	Jaques van Heerden	071 6884842	No
7-Oct	Sun	Bor	Kapaaliland Half marathon	21			Maclaer	Ugie AC	Christiaan Kotze	084 5121808	No
7-Oct	Sun	CGA	Sportsmans Warehouse	15\5	06:00		East Rand Value Mall	Boksburg	Race Secretary	011 9173721	Yes
7-Oct	Sun	KZN	Goss Balfe South Coast Marathon and Half	42\21	06:00		Beach Road Scottburgh	Amanzimtoti AC	Desmond v d Merwe	082 8060348	No
7-Oct	Sun	KZN	Orange Groove Imamba 15	15\10	06:00		Empangeni Ruby Club	Imamba AC	Shadrack Mncwango	072 4371347	No
7-Oct	Sun	WP	Houtbay 16km	16	07:00		Hout Bay Yacht Club	Houtbay AC	Rob Graham	082 8249124	No
8-Oct	Mon	Bor	Amathole Marathon	42			Stutterheim	BA	Alex Kambule	084 2024872	No
10-Oct	Wed	Mpu	Waypoint Nite	10	19:00		Secunda High School	Secunda	Jurie Botha	082 5700180	No
11-Oct	Thu	SWD	Oudtshoorn AAC Business Relay			18:00	Sante Fe Spur - Oudtshoorn	Oudtshoorn AAC	David McKinnon	082 374 8632	No
12-Oct	Fri	CGA	Jannas EPR 9/18hr	9\18	13:00		Hoerskool Jan Viljoen	Jannas	Ria Bornman	082 5609872	No
12-Oct	Fri	FS	Pentagon Pistols 12.2 Charity Run	12.2\5	18:00		Caramellos, Bloemfontein	Pentagon Pistols	Francois Cilliers	082 7555559	No
12-Oct	Fri	FS	SAPAS NF 10km & Fun Run	10\4	06:00		Riebeeckstad SAPD	SAPAS NF	Paul Barnes	072 4818057	No
12-Oct	Fri	Lim	Hyundai Nite Race	5\10				Polokwane AC	Pieter Pretorius	084 4006667	No
13-Oct	Sat	ASA	SA Race Walking Champs					ASA		011 8805800	No
13-Oct	Sat	Bor	ELAC 10 km	10			ELAC - French Street	ELAC			No
13-Oct	Sat	CGA	Take 5 Team relay	5X5	08:00		Germiston Stadium	Kagiso Striders	CGA OFFICE	011 8733726	No
13-Oct	Sat	EP	Ebenezer Classic	10	07:00		Ebenezer Centre Algoa Park	Ebenezer AC	Gavin Muniz	084 5142855	No
13-Oct	Sat	FS	Harrismith Bergwedloop	15	11:00		Platberg Stadion	Harrismith MC	Pieter Du Toit	084 5702544	No
13-Oct	Sat	GN	Chamberlains Capital Classic	10\21.1	06:00		Phobians SG Lynnwood	Alpha Centurion/Phobians	Gerald Croucamp	084 5827242	No
13-Oct	Sat	KZN	ABI Hamilton Night Race	21	05:00		Ladysmith Sports Club	Ladysmith AC	Johan van Dyk	076 5367070	No
13-Oct	Sat	Mpu	Bruce Crookes	21\10	06:00		Eskom Clubhouse	Eskom	Paul Bester	082 9667767	No
13-Oct	Sat	Mpu	Run & walk for life series	12\6				RWFL Nelspruit			No
13-Oct	Sat	SWD	Meiringspoort 21.1km	21\10	07:00		De Rust	De Rust Striders	Martie VD Westhuizen	082 421 3113	No
14-Oct	Sun	CGA	Spar Ladies Race	10\5	08:00		Old Parktonians	CGA	Race Office	011 4428256	No
14-Oct	Sun	KZN	The Duke of York	16\5	07:00		Ashburton Exit 69	Collegians Harriers	Andre Boysen	082 3185137	No
14-Oct	Sun	KZN	Vusi Nxumalo Half Marathon	21\10	06:00		Ulundi Regional	Ulundi AC	Mbuyiseni Albert Dladla	-035 8798322	No
14-Oct	Sun	WP	Outsurance 94,5 Kfm Gun Run	21\10\5	07:00		Sea Point Promenade	Atlantic AC	Tony Breslin	082 8882307	No
17-Oct	Wed	SWD	Spur 2 Spur Nite Race 10km	10	18:00		Timber Wolf Spur - George	Outeniqua Harriers	Abrie De Swardt	072 348 1961	No
17-Oct	Wed	WP	Silver Queen	10	18:30		Air Force Base Ysterplaat	Defence AC	Rupert Hendricks	083 2959784	No
19-Oct	Fri	FS	Spar Night Race	10			Spar, Mcleanstraat Riebeeckstad	10km; Fun Run	Francois Cilliers	082 7555561	No
20-Oct	Sat	Bol	Voet van Afrika Road Race	42\21\10	06:00		Bredasdorp Sport Complex	Bredasdorp AC		086 2748456	No
20-Oct	Sat	Bor	Jumbo 5 & 10 km Fun run	10\5			Oxford Striders	Oxford Striders	Dillon Pretorius	083 6545999	No
20-Oct	Sat	CGA	Diepkloof 21,10,5,mile	21\10\5	08:00		University of Johannesburgs	Diepkloof	HamiltonKungoane	082 5704819	No
20-Oct	Sat	EP	Meiringspoort Half Marathon								No
20-Oct	Sat	EP	Schoenmakerskop Trail Run		08:00		Mangolds Pools	Malabar AC	Malabar AC	083 5644270	No
20-Oct	Sat	FS	Pentagon Pistols 10km Berg op Berg af	10	06:00		Bloemfontein Boking Club	Pentagon Pistols	Francois Cilliers	082 7555560	No
20-Oct	Sat	GN	CSIR 10 /21	5\10	06:00		CSIR Conference Centre	CSIR	Ken Swettenham	082 4443955	No
20-Oct	Sat	KZN	BHP	15\10	03:00		Bay Hall	Richards Bay AC	Virna McMaster	035 7880571	No
20-Oct	Sat	Mpu	Clivia Pass	10\21	06:00		Ngodwana rugby club	Ngodwana	Bonifast Dlamini	082 4532669	No
20-Oct	Sat	SWD	Marthinus Jenkins Memorial 10km	10	08:00		Wildernis Common Green - Wildernis	New Balance MSC	Juan Botes	071 678 7147	No
20-Oct	Sat	WP	Road to the Vineyard	10	07:00		Pick 'n Pay Shopping Centre Soneike	Blue Downs AC	Harry Noemdoe	084 7895177	No

21-Oct	Sun	CGA	Roy Brown Memorial	21\10	06:00		GRRRC	Pierre Westerveld	082 3307911	No
21-Oct	Sun	KZN	Swift 1/2 marathon	21\10	06:00	Hulamin Ground	Hulamin AC	Alex Anthony	033 3956214	No
21-Oct	Sun	WP	Constantia Valley Grape Run	21,1	06:30	False Bay Rugby Club	Acsis VOB	Charlotte Kettlewell	021 7618887	No
24-Oct	Wed	Mpu	Hans Storm	10	19:00		Ermelo	Adele	082 7720613	No
24-Oct	Wed	WP	Sunset Team Time Trail	3 x 3	18:00	Green Point Lighthouse, Mouille Point	ATC Running	Steve Attwell	082 7399010	No
26-Oct	Fri	Mpu	Reach for a Dream circuit race	161\24h\12h	16:00	The Ridge Casino	Coaldust	Abie Smit	082 3410998	No
27-Oct	Sat	AVT	ArcelorMittal BASF Road Races	32\ 21,1\10\5	06:00	Riverside Boulevard Mall	ArcelorMittal AC	Malie vd Walt	082 853 9144	
27-Oct	Sat	Bol	Rustenburg Farm Race	12\4	07:30	Idas Vallei PS	Stellenbosch AC	Alexander Carstens	082 8542809	No
27-Oct	Sat	Bol	Simons Challenge	21	00:00	Idas Valley PS	Stellenbosch AC	Alexander Carstens	082 8542809	No
27-Oct	Sat	Bor	MBSA 15 km	15		Old Boys	Old Boys	Andrew Moss	082 7823936	No
27-Oct	Sat	EP	Discovery Algoa FM Big Walk for Cancer	10\5		Nelson Mandela Bay Stadium	Elite AC	Jakkie Gerber	083 6516880	No
27-Oct	Sat	FS	Eunice 10km	10		Eunice School	KOVSI E A/C	Db Prinsloo	083 2878810	No
27-Oct	Sat	GN	Agape 3 in 1 & Fun Run	10\21.1\42	06:00	Rietondale Park	Agape A/C	Marieta Bortoli	082 4667031	Yes
27-Oct	Sat	Lim	Sekhukhune Mayor Race - Marble Hall	21\10\5	07:00		Dikgalaopeng AC	Willy Thole	079 7784835	No
27-Oct	Sat	Mpu	Msukaligwa 42.2km	42\10	06:00	A J Swanepoel Stadium Ermelo	Ermelo/Mr Price	Vusi Stgudu	078 7761007	No
27-Oct	Sat	Mpu	Reach for a Dream	12hday	06:00	The Ridge Casino	Coaldust	Abie Smit	082 3410998	No
27-Oct	Sat	NWN	Rustenburg M. Night race	10\5		Bergsig	Rustenburg marathon		082 7700762	No
27-Oct	Sat	SWD	Heather Park Superspar	21\10\4	07:00	Heather Park Superspar - George	Nedbank RC	Clarence Smart	071 447 5038	No
27-Oct	Sat	SWD	Voet Van Afrika							No
27-Oct	Sat	WP	First Ascent/ Sanparks Forest 15km	15	06:30	Tokai Forest	Foresters RC	Gavin Wright	072 1427263	No
27-Oct	Sat	AVT	BASF 32km	32\21\10	06:00	Riverside Boulevard Mall		Malie vd Walt	082 8539144	No
27-Oct	Sat	WP	Huisgenoot Rittelfees Fun Run	5	08:00	Vredendal Sports Grounds	Orak	Gerrie Cillers	083 6500642	No
28-Oct	Sun	CGA	Brotherhood 15	15	06:30	SouthGate Mall	Brotherhood	Gerhard van Wyk	083 2929551	Yes
28-Oct	Sun	KZN	Ethekwini Township to Township	50	05:00	Princess Magogo Stadium	Umlazi AC	Sabelo Bhodoza	073 2127470	No
29-Oct	Mon	AVT	Karma Game ranch trail run	22\12\6	07:00	Karma Game ranch		Steve Jackson	016 4281592	No
31-Oct	Wed	WP	Old Mutual 10km	10	18:15	Mutual Park Pinelands	Old Mutual AC	Robbie Visser	082 5558157	No
31-Oct	Wed	WP	Old Mutual Fun Run	5	18:20	Mutual Park Pinelands	Old Mutual AC	Robbie Visser	082 5558157	No

November										
2-Nov	Fri	FS	VVA Roadrace	10\5	18:00	Sandveld Secondary School Wesselsbron	Bloemfontein Striders	Jaco Grobbelaar	082 4166784	No
3-Nov	Sat	Bol	Dwarsrivier Half Marathon, Pniel	21\10	07:00	Dwarsrivier Sports Complex	Dwarsrivier valley AC	Nolan Hendon	072 7856529	No
3-Nov	Sat	Bol	School Challenge 5km fun run/walk	5	07:30	Dwarsrivier Sports Complex	Dwarsrivier valley AC	Nolan Hendon	072 7856529	No
3-Nov	Sat	Bor	Bongola 42 km/21km Border Marathon Champs	42\21		Queenstown	Queenstown Harriers	Vicky du Preez	074 1423157	No
3-Nov	Sat	EP	Builders Warehouse	27\10\5	06:00	Builders Warehouse Buffelsfontein Rd	Triangle Sports Club	Alan Taylor	083 6580050	No
3-Nov	Sat	GN	Harlequin Challenge	5\10\21	06:00	Harlequin Club Groenkloof	Harlequin Harriers	Geoff Hesse	082 8964377	No
3-Nov	Sat	Lim	Magoebaskloof Trail Run	10	07:00		Tzaneen MC	Bernard Froise	083 3843341	No
3-Nov	Sat	Mpu	Kaapsehoop 3 in 1	42\21\10	06:00	Kaapse Hoop Road	Nelspruit	Leone Human	082 6838135	No
3-Nov	Sat	SWD	Coastline 5km and 10km	10\5	07:00	Checkers Centre, York Street - George	Coastline AC	Jonathan Tarentaal	083 486 7080	No
3-Nov	Sat	WP	Elsies River 10km	10	07:00	Peninsula Technikon, Bellville	Elsies River AC	Bertram Windvogel	082 3987148	No
4-Nov	Sun	CGA	Soweto Marathon	42	06:00	NASREC	ASA	Race Secretary	011 8732726	Yes
4-Nov	Sun	KZN	Canola Blossom	10	07:00	Sunkist Beach, Durban	Run fot Fun AC &	Anand Naicker	083 7836363	No
4-Nov	Sun	WP	Landmarks 21km	21,1	06:00	WP Cricket Club Grounds	WPCC	Chet Sainsbury	082 4620715	No
4-Nov	Sun	WP	Landmarks Fun Run	6	07:00	WP Cricket Club Grounds	WPCC	Chet Sainsbury	082 4620715	No
7-Nov	Wed	CGA	Rowlin National	15\10\5	19:00	Benoni Northern Sports Grounds	BNAC	Madge Attwell	083 5731011	No
7-Nov	Wed	Mpu	Frans Moolman	10	19:00	Secunda High School	Secunda	Jurie Botha	082 5700180	No
9-Nov	Fri	Lim	Spar Ladies Race	5\10	06:15		Warmbad MC	Riana Vorster	083 2779961	No
10-Nov	Sat	Bol	Klaas Maffa Memorial	16\5	08:00	Hugenot Monument	Franschoek AC	Francis Ruddock	084 9873891	No
10-Nov	Sat	EP	Charlo TUFF10	10\5	06:30	Charlo Primary School	PEAAC	Cordell Schnetler	076 1580407	No
10-Nov	Sat	FS	Mantsopa Fun Run & Walk	10	07:00	Modderpoort Junction Ladybrand	Montsopa A/C	Hendrik Van Rensburg	083 4797448	No
10-Nov	Sat	FS	Summer race	15\10	06:00	DP de Villiers Std Sasolburg	Sasolburg AC	Deon Lodder	082 9213331	No
10-Nov	Sat	FS	Twin City 15km	15\5	07:00	Twin City Centrum,Heidelberg,Heatherdale Rd.	Bloemfontein Striders	Jaco Grobbelaar	082 4166782	No
10-Nov	Sat	GN	Liquifruit Irene	5\10\21	06:00	Agricultural Centre Irene	Irene	Wynand Breytenbach	012 6540005	No
10-Nov	Sat	KZN	Newcastle Nite Race	21\10	03:00	Newcastle Swimming Pool	Newcastle Harriers	André Grundlingh	034 3287661	No
10-Nov	Sat	Lim	Warmbad Marathon	21\42	05:30		Warmbad MC	Riana Vorster	083 2779961	No
10-Nov	Sat	SWD	Spencer 5km and 10km	10\5	08:00	Victoria Bay - George	Rainbow C	Sidwell Oktober	078 395 8489	No
10-Nov	Sat	WP	Realtors International 21.1km	21,1	06:00	Seaside Village Centre Big Bay	West Coast AC	David Wilcock	084 4905576	No
11-Nov	Sun	Bor	Lightning fast 10 km	10			Oxford Striders	Dillon Pretorius	083 6545999	No
11-Nov	Sun	CGA	Rac run for Workers - 32km	32	06:00	Old Parktonians	RAC	Vreni Welch	011 4428256	No
11-Nov	Sun	CGA	Paul Ras 21/10/5	21\10\5	06:00	Springs Rugby Club	Brooks Striders	Rhoda Steyn	073 5612700	No
11-Nov	Sun	CGA	Sportsmans Warehouse	10\5	07:00	Princess Crossing	Roodepoort	Charlie Herselman	082 7701143	No
11-Nov	Sun	KZN	Stella Tribute 15km	15	06:00	Stella Sport Club	Stella AC	Cecil Sher	031 2058573	No
11-Nov	Sun	WP	Crazy Store 21km Trail Run	21,1	TBA	Cape Point	Khayelitsha AC	Patience Nkohla	083 9467154	No
11-Nov	Sun	WP	Discovery Cape Times Big Walk	Var		Various				No
14-Nov	Wed	Mpu	Calderys Refractory	15\10\4,9	19:00	Midack Club House	Midack	Conrad vd Berg	082 9081228	No
16-Nov	Fri	Lim	Polokwane Charity Night Race	5\10			Polokwane AC	Pieter Pretorius	084 4006667	No
17-Nov	Sat	Bol	Wynland Marathon (Boland champs)	42\21\5	05:30	Markotter S/Gronde S/Bosch	Helderberg Harriers			No
17-Nov	Sat	Bor	Coastal challenge			Gonubie	Gonubie Harriers	Pete Sharpe	082 5684920	No
17-Nov	Sat	EP	The Willows Challenge	10\5	07:00	The Willows resort	Achilles AAA	Anche Schubart	082 3205169	No
17-Nov	Sat	FS	Cherry Race	23\4,8	07:00	Ficksburg Primary School	Ficksburg MC	Audie Fourie	073 8086189	No
17-Nov	Sat	GN	Kolonade Retail Park 10/21	5\10\21	06:00	Kolonade Retail Shopping	Pta Fit 2000	Alan Edmunds	083 3257779	No
17-Nov	Sat	Mpu	Friendly Super Market	10	08:00	Aerorand Friendly Super		Arnold Uys	013 2441610	No
17-Nov	Sat	SWD	Pick n Pay Waterfront to Heads	21\10\5	07:00	Knysna Waterfront - Knysna	Knysna MC	Ivan Palmer	072 222 1283	No
17-Nov	Sat	WP	Mr Price Winelands Marathon	42\21\5	05:30	Markotter Sports Complex ,Stellenbosch	Helderberg Harriers	Hans Hugo	072 2908179	No
18-Nov	Sun	CGA	94.7 CYCLE							No
18-Nov	Sun	CGA	Ekurhuleni Half marathon	21\10\5	06:00	Katlehong Sports Complex	Katlehong	Race Office	011 9990710	No
18-Nov	Sun	KZN	Bluff Vets Half Marathon	21\15	06:00	Fynlands Combined Sports Club	Bluff AC	Grant Howes	083 2259815	No
18-Nov	Sun	KZN	Edendale 10km	10\5	07:30	FNB Wadley Stadium	Comrades Marathon Association	Thami Vilakazi	033 8978650	No
20-Nov	Tue	WP	Twilight Run	5	19:30	Founder's Garden , Cape Town				No
24-Nov	Sat	Bor	Bank to Bank 5 & 10 km	10\5		Hams	Hams	Bronek Urban	082 5770932	No
24-Nov	Sat	EP	AlphaPharm 10km/5km	10\5	06:30	King's Beach	Malabar AC	Cresen Balakristnan	083 3767491	No
24-Nov	Sat	GN	Tom Jenkins	5,10\21,1	06:30	Union Buildings	Arcadia	John Gwetsa	082 4359212	No
24-Nov	Sat	KZN	Sani Stagger	42\21	06:00	Sani Pass Hotel	Sani AC	Trish Crawley	033 7011577	No
24-Nov	Sat	Mpu	Run & walk for life series				RWFL Nelspruit			No
24-Nov	Sat	SWD	Die Vlakte 42.2km	42\21\10	05:00	Heidelberg High - Heidelberg	Langeberg AC	Estelle Swart	072 962 2092	No
24-Nov	Sat	WP	Mitchells Plain 21km	21\10\5	06:00	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 2455872	No
25-Nov	Sun	CGA	Asics 5km run/walk	5	06:30	Old Parktonians	RAC	Vreni Welch	011 4428256	No
25-Nov	Sun	CGA	City Lodge Tough One	32	06:00	Old Parktonians	RAC	Vreni Welch	011 4428256	No
25-Nov	Sun	KZN	Sunkist Run For Fun 10km	10\5	06:00	Sunkist Life Saving Club	Run For Fun AC	Rocky Pather	031 4684593	No
27-Nov	Tue	Lim	Nguni Grill	21\10\5	07:30		Run & Walk 4 Life	Kobie Marais	082 5615429	No
28-Nov	Wed	WP	Sanlam Niel Joubert Plaaswedloop	13	18:15	Klein Simonsvlei, Klapmuts	Sanlam AC	Lorna Loubser	076 1711297	No

December										
1-Dec	Sat	CGA	NHLS 21/10	21\10	06:00	NHLS Sandringham Campus	NHLS All Sports	Colin Stone	076 4211775	For 2013
1-Dec	Sat	EP	Aspen PE City Marathon & 10km	42\10	05:00	Lorraine Primary School	Crusaders AC	Graham Elbourne	082 8253784	No
1-Dec	Sat	FS	Bloemfontein Striders 21km	21	06:00	Lagenhovenpark boeremark	Bloemfontein Striders	Jaco Grobbelaar	082 4166783	No
1-Dec	Sat	GN	Muller Potgieter	5\15	06:00	Quagga Sentrum	VTM AK	Leon Bezuidenhout	076 3739019	No
1-Dec	Sat	Mpu	Elkana Pay per km		06:00	Alkana School,Reyno Rigde Wittbank	Coaldust	Abie Smit	082 3410998	No
1-Dec	Sat	SWD	Langeberg Mall Velskoen 32km Run	32\10\4	06:00	Langeberg Mall - Mossel Bay	Hartenbos Drawwers	Des Harris	083 309 8732	No
1-Dec	Sat	WP	Vitalrun 21km	21\10\4	06:30	Lourensford Wine Estate,Somerset West	Run / Walk for life AC	Marie Barnard	083 7132858	No
2-Dec	Sun	CGA	ADT 21/10	21\10	07:00	Hoerskool Vorentoe	ADT	David Seabo	082 8247507	No
2-Dec	Sun	CGA	World Aids Day	21\10			Soul City			No
2-Dec	Sun	KZN	Bearingman Stainbank Cup	15	06:00	Yellowwood Park	Yellowwood Park AC	Fred Schoon	031 2741815	No
2-Dec	Sun	KZN	The Spares Shop Heatonville\MTB	19	06:00	Addison Park Empangeni	uMhlatuze AC	Lionel Qwabe	084 4290305	No
3-Dec	Mon	Bor	eVasekasi 5 & 12 km	12\5		Queenstown	Lukhanji AC	Nomape Mteyise	083 5334532	No
5-Dec	Wed	SWD	Ernst Louw Memorial Nite Race	10\4	18:00	Eden Country Inn - Little Brakriver	Hartenbos Drawwers	Dirk Joubert	072 763 9490	No
5-Dec	Wed	WP	Metropolitan 10km Road Race	10	18:30	Parc Du Cap Bellville	Metropolitan AC	Kenneth Jantjies	083 4123366	No
8-Dec	Sat	AVT	Nedbank 32km	32\15\5	06:00	Kollegepark Primary School	Kollegepark Primary School	Hennie van Rensburg	082 8943394	No
8-Dec	Sat	Bol	SAPS Walk Against Abuse	15	07:00	Kleinmond Tennis Club House	Hangklip AC	Organiser	079 4136610	No
8-Dec	Sat	EP	Bethelsdorp Trail Run		08:00	Bethelsdorp Conservancy Parsonsvelei	Malabar AC	Malabar	083 5644270	No
8-Dec	Sat	EP	TBC	10\5	06:30	TBC	Charlo AC	Mike Burger	082 0836370	No
8-Dec	Sat	GN	Great 10 KM Run	5\10	06:00	Weskoppies	Global RC	Moha Molelekoa	071 9067144	No
8-Dec	Sat	Mpu	Summer Marathon	21\10	07:00	Elukwatini Stadium	Dash AC	Derick	083 7120615	No
8-Dec	Sat	SWD	Palm Tyres 21.1km	21\10\5	06:00	Palm Tyres - George	Outeniqua Harriers	Alf Zehmke	083 650 5098	No
8-Dec	Sat	WP	AVBOB 15km	15	06:00	Pick 'n Pay Shopping Centre, Table View	Tygerberg Northlink AC	Leon Thelander	083 9996450	No
9-Dec	Sun	CGA	Orlando 10	10			Orlando	Johannes Mashigo		No
9-Dec	Sun	KZN	Illovo Sugar 15km Christmas Challenge	15	06:00	Westville AC	Westville AC	Sharon Schubach	031 7019863	No
11-Dec	Tue	SWD	Oudtshoorn Holiday Athletics Street Mile	1.6	10:00	Park Road - Oudtshoorn	Oudtshoorn AAC	Hans VD Veen	083 462 0477	No
12-Dec	Wed	Bol	Paarl Road Race	10	18:30	Faure Street, Paarl	Paarl AC	Sybrand du Plessis	083 4446940	No
12-Dec	Wed	SWD	Dosyn - Dozen 1.2km and 12km	12\1.2	12:12	The Point - Mossel Bay	Hartenbos Drawwers	Des Harris	083 309 8732	No
12-Dec	Wed	WP	Polismoor 10km	10	06:30	Polismoor Correctional Facility	Correctional Service AC (WP)	Ashwin Silver	082 7741061	No
15-Dec	Sat	Mpu	Matotoland 10km Challenge	10		Lake Chrissie Lodge	Mr Price	Samora Sigudu	078 7761007	No
15-Dec	Sat	SWD	Castle Lite Nite Race 5km and 10km	10\5	18:00	Loerie Park Sport Complex - Knysna	Knysna MC	Moses Gericke	076 174 2176	No
16-Dec	Sun	CGA	Gauteng Striders 10/5	10\5	07:00	Wembley Stadium	Gauteng Striders	Bruce	072 0743390	No
16-Dec	Sun	FS	Wesselsbron AC Challenge	5\10	07:00	TBA	Wesselsbron AC	Senatla J.M.T.	072 7027204	No
16-Dec	Sun	KZN	Calder Sulin 10km Run/walk	10	06:00	Kings Park Athletic Stadium	Durban AC	Kitty Konar	082 7680738	No
16-Dec	Sun	KZN	Kwazulu Weavers Summer Holiday	23	06:00	Bergville Primary School	Estcourt AC	Belinda Smith	036 3523347	No
16-Dec	Sun	WP	RCS Gugulethu	10	07:30	NY 49 Stadium, Gugulethu	RCS Gugulethu AC	Marshall Molloa	084 6508758	No
17-Dec	Mon	SWD	Candlelight Run 10km	10\5	20:00	Community Centre - Waboomskraal	Nedbank RC	Clarence Smart	071 447 5038	No
19-Dec	Wed	Bol	Supa Quik/ST Motors Beach Miles	10/5\1.6	16:00	Kleinmond Lagoon	Hangklip AC	Organiser	079 4136610	No
19-Dec	Wed	WP	Sundowner	10	18:00	V & A Waterfront	Easterns AC	Jonathan Maree	083 9584317	No
22-Dec	Sat	Bol	Whalers Road Race	10	07:00	Onrus Strand	Whalers AC	Carina Van Der Merwe -	082 8238632	No
22-Dec	Sat	SWD	Somerson 4km, 10km and 21.1km	21\10\4	06:00	Diaz Beach - Mossel Bay	Mossel Bay Harriers	Jacob Karelse	073 081 7484	No
24-Dec	Mon	Bol	Betty's Bay Half	21\10\5	07:00	Betty's Bay Boat Club, Stony Point	Hangklip AC	Organiser	079 4136610	No
26-Dec	Wed	SWD	Coreen Fourie Eco Adventure 5km	5	07:00	Bat Cave, St Blaize - Mossel Bay	Hartenbos Drawwers	Skalla V Schalkwyk	082 771 5562	No
26-Dec	Wed	SWD	Engen Nite Run 3km and 10km	10\3	18:00	Engen Multi Centre - George	Nedbank RC	Clarence Smart	071 447 5038	No
26-Dec	Wed	WP	Manor House	16	07:00	Tokai Forest	Southern Striders AC	Laura Hiddleston	083 9641756	No
27-Dec	Thu	SWD	Casino 4km and 10km	10\4	18:00	Correctional Services - Mossel Bay	Mossel Bay Harriers	Jacob Karelse	073 081 7484	No
28-Dec	Fri	Bor	Ninky Noo's Trail Run Haga Haga	15\10\5		Haga Haga	-	Liam Victor	082 9273395	No
29-Dec	Sat	GN	Old Years Race	5\10	17:00	RietondalePark	Arcadia	KhayaMagwegwe	082 9783718	No
29-Dec	Sat	SWD	Total Great Brakriver Moordkuil	15\4.5	07:00	Friemersheim Sport Grounds - Great Brakriver	Hartenbos Drawwers	Des Harris	083 309 8732	No
31-Dec	Mon	Bol	Dangerpoint Road race	21.1	07:00	Hoofstraat, Gansbaai	Whalers AC	Mariaan Bothma	083 2942191	No
31-Dec	Mon	AVT	Nedbank Ou Jaar's Party 10km & 5 km	10\5		Kollegepark Primary School	Nedbank	Dawid Jordaan	082 3641954	No
31-Dec	Mon	CGA	New Years Eve 10	10			Zonkiszwe	Mehlo Hlabangane	082 9909470	No
31-Dec	Mon	WP	Brooks Runner's Memorial	8	18:00	Green Point Lighthouse, Mouille Point	Edgemead AC	Marc Naumann	083 4658335	No