

Date	Day	Prov	Event	Distance	Time	Venue	Club	Contact	Tel
2-Jan-17	Mon	AGN	New Years Run/Walk	10\5		Pretoria Botanical Gardens	RW4L	Daan du Toit	082 5724169
7-Jan-17	Sat	AGN	A4A Road Safety Race	21\10\5	6:30	Ecopark	Aerobic4 All	Matome Lehomo	083 6275326
7-Jan-17	Sat	EP	Woodlands Dairy	15\6	6:30	Mentors Estate Jeffrey's Bay	Kouga MS	Chris Fenwick	082 5771800
7-Jan-17	Sat	NWC	Mari Huyser Biokinetics	5		Upington	Crusaders	Carel Burger	082 6227109
<b>8-Jan-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Varsity Kudus 15km</b>	<b>15</b>	<b>7:00</b>	<b>West Campus, Wits</b>	<b>Kudus</b>	<b>David Rossouw</b>	<b>082 4940367</b>
8-Jan-17	Sun	KZN	Ronnie Davel memorial	16\6	7:00	Laddsworth Primary Hilton	Hilton H	John Holliday	082 8066749
8-Jan-17	Sun	WP	Bay to Bay 30 km	30\15	6:00	Maiden's Cove, Camps Bay	Top Form	Russel Mehl	084 5455851
9-Jan-17	Sat	FS	Mielie Pap Fees	10	6:00	Ventersburg Stadsaal	Goudveld	Kieth Rhode	082 8829496
<b>11-Jan-17</b>	<b>Wed</b>	<b>CGA</b>	<b>Berg &amp; Dal Nite</b>	<b>15\5</b>	<b>19:00</b>	<b>President Hyper, Krugersdorp</b>	<b>Krugersdorp</b>	<b>Raymond Nel</b>	<b>082 4492252</b>
14-Jan-17	Sat	AGN	ACERR	21\10\5	6:00	Eersterust Sport Stadium	Dwarsrivier	Roewyn Danster	082 8042923
14-Jan-17	Sat	EP	Bluewater Bay 15	15\5	6:00	N2 City Shopping Centre Bwb	Bluewater B	Colin Parkins	083 6513836
14-Jan-17	Sat	Mpu	Power Run 3 in 1	32\21\10\4.9	6:00	Eskom Park Witbank	Eskom	Paul Bester	082 9667767
14-Jan-17	Sat	WP	Hohenort 15km	15	6:00	Alphen Centre, Constantia	Pinelands	Jerome Merton	083 2809798
14-Jan-17	Sat	WP	WPA Race Walk 1	20\10	7:00	Youngsfield Military Wetton	WPA	Pieter Vorster	084 9229002
<b>15-Jan-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Dischem 21</b>	<b>21\5</b>	<b>6:00</b>	<b>Bedfordview</b>	<b>Bedfordview</b>	<b>Grant Panter</b>	<b>082 4680195</b>
15-Jan-17	Sun	KZN	Phumanathi Champs	10\5	6:00	Merebank grounds	Phumanathi	Mbuso Gumede	073 2090908
18-Jan-17	Wed	WP	KFC Brackenfell 10km	10\5	18:30	Brackenfell High School	Brackenfell	DavidCarthy	079 9130618
18-Jan-17	Wed	FS	Bloem Striders Night	10	18:30	Langenhoven Park	Bfn S	Jaco Grobbelaar	082 4166779
18-Jan-17	Wed	Mpu	Klipfontein Nite	10\4.9	19:00	Laerskool Klipfontein	Eskom	Paul Bester	082 9667767
21-Jan-17	Sat	WP	Red Hill Marathon	42\36\5	5:30	Silverglades sport Fish Hoek	Fish Hoek	Race Office	076 1158285
21-Jan-17	Sat	AGN	George Claassen	21\10\5	5:30	Pick & Pay, Faerie Glen	PMC	Bert vd Raad	082 9226817
21-Jan-17	Sat	EP	Two View Challenge	10\5	7:00	Glendore Arms	Charlo	Eusentha Pillay	084 6650910
21-Jan-17	Sat	FS	Mielie Marathon	42\21\10	5:30	THS groundss	Goudveld	Marizanne	072 2650141
21-Jan-17	Sat	Lim	Seeff 3-in-1	21\10\5	6:30	Platinum Park	Polokwane	Corrie Calitz	072 1492674
21-Jan-17	Sat	Mpu	Glencore 5- in -1	42\32\21\15\10	6:00	Shanduka Coal	Middelburg	Johan Mostert	072 5937346
21-Jan-17	Sat	SWD	Schoemanshoek	21\10	6:00	Schoemanshoek-Oudtshoorn		Thia Landsberg	083 4774780
<b>22-Jan-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Striders 32</b>	<b>32\15\4</b>	<b>6:00</b>	<b>Springs Rugby Club, Springs</b>	<b>Striders</b>	<b>Rhoda Steyn</b>	<b>073 5612700</b>
22-Jan-17	Sun	KZN	Kearsney Striders	21\10	5:30	Kearsney College	Kearsney	Jennifer Rigby	083 5319417
25-Jan-17	Wed	WP	Jointease Dan Luyt 15	15	18:30	TBA	Bellville	Carlo Zylstra	083 4533433
<b>25-Jan-17</b>	<b>Wed</b>	<b>CGA</b>	<b>Arwyp Nite Race</b>	<b>15\5</b>	<b>19:00</b>	<b>Barnard Stadium, Kempton</b>	<b>Kempton</b>	<b>Elize v Staden</b>	<b>082 5214222</b>
25-Jan-17	Wed	Mpu	Van Wettens Nite	10	18:00	Mbombela Stadium	LVCC	Mark	079 8813582
25-Jan-17	Wed	Mpu	Middelburg Ferrochrome	10\4.9	19:00	Kees Taljaardt Stadion	Midack	Burnette Smook	084 8803608
27-Jan-17	Fri	SWD	Top Gear 5\10	10\5	18:00	Top Gear- George		Sidwell Oktober	078 3958489
28-Jan-17	Sat	AGN	Wonderpark Akasia	42\21\10\5	5:30	Wonderpark Shopping Centre	Akasia	Tommy Breedt	082 8077217
<b>28-Jan-17</b>	<b>Sat</b>	<b>CGA</b>	<b>CANSA &amp; Panorama</b>		<b>7:00</b>	<b>Walter Sisulu Bot Garden</b>	<b>Panorama</b>	<b>Sharon Hempel</b>	<b>082 8984291</b>
28-Jan-17	Sat	EP	Buiders \ Raffi's	42\10\5	5:00	Vineyard Church	Achilles	Bob Stedman	082 9003556
28-Jan-17	Sat	Mpu	Volksrust 5-in-1	42\32\21\10\5	6:00	Volksrust Highschool	Volksrust	Alwyn Strydom	081 4012361
29-Jan-17	Sun	WP	Kloof Nek Classic 21	21	5:30	Camps Bay High School	Fit 2000 WP	Justin Kruger	083 2632376
<b>29-Jan-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Johnson Crane</b>	<b>42\21\10\5</b>	<b>6:00</b>	<b>Willowmore Park</b>		<b>Ashvin Jivan</b>	<b>082 9240234</b>
29-Jan-17	Sun	KZN	PDAC 25km	25	5:00	Waterfall Shopping Centre	PDAC	Lise Muchna	082 6267707
<b>1-Feb-17</b>	<b>Wed</b>	<b>CGA</b>	<b>McCarthy VW Westgate</b>	<b>15</b>	<b>19:00</b>	<b>Khosa Sports Cooper Drive</b>	<b>Khosa</b>	<b>Shaun Ulyate</b>	<b>083 2742995</b>
1-Feb-17	Wed	Mpu	Rooies Nite Race	10\4.9	19:00	HTS Middelburg	Rooies	Theuns Luus	083 6308729
3-Feb-17	Fri	SWD	Hope Church Nite	10\5\3	18:30	Botanical Gardens George		Thia Landsberg	083 4774780
4-Feb-17	Sat	AGN	McCarthy Toyota	21\10\5	6:00	Rietondate Park, Pretoria	Magnolia	H Bezuidenhout	083 2560241
4-Feb-17	Sat	EP	Cassie's 15 Km	15\5	6:30	Kabega Park Primary School	Nedbank	Jan v Eeden	083 2767483
4-Feb-17	Sat	FS	SASOL Marathon	42\21\19	6:00	DP de Villiers Sasolburg	Sasolburg	Dolf Binneman	073 3396809
4-Feb-17	Sat	Mpu	Buffalo Gorge Trail	18\10\6.5\2.5		Buffalo Gorge, Middelburg	Middelburg	Ryk	083 5289586
4-Feb-17	Sat	NWC	Dulux Spitskop	42\21\10		Upington	Crusaders	Carel Burger	082 6227109
4-Feb-17	Sat	SWD	De Dekke Spar	42\10\4	6:00	De Dekke Grootbrakrivier		Ernest Viviers	079 5310713
4-Feb-17	Sat	WP	Lion of Africa 21	21\10\5	6:00	Academy for Tech Tokai	Spartan H	Michael Adams	083 2965953
<b>5-Feb-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Bobbies</b>	<b>21\10\5</b>	<b>6:00</b>	<b>Greenstone Mall, Edenvale</b>	<b>SAPS</b>	<b>Hein Gerber</b>	<b>079 5250302</b>
5-Feb-17	Sun	KZN	DG Panel & Paint	32\16	5:00	Barns Road, Sydenham	Sydenham	Anita Johannes	084 2542468
8-Feb-17	Wed	AVT	Valentine's	15\10\5	18:30	Palms college	Nedbank	Dawid Jordaan	082 3641954
8-Feb-17	Wed	Mpu	Valentyns Nite	10	19:00	Sasol Rec Secunda	Secunda	Graham/ Tersia	082 8718370

8-Feb-17	Wed	SWD	Clicks 8km	8	18:00	4de Straat George		Sidwell Oktober	078 3958489
<b>10-Feb-17</b>	<b>Fri</b>	<b>CGA</b>	<b>Valentines Nite</b>	<b>10\5</b>	<b>19:00</b>	<b>Randburg Sports Complex</b>	<b>Rand H</b>	<b>Graham Block</b>	<b>011 7927003</b>
11-Feb-17	Sat	AGN	Bronkhorstpruit 32/10	32\10\5	6:00	Hoërskool Erasmus	Bronkhorst	Dankie Kruger	082 8270068
11-Feb-17	Sat	Bol	Freedom Race	27\10\5	7:00	Drakenstein Prison	Corr Service	<a href="#">Top Events</a>	021 5117130
11-Feb-17	Sat	EP	Valentine's 10km	10\5	6:00	Metlife Mall, Kabega Park	Achilles	Millka Boshoff	072 4637065
11-Feb-17	Sat	FS	Kloppers 42	10	5:30	Bfn Achilles	Bfnh	Beverley Olivier	071 8953183
11-Feb-17	Sat	KZN	Neighbourhood Race	10\5	6:30	Roy Hesketh Racing Track	Abasubathi	Sipho Mncube	083 6361119
11-Feb-17	Sat	Lim	Potties 5-in-1	42\32\21\10\5	6:00	A-Laparini Sterkrivier	Potties	Hennie Smit	082 6029830
11-Feb-17	Sat	Mpu	Sasol Secunda 42	42\21\10	6:00	Sasol Recreation club	Sasol	July Mavuso	082 8021352
11-Feb-17	Sat	WP	Top Form 10	10\5	6:30	Turfhall Park Sports Stadium	Top Form	A Kannemeyer	083 4033145
<b>12-Feb-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Pick &amp; Pay</b>	<b>42\21\5</b>	<b>6:00</b>	<b>Saheti School</b>	<b>Jeppe</b>	<b>Bruce King</b>	<b>082 8084301</b>
12-Feb-17	Sun	KZN	Hillcrest Marathon	42\21	5:00	Hillcrest Sports Club	Hillcrest	Peter Burton	061 4732334
12-Feb-17	Sun	KZN	Kasi Lama-Kasi 10km	10	6:30		Umlazi	Thulasizwehunu	073 9000321
15-Feb-17	Wed	AGN	Spar Lantern Night	10\5	18:30	Agricultural Research Irene	Irene	Race Office	082 9512581
15-Feb-17	Wed	Bol	Mountain Mill Valentines	10\5	18:15	Mountain Mill Worcester	Worcester	Rico Hunter	073 7243983
15-Feb-17	Wed	Mpu	Dennies Night Race	10\4.9	19:00	Laerskool Dennesig Middelbrg	Rooies	Theuns Luus	083 6308729
15-Feb-17	Wed	Mpu	Power Of love Night	10\4.9	18:00	Mbombela Stadium	Nelspruit Mk	Y Steenkamp	084 6076314
18-Feb-17	Sat	FS	Jubel fees	21\10	7:00	Sentraal Volkskool	Kroonstad	Marita Serfontein	056 2122388
18-Feb-17	Sat	AGN	Bested Tuks Race	21\10\5	6:00	Athletics Stad Univ of Pta	Tuks	Vollie Spies	082 8216952
18-Feb-17	Sat	EP	Kromberg & Schubert 15	15\5	6:30	Despatch Central Fields	Muirite	Margie du Toit	082 5475413
18-Feb-17	Sat	Lim	Modern Autohaus 4-in-1	42\21\10\5	6:00	Peter Mokaba Stadium	Polokwane	Corrie Calitz	072 1492674
18-Feb-17	Sat	Lim	Hoedspruit 3-in-1	21\10\5	6:00	Drakensig MSC Grounds	SANDF	Simon Makunyane	072 3401364
18-Feb-17	Sat	Mpu	Assegaa 42\21	42\21\10\4.9	6:00	Piet Retief Rugby club	Assegaa	Yolande Boshoff	083 5990842
19-Feb-17	Sun	WP	Cape Peninsula Marathon	42\21	5:15	Green Point to Simon's Town	Celtic H	H Kearns	082 4756974
<b>19-Feb-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Pirates 21km</b>	<b>21</b>	<b>7:00</b>	<b>Greenside</b>	<b>Pirates</b>	<b>Hennie Booysen</b>	<b>082 8010924</b>
19-Feb-17	Sun	KZN	Zabalaza half	21\10	6:00	Cato Ridge Country Club	Zabalaza	Bongani Ndlovu	073 2254146
19-Feb-17	Sun	KZN	Nongoma Mayoral half	21\10	7:00	KwaMame-Ceza Cross	Nongoma	M Mangele	083 4329566
22-Feb-17	Wed	WP	Team Time Trail	4x3	18:15	Green Point Cricket Club	ATC Running	Gert Wilkins	073 3083127
22-Feb-17	Wed	AGN	Corr Services 10 Night	10\5	18:00	Kgosi Mampuru II grounds	Corr Service	M Ntshahi	083 6508038
22-Feb-17	Wed	Bol	Gino's Night Race	10\5	18:30	Coetzenburg	Maties	Mohamed Ally	072 9895735
22-Feb-17	Wed	Mpu	Mc Carthy Panorama	10	19:00	Panorama Primary Witbank	Coaldust	Abie Smit	082 3410998
24-Feb-17	Fri	SWD	Cango Fun Run	5	18:00	Infantry School		Richard Hughes	082 5634573
25-Feb-17	Sat	WP	Koeberg 15 km	15\5	7:00	Koeberg Nature Reserve	Eskom	Kaylene v Dyk	082 5092967
25-Feb-17	Sat	AGN	Run the Race	21\10\5	6:00	Mall @ Reds	Run the Race	Tando Luyaba	079 8966532
25-Feb-17	Sat	EP	Bagshaw Footware	50\10	5:00	Pollok Beach	Body Concept	M Huppelschoten	082 6547555
25-Feb-17	Sat	FS	SWASAP ultra	10	5:30	Bfn Achilles	Bfnh	Beverley Olivier	071 8953183
25-Feb-17	Sat	Lim	Maroela Festival	21\10\5		Phalaborwa	RW4L	Kobie Marais	082 5615429
25-Feb-17	Sat	Mpu	Komati Gorge Valentyn	21\14\7	6:30	Komati Gorge Lodge	Middelburg	Erns	017 8433920
25-Feb-17	Sat	SWD	Cango Marathon	42\21	6:00	Infantry School		Richard Hughes	082 5634573
26-Feb-17	Sun	WP	Sunshine D Polar Ice	10	7:30	Greenpoint Track			
26-Feb-17	Sun		Kilimanjaro Marathon	42	7:30	Tanzania			
26-Feb-17	Sun	AGN	Pretoria Marathon	42\21\10	6:00	Hofmeyer Park, Lynnwood	Phobians	Rayan Conway	082 8558472
<b>26-Feb-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Township Marathon</b>	<b>42\21\10</b>	<b>6:00</b>	<b>Eldorado Park Stadium</b>	<b>Pegasus</b>	<b>Joe Morris</b>	<b>082 4433777</b>
26-Feb-17	Sun	KZN	Maritzburg City 42	42\21\10	5:30	Alexandra Park, Pmb	Natal Carb	John Hall	082 4917679
1-Mar-17	Wed	Mpu	Hoogenhout Nite race	10\4.9	19:00	Hoërskool Hoogenhout	Bethal	Betty Longland	083 3214057
1-Mar-17	Wed	WP	Lighthouse 10km	10	18:15	Rocklands Beach, Sea Point	Atlantic	Tony Breslin	082 8882307
4-Mar-17	Sat	AGN	Sunrise Monster	32\10\5	6:03	Harlequin Club, Groenkloof	Harlequin	Geoff Hesse	082 8964377
4-Mar-17	Sat	Bol	Overberg Swartland	21\10\5	7:00	Gene Louw Sportgronde	Swartland	Hanlie Rossouw	081 5790222
4-Mar-17	Sat	EP	Uitenhage Human Race	30\10\5	7:00	Rosedale grounds Uitenhage	EPA	Michael Mbambani	079 1496796
4-Mar-17	Sat	FS	Human Race	15\4.8	7:30	HTS	Real Lions	Sam	076 5791442
4-Mar-17	Sat	FS	Surrender Hill 42	42\21\10	6:00	President Plein, Clarens	Bethem	Cornel Muller	083 2946420
4-Mar-17	Sat	KZN	Battlefields Marathon	42\21\10	6:00	Hutten Park School Newcastle	Newcastle H	A Swanepoel	072 2291662
4-Mar-17	Sat	Lim	Tzaneen Tuffly	42\21\10\5	6:00	Coach House Hotel	Tzaneen	Paul Zaayman	083 4604204
4-Mar-17	Sat	Mpu	Buffalo Gorge Trail	18\10\6.5\2.5		Buffalo Gorge, Middelburg	Middelburg	Ryk	083 5289586
4-Mar-17	Sat	Mpu	Uniwisp Fast 3-in-1	42\21\10	6:00	Mbombela Stadium	Nelspruit	Winnie Uys	082 4100170
4-Mar-17	Sat	NWC	John Nugent memorial	21\10		Upington	Crusaders	Carel Burger	082 6227109
4-Mar-17	Sat	SWD	Uniondale Poort Race	10	8:00	NG Kerk Uniondale		Alf Zehmke	083 6505098

4-Mar-17	Sat	WP	Century City 10	10	7:00	Central Park, Century City	Century City	Alan Liebenberg	083 6518165
5-Mar-17	Sun	AVT	Vaal Marathon	42\21\10\5	6:00	Dick Fourie Stadium 3 rivers	Vaal	Steve Jackson	083 3040121
5-Mar-17	Sun	Bol	Ewe Rock - Trail Run	10	9:00	Lanner House School	Worcester	Warick Middleton	023 3475837
<b>5-Mar-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Rock the Run</b>	<b>10\5</b>	<b>7:30</b>	<b>Mushroom Park Sandton</b>	<b>Olifantsfont</b>	<b>Masilo Masha</b>	<b>076 5723495</b>
<b>5-Mar-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Stadium to Stadium</b>	<b>15</b>	<b>7:00</b>	<b>Germiston Stadium</b>	<b>Katlehong</b>	<b>Joanna Gaorongwe</b>	<b>074 5209561</b>
5-Mar-17	Sun	KZN	Harry Gwala dist 42	42\21\10\5	6:00	Ixopo to Umzimkhulu	Genius	Themba Gumede	072 9488779
7-Mar-17	Tue	Mpu	Middelburg Witkerk	10\4.9	19:00	Middelburg White Church	Rooies	Theuns Luus	083 6308729
10-Mar-17	Fri	FS	Water-Wise Race	15	18:00	Sedibeng Water, Balkfontein	Bothaville	Melanie de Bruyn	073 1833487
11-Mar-17	Sat	AGN	Pretoria Bobbies 3 in 1	21\10\5	5:30	Wonderboom Junction shopping	PPMC	Carl Visage	082 8532932
11-Mar-17	Sat	EP	Lake Farm Charity Run	10\5	7:00	Lake Farm Centre, Chelsea	Achilles	Graham Channon	078 1849723
11-Mar-17	Sat	FS	Louis Massyn Aldam	50\42\32\21\10	6:00	Aldam Estate, Ventersburg	Goudveld		
11-Mar-17	Sat	FS	Rose Run	32\10	6:00	Emoya Estate	P Pistols	MC Brink	082 7758196
11-Mar-17	Sat	Mpu	PWC Kosmos 3-in-1	42	6:00	Lake Umuzi Waterfront	Secunda	Race Officer	076 2858581
11-Mar-17	Sat	Mpu	PWC Kosmos 3-in-1	10	17:00	Lake Umuzi Waterfront	Secunda	Race Officer	076 2858581
11-Mar-17	Sat	Mpu	PWC Kosmos 3-in-1	21	13:00	Lake Umuzi Waterfront	Secunda	Race Officer	076 2858581
11-Mar-17	Sat	SWD	Tortoise Tuff	30\21\10	7:00	Sedgefield Primary		Sarie Exton	074 1776888
11-Mar-17	Sat	WP	Constantia Village K-Way	15\5	6:15	Alphen Hall Constantia	VOB	C Kettlewell	021 7618887
<b>12-Mar-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Sarens 42km/21km</b>	<b>42\21</b>		<b>Edenvale High School</b>	<b>RRW</b>	<b>Dr Anderson</b>	<b>011 3923197</b>
12-Mar-17	Sun	KZN	Umgeni Water Marathon	42\32\15	5:30	Midmar Dam, Howick	Collegians H	Race Office	082 7500822
12-Mar-17	Sun	KZN	Mariannhill half	21\10	6:00	Elangeni College, Pinetown	AfricanElite	Papa Moratwe	071 5777743
12-Mar-17	Sun	WP	Cape Cycle Tour		6:00	Cape Town			
13-Mar-17	Mon	KZN	ZDM Ultra Marathon	56\10	6:00	Nongoma Gqikazi Sports	Nongoma	Bheki Zwane	082 9655821
15-Mar-17	Wed	AVT	Vaal Mall Night Race	15\10\5	18:30	Vaal Mall in Vanderbijlpark	Arcelor M	Malie vd Walt	082 8539144
15-Mar-17	Wed	Bol	Corr Services race	10\5	18:15	Paarl, Faure Street Stadium	Corr Service	Albert Poole	071 5922863
15-Mar-17	Wed	Mpu	Elkana Night race	10\4.9	19:00	Alkana School Witbank	Coaldust	Abie Smit	082 3410998
18-Mar-17	Sat	WP	Ravensmead 15 km	15\10\5	7:00	Florida Park, Ravensmead	Ravensmead	Sean Davids	083 6434883
18-Mar-17	Sat	AGN	Kolonnade	21\10\5	6:00	Kolonnade Shopping Centre	Overkruin	W Engelbrecht	081 3475353
18-Mar-17	Sat	EP	Bruintjeshoogte	50\25\15	5:00	Pearson / Somerset East	Somerset E	Henrico Marais	072 1308258
18-Mar-17	Sat	Lim	Tzaneen Creative	32\21\10\5	6:00	Greater Tzaneen Municipality	Tzaneen	Paul Zaayman	083 4604204
18-Mar-17	Sat	NWN	Om Die Dam	50\21\10\5		Schoemansville Harties		Inge Cox	078 7652167
18-Mar-17	Sat	SWD	Penny Pinchers	10\5	8:00	Penny Pinchers- George		Sidwell Oktober	078 3958489
19-Mar-17	Sun	WP	Milkwood Half	21\10\5	6:30	Soetwater Rec Kommetjie	Harfield	Richard Sutton	082 6436186
<b>19-Mar-17</b>	<b>Sun</b>	<b>CGA</b>	<b>K-Way Gallopers</b>	<b>15\5</b>		<b>Leondale, Boksburg</b>	<b>Gallopers</b>	<b>Lucky Miya</b>	<b>082 8879596</b>
19-Mar-17	Sun	KZN	Stella Royal	25\10	6:00	Stella Club Glenwood	Stella	Alan Gibb	082 6551777
19-Mar-17	Sun	KZN	Zululand District	56\10	6:00	Ulundi Regional Stadium	Nongoma	M Manqele	083 4329566
21-Mar-17	Tues	WP	Tyger Run	21\10\5	6:00	Tyger Valley Shopping	Durbanville	Jack Gambie	074 1819227
21-Mar-17	Tues	AGN	Right to Run/Walk	21\10\5	7:00	Sunnypark Shopping Centre	Arcadia	James Matshekga	082 5661595
<b>21-Mar-17</b>	<b>Tues</b>	<b>CGA</b>	<b>Jaguars half</b>	<b>21\10\5</b>	<b>7:00</b>	<b>Ennerdale sports ext 9</b>	<b>Jaguars</b>	<b>Elvis Niekerk</b>	<b>082 5583590</b>
21-Mar-17	Tues	Mpu	Goldi Standerton	42\21\10	6:00	Standerton Show Grounds	Standerton	Heidi v d Merwe	072 3910722
22-Mar-17	Wed	Mpu	Coaldust Night race	10	19:00	Panorama Primary Witbank	Coaldust	Abie Smit	082 3410998
25-Mar-17	Sat	WP	Laguna Mall 10km	10\5	8:00	Laguna Mall, Langebaan	Arcelor M	Shoneen Wendzich	083 3992651
25-Mar-17	Sat	AGN	Denel road race	21\10\5	6:00	Denel Irene Sports Terrain	Denel	Kierie vd Schyff	082 8044803
25-Mar-17	Sat	EP	Sportsmans warehouse	15\5	6:30	William Moffet Centre	Madiba Bay	Anita Coetzer	084 5555223
25-Mar-17	Sat	Mpu	Elkana Pay per km		6:00	Alkana School Witbank	Coaldust	Abie Smit	082 3410998
25-Mar-17	Sat		IAAF World XC Champs			Kampala, Uganda			
26-Mar-17	Sun	WP	Tygerberg 30 km	30	6:00	Parow Athletic Track	Tygerberg	Leon Thelander Patrick	083 9996450
26-Mar-17	Sun	AGN	Kosmosdal	8\5	6:30	Kosmosdal Checkers Shopping	Kosmosdal	Dudu	073 4735999
<b>26-Mar-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Birchwood half</b>	<b>21\10</b>	<b>6:30</b>	<b>Birchwood Hotel, Boksburg</b>	<b>Birchwood</b>	<b>Johannes Phoku</b>	<b>073 6867111</b>
<b>26-Mar-17</b>	<b>Sun</b>	<b>CGA</b>	<b>AMPA Half</b>	<b>21\10\5</b>	<b>8:00</b>	<b>Elkah Stadium, Soweto</b>	<b>AMPA</b>	<b>B Mofokeng</b>	<b>072 9525567</b>
26-Mar-17	Sun	KZN	Gaterite Challenge	42\21\10	5:00	Verulam Recreation Ground	Verulam	Anand Naicker	083 7836363
26-Mar-17	Sun	KZN	Tronox 42\21	42\21\10\5	5:30	Addison Park, Empangeni	Umhlatuze	Nymus Booysen	083 2801121
26-Mar-17	Sun	SWD	Knysna Heads 42	42\21\10	7:00	Thesen Island		Marianne Brown	076 1954832
29-Mar-17	Wed	Mpu	SAVF Middelburg	10\4.9	19:00	Eskom Park Witbank	Eskom	Paul Bester	082 9667767
<b>30-Mar-17</b>	<b>Thu</b>	<b>CGA</b>	<b>JP Morgan Corporate</b>	<b>5.6</b>	<b>18:30</b>	<b>Wanderers Club</b>	<b>Wanderers</b>	<b>Dylan Burgess</b>	<b>083 6304255</b>
1-Apr-17	Sat	AGN	BMW Race	21\10\5	7:00	Rossllyn	BMW	Norman Mposhomane	082 9668305
1-Apr-17	Sat	EP	Oorie Berg 21	21\5	7:00	Kareedouw	Walmer	Loynes Jenkerson	082 6446422
1-Apr-17	Sat	KZN	Arthur Creswell	52\21\5	5:30	Bergville Municipality	Ladysmith	Lincoln Sibiya	079 3610874

1-Apr-17	Sat	Lim	Mall of the North	42\21\10\5	7:00	Mall of the North	Pietersburg	Colinda potgieter	082 8988341
1-Apr-17	Sat	Mpu	Gert Sibande Marathon	42\21\10	6:00	Gert Sibande Dist Office	Ermelo	Sabelo Sikhakhane	082 4308057
1-Apr-17	Sat	SWD	Two Lagoons 30\10	30\10	7:00	Libertas Guest Farm, Hoekwil		Gerrit du Toit	072 2827995
1-Apr-17	Sat	WP	Leapfrog 21km	21\10	7:00	Gordon's Bay Primary School	Strand	Frans Kotze	083 3026613
2-Apr-17	Sun	AGN	Irene Ultra	48\21\8	6:00	Agricultural Research Irene	Irene	Race Office	082 9512581
<b>2-Apr-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Jackie Gibson\ Ferguson</b>	<b>42\21\10</b>	<b>6:00</b>	<b>Klipriviersberg Rec</b>	<b>Jhb Harriers</b>	<b>Johan Visser</b>	<b>072 6790874</b>
2-Apr-17	Sun	EP	Iron Man			Port Elizabeth			
2-Apr-17	Sun	KZN	Fields Hill 10km	10	6:00	Lahee Park, Pinetown	Fields Hill	Vikesh Parshad	081 3542122
2-Apr-17	Sun	Lim	Soutpansberg Mtn	32\21\10\5	6:30	Makhado Info Centre	Soutpansberg	Hennie Coetzee	082 9298154
2-Apr-17	Sun	WP	SPAR Women's	10\5	7:30	Green Point Common	WPA	WPA Office	021 6990615
5-Apr-17	Wed	Mpu	Eskom Spur Nite	10\4.9	19:00	Spur Steak house Benfleur	Eskom	Paul Bester	082 9667767
8-Apr-17	Sat	AGN	Ford 3 in 1	21\10\5	6:30	Ford Motor Company Premises	Ford	Dan Nkoana	072 1717390
8-Apr-17	Sat	Bol	Delta Draf	10\5	8:00	Solms-Delta Wine Estate	Dwarsrivier	Ralph Jacobs	083 5861168
8-Apr-17	Sat	EP	Umhlobo Wenene Classic	10\5	6:30	King's Beach Parking	St Albans	Bennie Thyssen	082 2939289
8-Apr-17	Sat	Mpu	Buffalo Gorge Trail	18\10\6.5\2.5		Buffalo Gorge, Middelburg	Middelburg	Ryk	083 5289586
8-Apr-17	Sat	Mpu	Bateleur Estate	21\10	6:30	Bateleur Estate, Nelspruit	LVCC	Mark	079 8813582
8-Apr-17	Sat	SWD	Volstruiswedloop	21\10	7:00	Wesbank Primary-Oudtshoorn		DavidKinnon	082 3748632
<b>9-Apr-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Alan Robb 32km/15km</b>	<b>32\15</b>	<b>6:30</b>	<b>Germiston Stadium</b>	<b>GCH</b>	<b>Les Black</b>	<b>082 5527866</b>
9-Apr-17	Sun	KZN	Durban City Marathon	42\21\10	5:30	TBA	KZNA	Dees Govender	031 3129374
14-Apr-17	Fri	WP	Two Oceans Fun Runs		9:00	UCT Upper Campus	Two Oceans	Carol Vosloo	021 7993040
14-Apr-17	Fri	WP	Two Oceans Trail Run	22\10	7:00	UCT Upper Campus	Two Oceans	Carol Vosloo	021 7993040
<b>15-Apr-17</b>	<b>Sat</b>	<b>WP</b>	<b>Two Oceans half</b>	<b>21</b>	<b>6:00</b>	<b>Main Road Newlands</b>	<b>Two Oceans</b>	<b>Carol Vosloo</b>	<b>021 7993040</b>
<b>15-Apr-17</b>	<b>Sat</b>	<b>WP</b>	<b>Two Oceans Ultra</b>	<b>56</b>	<b>6:30</b>	<b>Main Road Newlands</b>	<b>Two Oceans</b>	<b>Carol Vosloo</b>	<b>021 7993040</b>
15-Apr-17	Sat	AGN	Cullinan Diamond\	10\5	6:00	Cullinan Sport Centre	Mamelodi	Retha Ingenbleek	082 9010065
15-Apr-17	Sat	SWD	Greatbrak	10\4.8	7:00	Vorentoe grounds Greatbrak		Paulus Allart	073 4125440
<b>16-Apr-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Sizwe-Dr Motlana</b>	<b>42</b>	<b>6:00</b>	<b>UJ Soweto Campus</b>	<b>Diepkloof</b>	<b>Ishmael Modutoane</b>	<b>082 3383111</b>
16-Apr-17	Sun	KZN	Dick King	21\15	6:00	Beach Road, Amanzimtoti	Amanzimtoti	Chris Stange	083 3013632
16-Apr-17	Sun	KZN	J G Zuma Marathon	42\21\10	6:00	Seven Oaks to Albert Falls	Muden	Zengele	073 1423533
17-Apr-17	Mon	AGN	Family Day	21\10\5	7:00	Lynnridge Mall	RW4L	Daan du Toit	082 5724169
22-Apr-17	Sat	WP	TelkomAC 10	10\5	7:00	CPUT Campus, Bellville	Telkom	L Samuels	081 3189310
22-Apr-17	Sat	AGN	Morula half	21\10\5	6:30	Giant Stadium	Morula	Kagiso Raborife	071 2789901
22-Apr-17	Sat	EP	Motherwell Freedom Run	10\5	7:00	Nu2 Staduim, Motherwell	Ikhamva	Michael Mbambani	079 1496796
22-Apr-17	Sat	FS	Campus 2 Campus	42\21\10\5	6:30	Goldfields TVET College	Goldfields	MC Lithuge	071 0050115
22-Apr-17	Sat	KZN	Mondi	21\10	6:00	Bay Hall, Meerensee	Richards Bay	Petro Hardwick	071 3557992
22-Apr-17	Sat	Lim	Ledet 4-in-1	42\21\10\5	6:00	Peter Mokaba Stadium	Polokwane	Corrie Calitz	072 1492674
22-Apr-17	Sat	Mpu	Forever Loskop	50	6:00	Forever Resorts	Middelburg	Office	013 2432683
22-Apr-17	Sat	Mpu	Forever Loskop	21\4.9	6:30	Forever Natuur Resevaat	Middelburg	Office	013 2432683
<b>23-Apr-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Benoni Northerns</b>	<b>42\21\11</b>	<b>6:30</b>	<b>Benoni Northerns Grounds</b>	<b>Benoni North</b>	<b>Jan Jordaan</b>	<b>082 8000762</b>
23-Apr-17	Sun	KZN	Chatsworth Freedom 42	52\25\10	5:30	Chatsworth Stadium	Chatsworth	Dees Govender	083 7854333
27-Apr-17	Sun	WP	Nantes 10km	10\5	7:00	Vangate Sports Complex	Nantes	Denzil Rykklief	079 5093980
27-Apr-17	Thu	AGN	Freedom Run	21\10\5	7:00	Temba Stadium	Addict 2 L	Karabo Molokoane	082 0528634
27-Apr-17	Thu	KZN	The Deloitte Challenge	42\21\10	6:30	Ballito, Sibaya Cas, La Lucia	Dolphin Cst	Barry Holland	083 2520691
27-Apr-17	Thu	Mpu	Bethal half	21\10	7:00	Marietjie V Niekerk Primary	Bethal	Pieter Botes	082 9207555
29-Apr-17	Sat	AGN	Tshwane Marathon	21\10\5	6:30	Silverton	AGN	Walter Vilakazi	012 3274930
<b>29-Apr-17</b>	<b>Sat</b>	<b>CGA</b>	<b>CGA X Country 1</b>	<b>X Country</b>		<b>Kagiso Sport Complex</b>	<b>Kagiso</b>	<b>CGA</b>	<b>011 8732726</b>
29-Apr-17	Sat	EP	Port Alfred 21	21\5	7:00	Port Alfred High School	EPA	Michael Mbambani	079 1496796
29-Apr-17	Sat	FS	Wilge Marathon	42\21\10	7:00	GH Human Sports Frankfort	Sasolburg	Christoff Jacobs	082 5612982
29-Apr-17	Sat	Mpu	Sudwala Monster	21	7:00	Sudwala Lodge/Caves	Legogote	Jurgen Halbrich	083 2900678
29-Apr-17	Sat	SWD	Outeniqua 42	42\21\10	7:00	Garden Route Dam		Alf Zehmke	083 6505098
<b>30-Apr-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Cradle of Humankind</b>	<b>32\21\10\6</b>	<b>6:30</b>	<b>Makiti Sterkfontein</b>	<b>Krugersdorp</b>	<b>Raymond Nel</b>	<b>082 4492252</b>
30-Apr-17	Sun	KZN	Peace in Africa	21\10	6:30	Kings Park Athletic Stadium	Mayibuyi	Siviwe Benya	083 5458006
1-May-17	Mon	AGN	Wally Hayward Marathon	42\21\10\5	6:30	High School Zwartkops	Alpha Cent	Bert vd Raad	082 9226817
1-May-17	Mon	Bol	Safari Wellington	21\10\5	7:00	Hugenote High School	Wellington	Top Events	021 5117130
1-May-17	Mon	FS	Sol Plaatjie 42	42	6:00	Dihlabeng / Sol Plaatjie	Bethem	Enslin v BLERK	082 9205997
1-May-17	Mon	KZN	Hibiscus Coast	50\25\10	6:00	Ugu Sports & Leisure Centre	South Coast	Kim Jones	084 5117651
1-May-17	Mon	KZN	Panthers 32km	32\21\10	6:00	Outspan Stadium, Tongaat	Tongaat P	Krishna Naidu	083 7995651
1-May-17	Mon	Mpu	Buffalo Gorge Trail	18\10\6.5\2.5		Buffalo Gorge, Middelburg	Middelburg	Ryk	083 5289586

1-May-17	Mon	SWD	Run 2 Raise	25\10	8:00	Avis, Industrial George		Elna Schwartz	083 3261699
6-May-17	Sat	AGN	Jackie Mekler	25\10\5	6:30	Pretoria Military Sports	PMMC	Jan Esau	071 3434504
<b>6-May-17</b>	<b>Sat</b>	<b>CGA</b>	<b>CGA X Country 2</b>	<b>X Country</b>		<b>Thokoza</b>	<b>Ubuhe</b>	<b>CGA</b>	<b>011 8732726</b>
6-May-17	Sat	EP	Spar Ladies	10\5	7:00	Pollok Beach	Walmer	Loynes Jenkerson	082 6446422
6-May-17	Sat	FS	NG Kerk Vaalpark	21\10	8:00	D/R Church Vaalpark	Sasolburg	Danie Pretorius	072 5801866
6-May-17	Sat	FS	Interstate bus 21		7:00	TIELMAN ROOS STREET	Bfnh	Beverley Olivier	071 8953183
6-May-17	Sat	Lim	Waterberg Mayors Race		6:00	Laerskool Nylstroom	Warmbad	Neels Venter	082 6523518
6-May-17	Sat	Mpu	Richkim Engineering	32\21\10\4.9	6:30	Midack Club House	Midack	James Faber	082 4434193
6-May-17	Sat	NWC	James Gertse half	21\5	8:00	Oasis	Uppington	David May	082 5778534
6-May-17	Sat	WP	Weskus Marathon	42\21\10\5	6:30	Langebaan Country Estate	Langebaan	Louis vd Walt	074 2338865
7-May-17	Sun	AGN	Wings for Life World Run		13:00	Super Sports Park Centurion	Nedbank	Enoch Skosana	082 8258001
<b>7-May-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Adrienne Hersch</b>	<b>10</b>	<b>7:00</b>	<b>Randburg Sports Complex</b>	<b>Rand H</b>	<b>Graham Block</b>	<b>011 7927003</b>
<b>7-May-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Colgate 32km/15km</b>	<b>32\15</b>	<b>6:30</b>	<b>Boksburg Stadium</b>	<b>Boksburg</b>	<b>Natalie v Eeden</b>	<b>011 9173721</b>
7-May-17	Sun	KZN	Checkout Challenge	21\10	6:30	Kings Park Athletic Stadium	Verulam F	Krish Vadivelu	073 5945448
7-May-17	Sun	WP	UCT memorial	10	7:15	Middle Campus, UCT	UCT	Kerr Rogers	021 6503564
13-May-17	Sat	AGN	The Love Run	21\10\5	7:00	Hatfield Christian Church	Love Running	Philip Sergeant	083 2895270
13-May-17	Sat	Bol	APL Cartons De Doorns	21\10	8:00	HS Hexvallei Sportsfield	Worcester	Paul Joubert	082 8352726
<b>13-May-17</b>	<b>Sat</b>	<b>CGA</b>	<b>CGA X Country 3</b>	<b>X Country</b>		<b>Chris Hani Sport Orange Farm</b>	<b>Simunye</b>	<b>CGA</b>	<b>011 8732726</b>
13-May-17	Sat	EP	Sunridge Village 10	10\5	7:00	Sunridge Village	Peaac	Kevin Benade	079 4900427
13-May-17	Sat	FS	Zio Cash & Carry	21\10	7:00	Flavius Mareka Sasolburg	Sasolburg	Dolf Binneman	073 3396809
13-May-17	Sat	Mpu	Selati 2 in 1	21\10	7:00	Malelane Rugby Club	Onderberg	Deon Valks	082 7880675
13-May-17	Sat	NWN	Bojanala half	21\5		Olympia Park Stadium		ANWN	014 5942895
13-May-17	Sat	SWD	Habelgraan	10\4.8	7:00	Sao Bras Secondary School		Jacob Karelse	073 0817484
14-May-17	Sun	FS	OR Tambo Free State 42	42\21\10	5:30	FSSI Bfn	FSDS&R	Martin YAWA	082 9049816
14-May-17	Sun	KZN	Starling Plumbers	21\10	6:00	Mount Edgecombe Rec	Woodview	Pragasen Naidu	071 9178313
14-May-17	Sun	WP	Metropolitan Slave Route	21\10\5	7:00	Grand Parade, Cape Town	Lion of Afr	Farouk Meyer	083 4606786
20-May-17	Sat	AGN	Race of Hope	21\10\5	7:00	The Grove Mall	RW4L	Daan du Toit	082 5724169
20-May-17	Sat	Bol	Leipzig Trail Run	10	9:00	Leipzig, Nuy	Worcester	Alida Smit	023 3478422
20-May-17	Sat	EP	Panamor Gel 21	21\10\5	6:30	Maranatha Childs Forest Hill	Aspen	Wendy Denston	076 8348124
20-May-17	Sat	FS	Town to Town Off Road	25\5	8:00	Kaizer Sebothelo Botshabelo	Fast Leg	Pretty Booysen	083 2042973
20-May-17	Sat	Lim	Aida		7:00	Polokwane	RW4L	Kobie Marais	082 5615429
20-May-17	Sat	SWD	Hoekwil Run	21\10\3	8:00	NG Church Die Vleie Hoekwil		Gerrit du Toit	072 2827995
21-May-17	Sun	WP	Cape Town 12 onerun	12	9:00	Milnerton Beach - Cape Town	Brackenfell	DavidCarthy	079 9130618
<b>21-May-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Sweatshop/Asics 10</b>	<b>10</b>	<b>8:00</b>	<b>Old Parktonians, Randburg</b>	<b>RAC</b>	<b>Vreni Welch</b>	<b>011 4428256</b>
<b>21-May-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Asics 10 Walk</b>	<b>10</b>	<b>8:10</b>	<b>Old Parktonians, Randburg</b>	<b>RAC</b>	<b>Vreni Welch</b>	<b>011 4428256</b>
21-May-17	Sun	KZN	Ma'am Jila memorial	10	7:00	Mgenge StoreHammarsdale	Zenzeleni	Zakheli Mnkadi	084 6442733
21-May-17	Sun	KZN	eMadadeni half	21\10	7:00	Phelandaba Sports Complex	eMadadeni	Phumlani Sangweni	082 5311113
27-May-17	Sat	AGN	Africa Day Skosana	10\5	7:00	?	Nedbank	Enoch Skosana	082 8258001
<b>27-May-17</b>	<b>Sat</b>	<b>CGA</b>	<b>CGA X Country 4</b>	<b>X Country</b>		<b>Sinaba Stadium</b>	<b>Daveyton</b>	<b>CGA</b>	<b>011 8732726</b>
27-May-17	Sat	Mpu	Buffalo Gorge Trail	18\10\6.5\2.5		Buffalo Gorge, Middelburg	Middelburg	Ryk	083 5289586
27-May-17	Sat	SWD	Meiringspoort 20	20\10		NG Church Hall		Pieter Schoeman	082 3770547
28-May-17	Sun	WP	Voet of The Wine Route	10\5	7:30	Zevenwacht Mall Kuilsrivier	In Touch	Enrico Daniels	079 8013906
<b>28-May-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Back to my roots</b>	<b>10\5</b>	<b>8:00</b>	<b>Donaldson Dam/Westonaria</b>	<b>Colossis</b>	<b>Joseph Mabadla</b>	<b>081 3433787</b>
3-Jun-17	Sat	AGN	Race of Faith	21\10\5	7:00	Curro Hazeldene	RW4L	Daan du Toit	082 5724169
3-Jun-17	Sat	KZN	KZN Youth Run	10\5	8:30	Kings Park Rugby Fields	KZNA	Dees Govender	031 3129374
3-Jun-17	Sat	SWD	Sports centre	10\3	8:00	Van Kervel School George		Thia Landsberg	083 4774780
3-Jun-17	Sat	WP	UWC 10km	10\5	7:30	UWC Modderdam Road Bellville	UWC	Hadley Volkwyn	074 8001204
<b>4-Jun-17</b>	<b>Sun</b>	<b>KZN</b>	<b>Comrades Marathon</b>	<b>87</b>	<b>5:30</b>	<b>Durban City Hall</b>	<b>CMA</b>	<b>Rowyn James</b>	<b>079 5010061</b>
10-Jun-17	Sat	AGN	Run Against Drugs	10\5	7:00	Nina Park Complex Spar	Mamelodi	Gabriel Makola	078 1694643
<b>10-Jun-17</b>	<b>Sat</b>	<b>CGA</b>	<b>MTN Half</b>	<b>21\10\5</b>	<b>7:00</b>	<b>MTN Centre Fairlands</b>	<b>MTN</b>	<b>Hillary Arries</b>	<b>083 2146666</b>
10-Jun-17	Sat	Mpu	Ice Breaker	21\10	8:00	Highveld Mall, Witbank	Coaldust	Abie Smit	082 3410998
10-Jun-17	Sat	Mpu	Take a Step for Children	10\4.9	7:00	Riverside Mall Nelspruit	Lowveld Can	Kuan Pappas	083 2566591
10-Jun-17	Sat	SWD	Steeple to Steeple 10	10	8:00	NG Church George		Alf Zehmke	083 6505098
10-Jun-17	Sat	WP	Mamre 21 km	21\5	8:00	Mamre Primary School	Mamre	Lesley Daniels	071 5081136
<b>11-Jun-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Daveyton challenge</b>	<b>10\5</b>	<b>7:00</b>	<b>Brakpan Athletics Stadium</b>	<b>Daveyton</b>	<b>Isaac Ndlovu</b>	<b>078 4211718</b>
11-Jun-17	Sun	KZN	Durban Spar Women's	10\5	8:00	TBA	KZNA		
16-Jun-17	Fri	AGN	Youth Day Gijima	8\1.6	8:30	Centurion	Green Mile	Chris Kock	082 7858792



<b>16-Jun-17</b>	<b>Fri</b>	<b>CGA</b>	<b>H Ntsobi memorial</b>	<b>21\10\5</b>	<b>8:00</b>	<b>Kagiso Sports Complex</b>	<b>Kagiso</b>	<b>Ntombi Tumane</b>	<b>083 7658182</b>
16-Jun-17	Fri	SWD	Total Youth Day	10\3	8:00	Courtenay Street George		Thia Landsberg	
16-Jun-17	Fri	WP	Dave Spence Mem.	10\4.2	7:30	NY 49 Stadium, Gugulethu	Gugs	Marshall Moiloa	084 6508758
17-Jun-17	Sat	AGN	Take 5 Team Relay	25\15	8:00	Air Force Base Waterkloof	Faranani	Event Office	087 0970011
17-Jun-17	Sat	Bol	Napier	21\10\4	8:30	Vaardigheids Skool, Napier	Bol A	Anette Botha	082 6751311
<b>17-Jun-17</b>	<b>Sat</b>	<b>CGA</b>	<b>CGA X Country 5</b>	<b>X Country</b>		<b>Delta Park</b>	<b>RAC</b>	<b>CGA</b>	<b>011 8732726</b>
17-Jun-17	Sat	EP	Continental 10	10\5	7:00	Pollok Beach	Body Concept	M Huppelschoten	082 6547555
17-Jun-17	Sat	Lim	16 June race	10\5	7:00	Lulekani Stadium	Phalaborwa	Sevha Mabunda	082 9653263
17-Jun-17	Sat	Mpu	Wakkerstroom Mountain	21\10	8:00	NGK Wakkerstroom	Volksrust	Rupert Lawlor	083 2279020
17-Jun-17	Sat	WP	WPA Race Walk 2	20\10	7:00	Youngsfield Military Wetton	WPA	Pieter Vorster	084 9229002
18-Jun-17	Sun	WP	K-Way Table Mountain	16	8:00	Constantia Nek	VOB	C Kettlewell	021 7618887
<b>18-Jun-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Khenza 5KM Fun run</b>	<b>5</b>	<b>8:00</b>	<b>Elkah Cricket Stadium Soweto White City</b>		<b>Lucas Nyalunga</b>	<b>082 6207496</b>
24-Jun-17	Sat	AGN	Riana van Niekerk	21\10\5	7:30	Zwartkop High School	Alpha Cent	Bert vd Raad	082 9226817
24-Jun-17	Sat	Bol	Correctional services	21\10\5	8:00	Dal Josaphat stadiuim, Paarl	Corr Service	Basil Jantjies	074 4331697
24-Jun-17	Sat	EP	NMB 1/2 Marathon	21\5	7:00	Summerstrand Lifesaving	EPA	Alan Taylor	083 6580050
24-Jun-17	Sat	Lim	Hoedspruit Half	21\10\5	6:00	Drakensig MSC Grounds	SANDF	Simon Makunyane	072 3401364
24-Jun-17	Sat	Mpu	Definition half	21\10	7:00	Halls Sport Ground Nelspruit	Definition	Boiki Gama	082 9771665
24-Jun-17	Sat	SWD	McDonald 2Donald	10	8:00	McDonalds George		Thia Landsberg	
25-Jun-17	Sun	WP	Victoria Falls Marathon	42		Zimbabwe			
25-Jun-17	Sun	WP	Don Lock memorial	15\8	8:00	Brookside	Celtic H	H Kearns	082 4756974
<b>25-Jun-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Orlando Cansa Race</b>	<b>10\5</b>	<b>8:00</b>	<b>Orlando Rugby Ground</b>	<b>Orlando</b>	<b>Sibongile Maruta</b>	<b>078 4450249</b>
25-Jun-17	Sun	KZN	Archie Gumede half	21\10	7:00	Chesterville Sports Field	KZNA	Dees Govender	031 3129374
1-Jul-17	Sat	AGN	Race for Friendship	21\10\5	7:00	Jakaranda Shopping Centre	RW4L	Daan du Toit	082 5724169
<b>1-Jul-17</b>	<b>Sat</b>	<b>CGA</b>	<b>CGA X Country 6</b>	<b>X Country</b>		<b>Westonaria Sport Complex</b>	<b>Protea</b>	<b>CGA</b>	<b>011 8732726</b>
1-Jul-17	Sat	EP	Tinarha 10	10\5	7:00	Tba	Tinarha	Vuyo Grootboom	072 1740125
1-Jul-17	Sat	Mpu	Buffalo run	21\10		Round table Comm Centre	Coaldust		
1-Jul-17	Sat	WP	Spookhill 15km	15\5	8:00	Beaumont Prim, Somerset W	Helderberg	TBC	
1-Jul-17	Sat	WP	Orak 12 Hour Race		6:00	Vredendal groundss	Orak	Gerrie Cilliers	083 6500642
<b>2-Jul-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Pirates10\5</b>	<b>10\5</b>	<b>8:00</b>	<b>Pirates Club, Greenside</b>	<b>Pirates</b>	<b>Hennie Booysen</b>	<b>082 8010924</b>
2-Jul-17	Sun	KZN	Viking 10km	10\5	7:00	KwaMashu	Viking	Bernard Nxumalo	078 9234303
8-Jul-17	Sat	AGN	Garsfontein Ice Breaker	21\10\5	7:00	Garsfontein Primary School	Wingate	Dalene Flynn	082 5502808
8-Jul-17	Sat	Mpu	Buffalo Gorge Trail	18\10\6.5\2.5		Buffalo Gorge, Middelburg	Middelburg	Ryk	083 5289586
8-Jul-17	Sat	Mpu	Hall's	21\10	7:00	Hall's Gateway Nelspruit	LVCC	Mark	079 8813582
8-Jul-17	Sat	SWD	Palm Tyres	21\10\5	8:00	Palm Tyres-George		Sidwell Oktober	078 3958489
8-Jul-17	Sat	WP	Eersterivier 15	15\10\5	7:15	Stratford Primary School	Eersterivier	Johannes Kamfer	084 4627431
<b>9-Jul-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Roodepoort Northgate</b>	<b>10\5</b>	<b>8:00</b>	<b>Northgate Shoping Centre</b>	<b>Roodepoort</b>	<b>Charlie Herselman</b>	<b>082 7701143</b>
9-Jul-17	Sun	KZN	Forest 10	10	7:00	Forest Hills Sports Club	Forest Hills	Dirk Coetzee	071 6103860
11-Jul-17	Tue	SWD	Street Miles	1.6		Knysna		ASWD Office	044 8730023
15-Jul-17	Sat	AGN	Afriforum Bok Vasbyt	25\10\5	7:30	Voortrekker Monument	Voortrekker	Leon Bezuidenhout	071 4055588
<b>15-Jul-17</b>	<b>Sat</b>	<b>CGA</b>	<b>CGA X Country 7</b>	<b>X Country</b>		<b>Dorothy Nyembe Park</b>	<b>Take it E</b>	<b>CGA</b>	<b>011 8732726</b>
15-Jul-17	Sat	Mpu	Legogote Villagers 3in1	21\10	7:00	White River Rugby club	Legogote	Amanda Wessels	084 5836945
15-Jul-17	Sat	SWD	Madiba	21\10\3		Unity Park - George		ASWD Office	
15-Jul-17	Sat	SWD	Knysna Forest Marathon	42\21\5	7:00	Glebe Knysna		Marianne Brown	076 1954832
15-Jul-17	Sat	WP	Fairbridge Mall 15	15\6	7:15	Fairbridge Mall Brackenfell	Kraaifontein	William Swartbooi	084 2477170
<b>16-Jul-17</b>	<b>Sun</b>	<b>CGA</b>	<b>CGA Race Walk Trials</b>	<b>X Country</b>	<b>6:00</b>	<b>FNB Stadium</b>	<b>CGA</b>	<b>CGA</b>	<b>011 8732726</b>
16-Jul-17	Sun	KZN	Mathews Meyiwa half	21\10	7:00	Mpumalanga Stadium	Hammasdale	Richard Bhengu	072 8805731
16-Jul-17	Sun	SWD	Houtkapper Trail	27\15\9	8:30	Quinta Da Montahna Rhenendal		Mihan Roods	082 5376167
18-Jul-17	Tue	FS	Madiba 67	5	17:30	Goldfields Mall Welkom	Goudveld	Dulcie	074 8994164
22-Jul-17	Sat	WP	C.T. Festival 100/50	100\50	6:00	Promenade, Sea Point	Hewat	Kanu Sukha	072 2101127
22-Jul-17	Sat	AGN	Long Run to Freedom	21\10\5	6:30	Ecopark	Aerobic 4	Matome Lehomo	083 6275326
22-Jul-17	Sat	Lim	Savannah Mall 3-in-1	21\10\5	7:30	Savannah Mall	Polokwane	Corrie Calitz	072 1492674
23-Jul-17	Sun	WP	C.T Festival 21.1 Classic	21\10\5	7:00	Promenade, Sea Point	Hewat	Kanu Sukha	072 2101127
23-Jul-17	Sun	KZN	Wasbank half	21\10	7:00	Embizeni High School	Wasbank	Sifiso Nzuzza	072 4503481
23-Jul-17	Sun	KZN	Womens race	10\5	8:00	People's Park	SAPS	Agne du Plessis	082 5174799
29-Jul-17	Sat	AGN	Gereformeerde Kerk	21\10\5	7:00	Zwartkop Lapa Centurion	Denel	Kierie vd Schyff	082 8044803
29-Jul-17	Sat	AVT	Winter warmer	10\5	8:00	Old Vaaltonians groundss	HP Midas	Ken Patrick	083 2531035
<b>29-Jul-17</b>	<b>Sat</b>	<b>CGA</b>	<b>CGA X Country 8</b>	<b>X Country</b>		<b>Alberton Dam</b>	<b>Alberton</b>	<b>CGA</b>	<b>011 8732726</b>

29-Jul-17	Sat	EP	Heartbreak Hill 21	21\5	6:30	St Dominics Priory	Charlo	Eusentha Pillay	084 6650910
29-Jul-17	Sat	KZN	C2C	12	7:00	Mountain Rise, Pmb	Spartan	John Hall	082 4917679
29-Jul-17	Sat	Lim	F21	21\10\5	7:00	Namakgale Community Centre	Foskor	Solomon	072 8412051
29-Jul-17	Sat	Mpu	Lucas Mabunda Legacy	21\10	7:00	Kabokweni Stadium	Nelspruit	Yolanda Steenkamp	084 0763140
29-Jul-17	Sat	NWC	Appie Augustyn half		7:00	Calvinia	Hantam		
30-Jul-17	Sun	WP	McKenna & Scott	10\5	7:30	Lower Oval, Pinelands	Pinelands	Dion Stevens	082 7308320
30-Jul-17	Sun	KZN	Mandela Legacy	10\5	8:00	Rydalvale grounds, Phoenix	Phoenix V	Danny Chetty	082 4544073
4-Aug-17	Fri		IAAF World champs			London, Great Brittian	IAAF		
5-Aug-17	Sat	AGN	Tshwan	21\10\5	7:00	Sefako Makgatho	Tshwane	Moses Lengweny	082 4264455
5-Aug-17	Sat	Bol	PPC Riebeeck Berg	42\21\10\5	7:30	PPC, Riebeeck Wes	Swartland	Ilze Vlok	079 5235145
5-Aug-17	Sat	KZN	The Longest Day	80\60	7:00	381 Boshoff Str Pmb	Collegians H	Race Office	082 7500822
5-Aug-17	Sat	Lim	Exxaro Marathon	42\21\10\5	6:00	Lephalale mall, Lephalale	Mogol	Wikus Geysler	083 3046180
5-Aug-17	Sat	Lim	Wolkberg Stage Race	35\25	7:00	Haenertsburg	ASA	Altus Schreuder	082 6013533
5-Aug-17	Sat	Mpu	Num-Num Trail	32\15		eNtokozweni			
5-Aug-17	Sat	Mpu	Buffalo Gorge Trail	18\10\6.5\2.5		Buffalo Gorge, Middelburg	Middelburg	Ryk	083 5289586
5-Aug-17	Sat	Mpu	Skukuza half	21	8:30	Skukuza Staff Village	Krugerpark	Martie Oosthuizen	082 6803864
5-Aug-17	Sat	SWD	Race Agains Crime	21\15\4.8	8:00	Herbertsdale Agri Hall		Dianne Oosthuizen	084 3692731
5-Aug-17	Sat	WP	Brackenfell Pick 'n Pay	21\10\5	7:00	Brackenfell Primary School	Brackenfell	DavidCarthy	079 9130618
5-Aug-17	Sat	WP	WPA Race Walk 3	30\20\10	7:00	Youngsfield Military Wetton	WPA	Pieter Vorster	084 9229002
5-Aug-17	Sat	WP	Daisy Challenge	30\18\5	7:00	Die Keldery Spruitsdrift	Namaqua	Renier v Greunen	027 2133086
<b>6-Aug-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Old Eds</b>	<b>21\10\5</b>	<b>8:00</b>	<b>Old Edwardians groundss</b>	<b>Old Eds</b>	<b>Mark Mohring</b>	<b>082 6101147</b>
6-Aug-17	Sun	KZN	Mtunzini Bush	16\10	7:00	Mtunzini Town Hall	Mtunzini	Paul Mannix	082 5716559
6-Aug-17	Sun	KZN	Women in Action	10\5	8:00	Chatsworth Stadium	Chatsworth	Dees Govender	083 7854333
9-Aug-17	Wed	AGN	Castle WalkRR	10\5	6:45	Castle Walk Shopping	Fusion Sp	Hennelie Allan	083 3739818
<b>9-Aug-17</b>	<b>Wed</b>	<b>CGA</b>	<b>Randburg Street Mile</b>	<b>1.6</b>	<b>7:30</b>	<b>Randburg Sports Complex</b>	<b>Rand H</b>		
<b>9-Aug-17</b>	<b>Wed</b>	<b>CGA</b>	<b>Ubuhle 3 in 1</b>	<b>10\1.6</b>	<b>8:00</b>	<b>Sam Ntuli Stadiuim</b>	<b>Ubuhle</b>	<b>Sifiso Ncubo</b>	<b>072 4640041</b>
9-Aug-17	Wed	EP	Womens Day Run	10\5	7:00	Kirkwood	Bluewater B	Andre Pienaar	083 6552592
9-Aug-17	Wed	Lim	Maroela to Maroela		8:00	Clubhouse	Phalaborwa	M Rankweteke	084 5524323
9-Aug-17	Wed	NWC	Kalkpoort 10km	10\5	8:00	Pabalello Upington	Upington	David May	082 5778537
9-Aug-17	Wed	SWD	Oudtshoorn Woman Day	10	8:00	Park Avenue Oudtshoorn		Thia Landsberg	083 4774780
9-Aug-17	Wed	WP	Totalsports Women's Day C	10\5	8:00	Grand Parade Cape Town	Edgemead	Ange du Plessis	082 9910045
<b>12-Aug-17</b>	<b>Sat</b>	<b>CGA</b>	<b>CGA X Country Champs</b>	<b>X Country</b>	<b>8:30</b>	<b>Boksburg Stadium</b>	<b>CGA</b>	<b>CGA</b>	<b>011 8732726</b>
12-Aug-17	Sat	EP	Mountain Drive 21	21	8:00	Rhodes University	RW4L	Stephen Penney	082 4688384
12-Aug-17	Sat	FS	IBL Sun to Sun half	21\10	8:00	Black Mountain	Fast Leg	Petty Bowser	083 2042973
13-Aug-17	Sun	AGN	Wierie road races	21\10\5	6:30	Makro Centurion	Alpha Cent	Hannelie Kotze	083 3573212
<b>13-Aug-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Protea Gardens</b>	<b>10\5</b>	<b>7:00</b>	<b>Protea Gardens Mall</b>	<b>Soweto</b>	<b>Solly Ndlozi</b>	<b>078 7980461</b>
13-Aug-17	Sun	KZN	Savages 21/10	21\10	6:30	Morningside Primary School	Savages	Robin Honneysett	083 5535647
13-Aug-17	Sun	WP	John Korasie 30km	30	7:00	Navy Sports Simon's Town	Defence	Luqmaan Patientia	082 8471680
16-Aug-17	Wed	Lim	Limpopo Ladies Spar	10	14:00	TBC in Polokwane	Euphorbi	Rinette Swart	082 8258472
18-Aug-17	Fri	FS	Mediclinic Eskom	10\5	19:00	Mediclinic Welkom	Eskom	Hilde du Plessis	072 4992602
18-Aug-17	Fri	FS	Kovsie Streetmile	1.6	17:00	Pelliespark	Kovsie	Sarina Cronje	083 6408073
19-Aug-17	Sat	WP	Puffer	80	5:30	Cape Point to V&A	Fish Hoek	Andy Campbell	082 7996785
19-Aug-17	Sat	WP	Atlantis 21km	21\5	8:00	Westfleur Park, Atlantis	Atlantis	Desmond Arendse	084 3921061
19-Aug-17	Sat	AGN	Marcel van 't Slot mem.	15\5	7:10	Pretoria Boys High School	Phobians	G Strangleman	076 2465185
<b>19-Aug-17</b>	<b>Sat</b>	<b>CGA</b>	<b>Clearwater mall</b>	<b>21\10\5</b>	<b>7:00</b>	<b>Clearwater Mall</b>	<b>Panorama</b>	<b>Andrew Young</b>	<b>083 2369275</b>
19-Aug-17	Sat	EP	Continental 10	10\5	7:00	Pollok Beach	Body Concept	M Huppelschoten	082 6547555
19-Aug-17	Sat	KZN	SHF Capital Climb	15\5	8:00	Voortrekker High Pmb	Midlands	Tony Morrison	083 3749502
19-Aug-17	Sat	Mpu	Great Train Race	15	6:00	Hillside Stasie	Middelburg	Elsabe Dawson	013 2432253
19-Aug-17	Sat	Mpu	Great Train Race	32	6:00	Witbank Trein Stasie	Middelburg	Elsabe Dawson	013 2432253
<b>20-Aug-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Arthro Choicellcy Hot</b>	<b>21\10</b>	<b>7:00</b>	<b>Kyalami Equestrian Centre</b>	<b>Midrand</b>	<b>Tim Walwyn</b>	<b>082 3798245</b>
20-Aug-17	Sun	KZN	Spar Women's	10\5	6:00	The Oval PMB	Natal Carb	John Hall	
20-Aug-17	Sun	KZN	Durban Runner	21\10	6:15	UKZN Glenwood	Durban Run	Zane Ebrahim	082 3329616
25-Aug-17	Fri	Mpu	Fanie Botha Trail Run	75\45		Sabie			
26-Aug-17	Sat	WP	Langebaan 21 km	21\10\5	8:00	Club Mykonos, Langebaan	Arcelor M	Bossie Boshoff	083 4624400
26-Aug-17	Sat	AGN	Spar Ladies						
26-Aug-17	Sat	AGN	Dawn to Dusk	100+		High School Akasia	Akasia	Gerrie Stydom	082 9405453
26-Aug-17	Sat	Bol	Tru-Cape Packhouse	21\10\5	7:12	Elgin Grabouw Country Club	Elgin Grab	Petra v Rensburg	082 7768811

<b>26-Aug-17</b>	<b>Sat</b>	<b>CGA</b>	<b>CGA Club Challenge</b>	<b>X Country</b>	<b>Tembisa</b>	<b>CGA</b>	<b>CGA</b>	<b>011 8732726</b>
<b>26-Aug-17</b>	<b>Sat</b>	<b>CGA</b>	<b>Ladies Race</b>	<b>5</b>	<b>7:00 Rietvlei Farm</b>	<b>Awesome</b>	<b>Bongane Mabuza</b>	<b>082 4535437</b>
26-Aug-17	Sat	EP	Volkswagen 10km	10\5	6:30 Volkswagen People Pavilion	Volkswagen	Plaatjie Damons	074 8898552
26-Aug-17	Sat	Lim	Tzaneen Spring Opener	21\10\5	7:00 Tzaneen Lifestyle Centre	Tzaneen	Paul Zaayman	083 4604204
26-Aug-17	Sat	Lim	Winterveld Fees	42\21\10\5	6:30 Winterveld Steelpoort	Steelpoort	Tienie v Wyngaard	079 8368719
26-Aug-17	Sat	Mpu	Shalom half	21\10	7:00 AJ Swanepoel Stadium	Msukaligwa	P Ndlangamandla	073 0416591
27-Aug-17	Sun	WP	Blisters for bread		9:00 Green Point	Top Events	Top Events	021 5117130
27-Aug-17	Sun	WP	Khayelitsha 10km	10\4	7:30 Mandela Park Stadium	Khayelitsha	Patience Nkohla	083 9467154
<b>27-Aug-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Wanderers 21\10\5</b>	<b>21\10\5</b>	<b>7:00 Wanderers Club</b>	<b>Wanderers</b>	<b>Dylan Burgess</b>	<b>083 6304255</b>
27-Aug-17	Sun	KZN	Mandela Day Marathon	42\21\10				
30-Aug-17	Wed	Mpu	Kutting Mpumalanga	10\4.9	19:00 Kees Taljaard Stadium	Midack	Burnette Smook	084 8803608
1-Sep-17	Fri	SWD	Run with the Stars	10\3	18:00 Glenwood House George		Thia Landsberg	083 4774780
2-Sep-17	Sat	AGN	Spirit of Flight	10\5	6:30 Air Force Base Swartkop	PMMC	Jan Esau	071 3434504
2-Sep-17	Sat	Bol	Riebeeck KasteelRR	21\10\5	7:30 Riebeeck Kasteel	Swartland	Anneke Mouton	082 4953234
2-Sep-17	Sat	EP	Rockets 21	21\5	6:30 Muir College - Uitenhage	Muirite	Margie du Toit	082 5475413
2-Sep-17	Sat	FS	Alan Ferguson Naval hill	21\10	6:30 Bfn Bowling club	Bfnh	Beverley Olivier	071 8953183
2-Sep-17	Sat	Mpu	Alzu Rhino run	21\10\5	8:00 Alzu Petro Port N4	Middelburg	Johan Mosterd	072 5937346
2-Sep-17	Sat	NWN	Rustenburg Mountain	25\10\5	Rustenburg Kloof		Etienne	083 2643071
2-Sep-17	Sat	SWD	Sportsmans warehouse	18\9	8:30 Glenwood House George		Malinda Roux	083 5786857
2-Sep-17	Sat	WP	Tekkie Challenge	10\5	7:30 Jan Kriel School Kuilsriver	New Balance	Estelle Kock	073 3131668
2-Sep-17	Sat	WP	WPA Race Walk 4	30\20\10	7:00 Youngsfield Military Wetton	WPA	Pieter Vorster	084 9229002
2-Sep-17	Sat	WP	Pink flowers in 12hrs	100+	6:00 Melkbosstrand	Melkbos	Linda Truscott	083 4153466
<b>3-Sep-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Westdene memorial</b>	<b>5</b>	<b>6:30 UJ Westdene Stadium, JHB</b>	<b>Sophiatown</b>	<b>Naomi</b>	<b>073 9562456</b>
<b>3-Sep-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Fred Morrison</b>	<b>21\10</b>	<b>7:00 Germiston Stadium</b>	<b>GCH</b>	<b>Les Black</b>	<b>082 5527866</b>
3-Sep-17	Sun	KZN	Chesterville 10km	10	6:00 Chesterville Sports Field	Chesterville	Adam H-Davies	082 3010856
3-Sep-17	Sun	WP	Satori Camel Run	16	7:30 Noordhoek Sports Field	Satori	Stephen Sharwood	082 8220883
6-Sep-17	Wed	Mpu	Eskom YEF	10\4.9	19:00 Eskom Park Witbank	Eskom	Paul Bester	082 9667767
9-Sep-17	Sat	AGN	Addicted to Life	21\10\5	6:30 Voortrekker Monument	Voortrekker	Leon Bezuidenhout	071 4055588
9-Sep-17	Sat	EP	Despatch Superspar	10\5	7:00 Despatch Superspar	Despatch	Helgard Potgieter	084 6065601
9-Sep-17	Sat	FS	Sweet & Eet	10	7:30 Bloempark Church	Bfn S	Jaco Grobbelaar	082 4166779
9-Sep-17	Sat	KZN	Mpati Mountain Race	15\5	14:00 Dundee Junior school	Biggarsberg	Ken Vorster	082 8218004
9-Sep-17	Sat	Lim	Hout is Goud	80	ATKV Klein Kariba	Warmbad	Erica Kotze	014 7366008
9-Sep-17	Sat	Lim	Hanlie Steyn memorial	21\10\5	6:30 Pietersburg Ooskool	Polokwane	Corrie Calitz	072 1492674
9-Sep-17	Sat	Mpu	ACK Vorentoe Bethal	10\4.9	8:00 Marietjie v Niekerk Primary	Bethal	Engela vd Merwe	072 6722015
9-Sep-17	Sat	NWC	Daisy Marathon	21\10\5	8:00 Springbok Sport Grounds		Colwin Brown	078 8942300
9-Sep-17	Sat		SA X C champs				Theuns Luus	083 6308729
10-Sep-17	Sun	AGN	Jakaranda Fun Walk	15\9\5	14:00 Botanical Gardens	AGN	Walter Vilakazi	012 3274930
<b>10-Sep-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Stallion Security 21</b>	<b>21</b>	<b>7:00 tbc</b>	<b>Soweto C</b>	<b>Rio Matlhaku</b>	<b>082 9077943</b>
<b>10-Sep-17</b>	<b>Sun</b>	<b>CGA</b>	<b>The colourful Run</b>	<b>10\5</b>	<b>7:30 Willowmore Park,Benoni</b>	<b>Benoni H</b>	<b>Ashvin Jivan</b>	<b>082 9340234</b>
10-Sep-17	Sun	KZN	Swift Marathon	42\21\10	6:00 Hulamin Ground, Campsdrift	Hulamin	Obert Mpanza	076 1098895
10-Sep-17	Sun	KZN	Royal to Royal	15\5	7:00 Linduzulu Royal Residence	Nongoma	M Manqele	083 4329566
10-Sep-17	Sun	WP	ARD 3 Vlei 10km	10\5	7:00 Fairmount High Grassy Park	ARD	Zaid Orrie	083 3767392
13-Sep-17	Wed	AGN	Lester Mills Night race	10\5	18:00 Athletics Stad Univ of Pta	Tuks	Vollie Spies	082 8216962
13-Sep-17	Wed	Bol	Moore Stephens Night	10\5	18:30 Coetzenburg	Maties	Mohamed Ally	072 9895735
13-Sep-17	Wed	Mpu	Nashua Kanonkop Night	10\4.9	19:00 Kees Taljaard	Middelburg	Naudene v Tonder	082 4954173
16-Sep-17	Sat	AGN	Andrew Greyling RR	21\10\5	6:00 Brooklyn Mall	PMC	Bert vd Raad	082 9226817
16-Sep-17	Sat	Bol	French Corner	10\5	7:00 Huguenot Monument	Franschhoek	Beverley Malan	082 9016966
16-Sep-17	Sat	EP	Diva 10km Run	10\5	7:30 Nmmu 2nd Avenue Campus	EPA	Irene v Eeden	083 2991775
16-Sep-17	Sat	FS	2-River Trail Run	16\9	7:00 Bothaville Laerskool	Bothaville	Melanie de Bruyn	073 1833487
16-Sep-17	Sat	Mpu	Wittenberg Trail Run	18\8	7:00 Wittensberg skool	Assegai	Yolande Boshoff	083 5990842
16-Sep-17	Sat	WP	Sanlam Relay	4.2	9:00 Green Point	WPA	WPA Office	087 7008264
16-Sep-17	Sat	WP	Peace Trail Run	22\11	7:30 Cape Town	Wild Runner	Wildrunner	021 8219898
<b>17-Sep-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Gerald Fox memorial</b>	<b>21\10</b>	<b>7:00 Johannesburg Zoo</b>	<b>Rocky RR</b>	<b>Saul Levin</b>	<b>083 3260848</b>
17-Sep-17	Sun	EP	1 City Relay & Marathon	42	6:30 Pe City Hall To Uitenhage	EPA	Michael Mbambani	079 1496796
17-Sep-17	Sun	KZN	The Mineshaft	15	6:00 Bowker Road, Escombe	Queensburgh	Robin Archer	082 9056005
17-Sep-17	Sun	WP	Cape Town Marathon	42\10	7:30 Green Point	WPA	WPA Office	087 7008264
20-Sep-17	Wed	Mpu	Rooies Nite Race	10\4.9	19:00 Middelburg HTS	Rooies	Theuns Luus	083 6308729



22-Sep-17	Fri	FS	NK Kerk Berg en Dal	10\5	18:00	NK Kerk Albrechtstraat	P Pistols	Theuns Mulder	082 7847491
22-Sep-17	Fri	KZN	100 Capital Classic	24	18:00	Alexandra Park, Pmb	Natal Carb	John Hall	082 4917679
23-Sep-17	Sat	AGN	Bophelong half	21\10\5	6:00	Bophelong centre Mamelodi	Bophelong	Chegofatso Lewele	076 9221333
23-Sep-17	Sat	Bol	Ceres Fruit JuicesRR	21\10\5	7:30	Victoria Park, Ceres	Ceres	Nico Jansen	078 8825299
<b>23-Sep-17</b>	<b>Sat</b>	<b>CGA</b>	<b>Wellness race</b>		<b>7:00</b>	<b>Protea Glen</b>	<b>Take it E</b>	<b>Steven Khanyile</b>	<b>083 4596971</b>
23-Sep-17	Sat	EP	Clover Milk Run	10\5	6:30	King's Beach Parking	Peaac	Kevin Benade	079 4900427
23-Sep-17	Sat	FS	Nun Sun Developers	10\5	8:00	Mandela View	Fast Leg	Kantoor Nkoane	081 5945834
23-Sep-17	Sat	Lim	Two Countries Marathon	32\21\10\5	6:00	Eric Louw High Musina	Soutpansberg	Ferreira Nel	082 7490413
23-Sep-17	Sat	Mpu	Boulders	25\10	6:00	Mara Turn Off	Onderberg	Deon Valks	082 7880675
23-Sep-17	Sat	NWC	Kakamas Kanaal 21	21\10		Die Mas Kakamas	Crusaders	Carel Burger	082 6227109
23-Sep-17	Sat	SWD	PetroSA Marathon			Santos Caravan Park		Athletics SWD	
24-Sep-17	Sun	WP	MSA Multi Sport 10	10\5	6:00	William Herbert groundss	MSA MS	Nasrulla Enus	082 5745323
<b>24-Sep-17</b>	<b>Sun</b>	<b>CGA</b>	<b>City to City</b>	<b>50\21\10</b>	<b>5:30</b>	<b>JHB-Tshwane</b>	<b>CGA</b>	<b>CGA</b>	<b>011 8732726</b>
24-Sep-17	Sun	KZN	Amajuba Marathon	10	5:30	Battlefields, Amajuba Hill	Newcastle C	G Bongumusa	063 3438670
24-Sep-17	Sun	KZN	King Shaka Zulu mem.	10\5	7:00	KwaDukuza	Somandla	Mbsuo Ngcongo	082 0458982
24-Sep-17	Sun	KZN	Newlands Challenge	42\21\10	5:00	Kings Park Athletic Stadium	Newlands	Sagren Moodley	081 2322892
25-Sep-17	Mon	WP	Glenwood Spar 10	10\5	7:00	Tygerdal Goodwood	Goodwood	BobbyGee	081 3548286
25-Sep-17	Mon	AGN	The Combat Run	21\10\5	6:00	Gerotek	Titans	Thabiso Nakin	082 8652398
25-Sep-17	Mon	FS	Griffons	10	7:00	Griffons Stadion Welkom	Goudveld	Louis Massyn	071 4609536
30-Sep-17	Sat	AGN	Clover Irene Spring	21\10\5	6:00	Irene Village Mall	Irene	Race Office	082 9512581
30-Sep-17	Sat	Bol	Whale half	21	7:00	HS Hermanus	Whalers	Micky Milne	083 4467840
<b>30-Sep-17</b>	<b>Sat</b>	<b>CGA</b>	<b>Kwa-Thema</b>	<b>10\5\1.6</b>	<b>7:00</b>	<b>Kwa-Thema Stadium</b>	<b>Ulinda</b>	<b>Madala Nkina</b>	<b>076 9922982</b>
30-Sep-17	Sat	EP	Windpomp 21	21\10\5	7:00	Bot Garden, Graaff-Reinet	Graaff-R	Rozelle Kohne	076 1808853
30-Sep-17	Sat	FS	Webbers & Vic Theron	10	6:30	Bfn Achilles	Bfnh	Beverley Olivier	071 8953183
30-Sep-17	Sat	KZN	Ladysmith Night Race	21\5	17:00	Ladysmith Athletic Club	Ladysmith	Lincoln Sibiya	079 3610874
30-Sep-17	Sat	Lim	Run4Education	21\10\5	7:00	Peter Mokaba Stadium	UL	Moagi Itu	072 8086298
30-Sep-17	Sat	Mpu	Buffalo Gorge Trail	18\10\6.5\2.5		Buffalo Gorge, Middelburg	Middelburg	Ryk	083 5289586
30-Sep-17	Sat	SWD	Laingsburg	8021\10\5	5:00	J.J.Ellis Sport Grounds		Petro Buys	073 6541652
30-Sep-17	Sat	SWD	Redberry Trail Run	9\5	9:00	Redberry Farm		Thia Landsberg	083 4774780
1-Oct-17	Sun	AVT	Meyerton half	21\10\5	6:00	DF Malan High school	Vaal	Steve Jackson	083 3040121
<b>1-Oct-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Rainbow</b>	<b>21\10\5</b>	<b>7:10</b>	<b>Barnard Stadium, Kempton</b>	<b>Rainbow</b>	<b>John Mngadi</b>	<b>083 3209331</b>
1-Oct-17	Sun	KZN	Township to Township	42\21	5:30	Princess Magogo Stadium	KwaMashu	Sihle Shange	073 4709842
1-Oct-17	Sun	WP	K-Way Grape Run	21\14\5	6:30	Alphen Hall Constantia	VOB	C Kettlewell	021 7618887
4-Oct-17	Wed	Mpu	Maximed Nite race	10\4.9	19:00	Standerton Show Grounds	Standerton	Heidi vd Merwe	072 3910788
4-Oct-17	Wed	SWD	CANSA breast awareness		18:00	Sedgefield Primary		Sarie Exton	074 1776888
4-Oct-17	Wed	WP	Stor-Age Bakgat 10	10	18:15	Zone Fitness, Bellville	Bellville	Mike Strohman	082 4912854
7-Oct-17	Sat	AGN	National Business Relay	42\21	6:00	Rietondale Park, Pretoria	Magnolia	Event Office	087 0970011
7-Oct-17	Sat	AGN	Capital Classic	21\10\5	6:00	Phobians, Lynnwood	Alpha Cent	Bert vd Raad	082 9226817
7-Oct-17	Sat	AVT	Lite2Nite 12 Hour	80+	6:00	Driehoek high school	Arcelor M	Malie vd Walt	082 8539144
7-Oct-17	Sat	Bol	Paarlberg Mountain	21\10	7:00	Coutra Primary School	Paarl	B du Plessis	076 1877260
7-Oct-17	Sat	EP	Kowie Striders	27\10	7:00	Big Pineapple, Bathurst	Kowie S	Sticks Stiglingh	071 6127339
7-Oct-17	Sat	KZN	Siyathuthuka 10km	10\5	6:00	Ulundi Regional Stadium	Siyathuthuka	M Mbatha	079 9474317
7-Oct-17	Sat	Mpu	Buffalo Gorge Trail	18\10\6.5\2.5		Buffalo Gorge, Middelburg	Middelburg	Ryk	083 5289586
7-Oct-17	Sat	Mpu	God's Window 2-in-1	21\10\5	7:00	Graskop Caravan Park	Legogote	Amanda Wessels	084 5836945
7-Oct-17	Sat	SWD	Hartenbos Spar	15\4	8:00	Hartenbos Spar Mossel Bay		Ernst Viviers	079 5210713
<b>8-Oct-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Spar Ladies</b>	<b>10\5</b>		<b>Wanderers Club</b>	<b>Markspark</b>	<b>Dylan Burgess</b>	<b>083 6304255</b>
8-Oct-17	Sun	KZN	KZN 10km Challenge	10	7:00	Kings Park Athletic Stadium	KZNA	Dees Govender	031 3129374
8-Oct-17	Sun	Lim	Mazda Night Race	10\5	18:30	Peter Mokaba Stadium	Polokwane	Corrie Calitz	072 1492674
8-Oct-17	Sun	SWD	Robberg Epress	10\5	8:00	Robberg Nature Reserve Plett		Janet Woodhead	076 9853181
8-Oct-17	Sun	WP	Gun Run 21 km	21\10\5	6:30	Sea Point Promenade	Atlantic	Tony Breslin	082 8882307
11-Oct-17	Wed	AGN	Corr Services 10 Night	10\5	18:00	Kgosi Mampuru II grounds	Corr Service	M Ntshahi	083 6508038
11-Oct-17	Wed	FS	DRC Pellissier	10\4	18:00	DRC Pellissier	BMAC	Jurina Immelman	082 4110107
11-Oct-17	Wed	Mpu	Waypoint Night Race	10	19:00	Sasol Recreation Club	Secunda	Wynand / Tersia	071 8584228
11-Oct-17	Wed	SWD	Spur to Spur 10km	10	18:00	Geronimo Spur George		Alf Zehmke	083 6505098
11-Oct-17	Wed	WP	Silver Queen	10	18:15	Air Force Base Ysterplaat	Defence	Gail Jacobs	083 4610741
13-Oct-17	Fri	Bol	Voet van Afrika	4	18:00	Mega Park, Bredasdorp	Bol A	Anette Botha	082 6751311
14-Oct-17	Sat	AGN	Jacaranda City	42\21\10\5	5:45	SABS Grounds, Groenkloof	Agape	Marieta Bortoll	082 4667031

14-Oct-17	Sat	Bol	Voet van Afrika Marathon	42\21\10	6:00	Mega Park, Bredasdorp	Bol A	Anette Botha	082 6751311
14-Oct-17	Sat	EP	Northern Areas 15	15\5	6:00	Gelvandale Staduim	Gelvan	Deon Smith	072 1111354
14-Oct-17	Sat	FS	Aldam Triathlon/Trailrun	21\10\5	6:30	Aldam-Ventersburg	Goudveld	Doors	082 8252889
14-Oct-17	Sat	Mpu	Embalenhle 2-in-1	21\10	6:00	House of Praise Embalenhle	Sasol	A Sibanyoni	082 3329448
14-Oct-17	Sat	SWD	Meiringspoort 21	21\12.5	7:00	Meiringspoort – De Rust		Hannerie Delpport	076 1307920
14-Oct-17	Sat	WP	Voet of Africa			Bredasdorp			
14-Oct-17	Sat	WP	Cape Gate 10	10\5\3	6:30	Cape Gate, Brackenfell	Nedbank	Robbie Lindsay	082 2033593
<b>15-Oct-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Alex Run for Fun</b>	<b>10\5</b>	<b>8:00</b>	<b>Altrec Sports Complex</b>	<b>Alexandra</b>	<b>Hellen Selowa</b>	<b>076 3966870</b>
<b>15-Oct-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Panorama 21\10</b>	<b>21\10</b>	<b>6:00</b>	<b>North Cliff</b>	<b>Panrama</b>	<b>Sharon Hempel</b>	<b>082 8984291</b>
15-Oct-17	Sun	KZN	King Cetywayo 42	42\21\10	6:00	Umhlatuze Sports Complex	Mgezeni	Thamihunu	083 6888150
15-Oct-17	Sun	KZN	Duke of York	16\5	7:00	Bishopstowe Hall	Collegians H	Race Office	082 7500822
15-Oct-17	Sun	KZN	KKU	10\5	6:00	E Section KwaMashu	KwaMashu	Xolani Mbhele	082 8611670
15-Oct-17	Sun	WP	Chappies Challeng	21\10	6:30	Hout Bay Yacht Club	Hout Bay	Rob Graham	082 8249124
18-Oct-17	Wed	WP	Team Time Trail	43	18:15	Green Point Cricket Club	ATC Running	Gert Wilkins	073 3083127
18-Oct-17	Wed	FS	Eduplus Night	21\10	17:30	Eduplus Langehovenpark	Bfnh	Y Greyvenstein	079 4968445
21-Oct-17	Sat	WP	West Coast 21	21\5	6:00	Eden on the Bay, Big Bay	West Coast	Lizelle Meyer	084 5813713
21-Oct-17	Sat	AGN	CSIR Race	21\10\5	6:00	CSIR Main Campus	CSIR	Tebogo Machethe	072 2739440
21-Oct-17	Sat	Bol	Botrivier Challenge	21\10\5	7:00	Historic Botrivier Station	Elgin Grab	Wilfred - Anthony	021 8512295
21-Oct-17	Sat	EP	Walmer 10kmRR	10\5	6:00	Boardwalk Casino	Walmer	Loynes Jenkerson	082 6446422
21-Oct-17	Sat	FS	CANSA breast awareness	5	7:30	Bfn Achilles	Bfnh	ADEL WIID	082 8964366
21-Oct-17	Sat	FS	Harrismith Mountain	30\15	9:00	Platberg Stadion	Harrismith	B vd Hoven	082 9227344
21-Oct-17	Sat	FS	Charity Run	12\4	6:30	CBC/Waverleyweg	P Pistols	Tjokkie Roux	084 2509021
21-Oct-17	Sat	Mpu	Ehlanzeni sport	21\10	6:30	Mbombela stadium Nelspruit	LVCC	Mark	079 8815382
21-Oct-17	Sat	Mpu	Mall To Mall	10	7:00	Middelburg Mall	Middelburg	Piet of Magda	072 5937346
21-Oct-17	Sat	SWD	Around the Lakes	42	7:00	Pine Lake Marina Sedgefield		Sarie Exton	074 1776888
22-Oct-17	Sun	WP	Ommiedraai 10km	10\5	7:00	Rosmead Sports Fields	Ommiedraai	Walees Samsodien	084 6033155
<b>22-Oct-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Sportsmans warehouse</b>	<b>15\5</b>	<b>6:00</b>	<b>East Rand Mall Boksburg</b>	<b>Boksburg</b>	<b>Natalie v Eeden</b>	<b>011 9173721</b>
<b>22-Oct-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Diepkloof half</b>	<b>21\10\5</b>	<b>6:00</b>	<b>UJ Soweto Campus</b>	<b>Diepkloof</b>	<b>R Muhanganei</b>	<b>083 4098679</b>
22-Oct-17	Sun	KZN	Muden Race	25\10	6:00	Greytown High School	Muden	Zengele	073 1423533
22-Oct-17	Sun	KZN	Merewent 10km	10	7:00	Dhubri Road Grounds	Merewent	Pat Pather	081 0239821
25-Oct-17	Wed	WP	Old Mutual 10km	10\5	18:15	Mutual Park Pinelands	Old Mutual	Russell Peters	072 3205342
25-Oct-17	Wed	FS	NG Heuwelkruin night	10	17:45	NG CHRUCH HEUWELSIG	Bfnh	Jan vd Westhuisen	082 2696144
25-Oct-17	Wed	Mpu	Koedoekop Night	10\4.9	19:00	Laerskool Middelburg	Middelburg	Michelle	
25-Oct-17	Wed	SWD	Business Relay		18:00	Freedom Park George		Thia Landsberg	083 4774780
28-Oct-17	Sat	AGN	Irene Farm Race	21\10\5	6:00	Agricultural Research Irene	Irene	Race Office	082 9512581
28-Oct-17	Sat	AVT	BASF 32km Race	32\21\10\5	6:00	Riverside Mall VDBP	Arcelor M	Malie vd Walt	082 8539144
28-Oct-17	Sat	EP	Cancer Big Walk	5	8:00	Boardwalk Casino	Elite	Rudi v Tonder	083 2552535
28-Oct-17	Sat	FS	Berg-op-Berg-af	21\10	6:00	Rolbalklub/Unielaan	P Pistols	Mrizanne Burger	082 5909054
28-Oct-17	Sat	Lim	Nguni		7:00	Bendor Nguni	RW4L	Kobie Marais	082 5615429
28-Oct-17	Sat	Lim	Foskor Open Pit		6:00	Clubhouse	Phalaborwa	M Rankweteke	084 5524323
28-Oct-17	Sat	Lim	Caster Semenya	21\10\5	7:00	Aganang	Moletjie	Jeremia Mokaba	073 2459446
28-Oct-17	Sat	Mpu	Coaldust Circuit Race	48\21\10\5	6:00	Elkana Educational Centre	Coaldust	Abie Smit	082 3410998
28-Oct-17	Sat	NWN	Lichtenb. Zebra Zambra	32\10\5		Lichtenburg Boat Club		Dave	083 3112962
28-Oct-17	Sat	SWD	Tha Farm 21\10	21\10	8:00	Four Brothers Potato George		Thia Landsberg	083 4774780
29-Oct-17	Sun	WP	Elsies River 10	10\5	6:45	Salberau Sports Elsiesriver	Elsies River	Bertram Windvogel	082 3987148
<b>29-Oct-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Tembisa</b>	<b>10\1.6</b>		<b>Moses Molelekwa Tembisa</b>	<b>Tembisa</b>	<b>Donald Mathipa</b>	<b>083 5549912</b>
29-Oct-17	Sun	KZN	Sapphire Coast 42	42\21	6:00	Scottburgh / Ilfracombe	Amanzimtoti	Chris Stange	083 3013632
<b>1-Nov-17</b>	<b>Wed</b>	<b>CGA</b>	<b>Rowlin National Nite</b>	<b>15\10\5</b>	<b>19:00</b>	<b>Benoni Northern Grounds</b>	<b>Benoni North</b>	<b>Jan Jordaan</b>	<b>082 8000762</b>
1-Nov-17	Wed	Mpu	Sasol Secunda Night	10\4	19:00	Sasol Recreation club	Sasol	A Sibanyoni	082 3329448
3-Nov-17	Fri	FS	Run / Walk for Toys	10	18:00	Clock Tower Welkom	Goudveld	Marizanne	072 2650141
3-Nov-17	Fri	NWC	Kalahari Kuierfees	21\10\5		Upington	Crusaders	Carel Burger	082 6227109
4-Nov-17	Sat	AGN	Freedom of Expression	21\10\5	6:00	Pilditch Stadium	Black Diam	S Baloyi	082 2622568
4-Nov-17	Sat	Bol	School Challenge	5	7:15	Dwarsrivier Sports Complex	Dwarsrivier	Ralph Jacobs	083 5861168
4-Nov-17	Sat	Bol	Orchard Run	21\10	6:45	Dwarsrivier Sports Pniel	Dwarsrivier	Ralph Jacobs	083 5861168
4-Nov-17	Sat	EP	Colchester 10km	10\5	6:00	Colchester	EPA	Michael Mbambani	079 1496796
4-Nov-17	Sat	FS	Summer race	15\10	8:00	DP de Villiers Std Sasolburg	Sasolburg	Dolf Binneman	073 3396809
4-Nov-17	Sat	FS	Engen - Engen		6:00	Engen North Ridge Mall	Bfn S	Jaco Grobbelaar	082 4166779

4-Nov-17	Sat	KZN	MVA	10\5	NMR Headquarters	SANDF	John Hall	082 4917679
4-Nov-17	Sat	Mpu	ASA 10km Champs	10	Mbombela	ASA		
4-Nov-17	Sat	Mpu	Kaapsehoop 3 in 1	42\21\10	5:30 Kaapsehoop - Mbombela stad	Nelspruit	Yolanda Steenkamp	084 6076314
4-Nov-17	Sat	WP	Table View High	10\5	7:00 Table View High school	West Coast	Lizelle Meyer	084 5813713
4-Nov-17	Sat		SA 10KM champs			AMPU	Paul Bester	
<b>5-Nov-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Soweto Marathon</b>	<b>42\21\10</b>	<b>FNB Stadium</b>	<b>Soweto M</b>	<b>Sello Khunou</b>	<b>082 6836530</b>
5-Nov-17	Sun	KZN	Orion 21	21\10	5:30 Save Hyper Victoria st Pmb	Save Orion	Ajith Deena	083 6592732
5-Nov-17	Sun	WP	The Landmarks 21	21\6	6:00 Keurboom Road Rondebosch	WPCC	Ted Vickery	076 1957289
11-Nov-17	Sat	AGN	Kolonnade Retail Park	21\10\5	6:00 Kolonnade Retail Park	Fit Pretoria	Alan Edmunds	083 3257779
11-Nov-17	Sat	EP	Port Elizabeth 21	21\10\5	6:00 Tba	EPA	Michael Mbambani	079 1496796
11-Nov-17	Sat	FS	SCI Marathon	10	5:30 Bfn Achilles	Bfnh	Beverley Olivier	071 8953183
11-Nov-17	Sat	Lim	Warmbad Super spar	42\21\10\5	5:30 Warmbad Hoërskool	Warmbad	Neels Venter	082 6523518
11-Nov-17	Sat	Mpu	Movember Funny	21\10	7:00 Kees Taljaardt Middelburg	Rooies	Theuns Luus	083 6308729
11-Nov-17	Sat	WP	Winelands Marathon	42\21	5:30 Eikestad Prim. Stellenbosch	Helderberg	TBC	
<b>12-Nov-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Mogale City Summer 21</b>	<b>21\10\5</b>	<b>Kagiso Sports Complex</b>	<b>Kagiso</b>	<b>Ntombi Tumane</b>	<b>083 7658182</b>
12-Nov-17	Sun	KZN	Greater Edendale 10	10\5	7:30 Wadley Stadium, Edendale	CMA	Thami Vilakazi	071 5844510
12-Nov-17	Sun	KZN	Bluff 42\21	42\21\5	5:00 Fynnlands Sports Bluff	Bluff	Dennis H-McMillan	076 1863920
12-Nov-17	Sun	WP	Big Walk		5:00 Various	St George	Patrick Wonfor	084 5282855
18-Nov-17	Sat	WP	Edgemead 10	10\5	6:30 Edgemead High School	Edgemead	Stephen Roux	082 4330230
18-Nov-17	Sat	AGN	Tom Jenkins	21\10\5	6:00 Union Buildings	Arcadia	James Matshekga	082 5661595
18-Nov-17	Sat	Bol	Klaas Maffa memorial	15\5	7:00 Hugenot Monument	Franschhoek	Nolan Hendon	072 7856529
18-Nov-17	Sat	EP	Vukani 15 Km	15\5	6:00 Chevrolet Stadium	Vukani M S	Wonga Mfula	083 3254870
18-Nov-17	Sat	FS	Ficksburg Cherry Race	23	7:00 Ficksburg Prim School	Ficksburg	A Fourie	073 8086189
18-Nov-17	Sat	Mpu	Buffalo Gorge Trail	18\10\6.5\2.5	Buffalo Gorge, Middelburg	Middelburg	Ryk	083 5289586
18-Nov-17	Sat	SWD	Knysna Waterfront	21\10\5	7:00 Knysna Waterfront		Marianne Brown	076 1954832
19-Nov-17	Sun	KZN	Indentured Labour	10\5	6:30 Blue Lagoon, Durban	Newlands	T Naicker	083 7836363
19-Nov-17	Sun	KZN	Toneval Game	16\10	6:00 Tonevale Ranch Empangeni	Umhlatuze	Nymus Booysen	083 2801121
19-Nov-17	Sun	Lim	World Diabetes Day	15\10\5	7:30 Mahwelereng Stadium	Folang M	MS Senwamadi	083 4827183
22-Nov-17	Wed	WP	Niel Joubert Plaaswed	13	18:15 Klein Simonsvlei, Klapmuts	Sanlam	Robert Keynel	082 4740399
25-Nov-17	Sat	WP	Mitchells Plain 21 km	21\10\5	6:00 Rocklands Mitchell's Plain	Mitchells Pl	Shane Murray	071 8709148
25-Nov-17	Sat	AGN	Muller Potgieter	21\10\5	6:00 Thaba Tshwane	Voortrekker	Leon Bezuidenhout	071 4055588
25-Nov-17	Sat	AVT	Vaal river festival	42\21			Sechaba Olifant	
25-Nov-17	Sat	EP	Motherwell AC	15\5	6:00 King's Beach Parking	Motherwell	Mpumi Ndumbini	073 1517714
25-Nov-17	Sat	FS	Vaaldam 10km	10\4	7:00 N G Church Deneysville	Sasolburg	Anta Marx	
25-Nov-17	Sat	KZN	Sani Stagger	42\21	6:00 Sani Pass Hotel, Himeville	Sani	Matt Goode	072 9073818
25-Nov-17	Sat	Lim	Tzaneen Mayors Race	21\10\5	7:00 Nkowankowa Stadium	Tzaneen	Paul Zaaerman	083 4604204
25-Nov-17	Sat	Mpu	Elandskloof Challenge	21\10\5	8:00 Elandskloof trout farm	Middelburg	Theresa de Lange	082 3145843
25-Nov-17	Sat	SWD	Vlakte Marathon	42\21\10.4	5:00 Heidelberg High		Nico Steyn	083 2263091
<b>26-Nov-17</b>	<b>Sun</b>	<b>CGA</b>	<b>City Lodge Tough One</b>	<b>32</b>	<b>6:00 Old Parktonians, Randburg</b>	<b>RAC</b>	<b>Vreni Welch</b>	<b>011 4428256</b>
<b>26-Nov-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Asics 5km dash</b>	<b>5</b>	<b>6:30 Old Parktonians, Randburg</b>	<b>RAC</b>	<b>Vreni Welch</b>	<b>011 4428256</b>
26-Nov-17	Sun	KZN	KwaMashu 21	21\10	7:00 Princess Magogo Stadium	KwaMashu	Lindani Sibanda	073 4256251
2-Dec-17	Sat	AGN	Babbas Lodge	10\5	6:00 Babbas Lodge	RunaVation	Allan Smith	074 1980380
2-Dec-17	Sat	EP	PE City Marathon	42\10\5	5:30 LorraineKerk, Marne Avenue	Crusaders	Shaun Roberts	082 7111341
2-Dec-17	Sat	FS	Limodo Sport Events		6:00 Golden Gate Protea	Bethem	Cornel Muller	083 2946420
2-Dec-17	Sat	FS	Prestige Youth	21\10\5	DP de Villiers stadium	Sasolburg	Hilde du Plessis	072 4992602
2-Dec-17	Sat	Lim	Hoedspruit 4-in-1	21\10\5	6:00 Drakensig MSC Grounds	SANDF	Simon Makunyane	072 3401364
2-Dec-17	Sat	Mpu	Buffalo Gorge Trail	18\10\6.5\2.5	Buffalo Gorge, Middelburg	Middelburg	Ryk	083 5289586
2-Dec-17	Sat	SWD	Ernst Louw	10\4	7:00 Diaz Beach Mossel Bay		Wouter Pretorius	083 3099971
2-Dec-17	Sat	WP	Beachcomber 15	15\10\4	6:30 Strandfontein Spine Rd	Stragglers	Allan Barnes	083 8585857
<b>3-Dec-17</b>	<b>Sun</b>	<b>CGA</b>	<b>World Aids Day Race</b>	<b>21\10\5</b>	<b>6:30 Katlehong Sports Centre</b>	<b>Soul City</b>	<b>Arnold Ravhutulu</b>	<b>079 1354566</b>
3-Dec-17	Sun	KZN	Stainbank Cup	15\10	6:00 Yellowwood Park Sports	Yellowwood	Fred Schoon	083 3844053
3-Dec-17	Sun	WP	ACSA 10km	10	6:30 Cape Town Airport	ACSA	Jennifer Smith	082 3774717
6-Dec-17	Wed	Bol	Taalmonument Night	10	18:30 Paarl Taalmonument	Paarl	B du Plessis	076 1877260
6-Dec-17	Wed	SWD	Love Life Run	10\3	18:00 Blue Olive, Wilderness		Gerrit du Toit	072 2827995
6-Dec-17	Wed	WP	Metropolitan 10	10	18:30 Parc Du Cap Bellville	Metropolitan	Malcolm Haye	021 9402560
7-Dec-17	Thu	WP	Corr Services 10 Night	10	18:15 Pollsmoor Corr Service	Corr Service	Sipho Sithole	072 3124489
9-Dec-17	Sat	AGN	Nedbank Skosana	10\5	Kgosi Mampuru Prison Pta	Nedbank	Enoch Skosana	082 8258001

9-Dec-17	Sat	Bol	Prison To Prison	42\21\5	5:30	Brandvlei Gevangenissen	Corr Service	Kosie Botha	083 9913915
9-Dec-17	Sat	EP	Baywest 10km	10\5	6:00	Baywest	Charlo	Eusentha Pillay	084 6650910
9-Dec-17	Sat	FS	XY 5km Fun Run	5	8:00	Lerato Day Care Bainsvlei	Fast Leg	Pretty Booysen	083 2042973
9-Dec-17	Sat	SWD	Palm Tyres	21\10	6:00	Symmonds Street George		Alf Zehmke	083 6505098
9-Dec-17	Sat	WP	AVBOB 15 km	15	6:00	Pick 'n Pay Table View	Tygerberg	Leon Thelander	083 9996450
<b>10-Dec-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Orlando half</b>	<b>21\10\5</b>	<b>6:00</b>	<b>Orlando Rugby Ground</b>	<b>Orlando</b>	<b>Sibongile Maruta</b>	<b>078 4450249</b>
10-Dec-17	Sun	KZN	Ilovo Sugar 15	15	6:00	Westville Athletic Club	Westville	Sharon Schubach	082 4141783
13-Dec-17	Sun	WP	Sundowner 10km	10	18:15	V & A Waterfront, Cape Town	Kraaifontein	William Swartbooi	084 2477170
16-Dec-17	Sat	AGN	The Wonderful Run	21\10\5	6:00	The Forum Akasia	Wonderpark	Chabedi Tsatsi	083 4804164
<b>16-Dec-17</b>	<b>Sat</b>	<b>CGA</b>	<b>Reconciliation Race</b>	<b>10\5</b>	<b>7:00</b>	<b>Vosloorun Stadium</b>	<b>Gauteng S</b>	<b>Boyce Joko</b>	<b>073 4328161</b>
<b>16-Dec-17</b>	<b>Sat</b>	<b>CGA</b>	<b>Hat Race</b>	<b>7.9</b>	<b>8:00</b>	<b>Pirates Club, Greenside</b>	<b>Pirates</b>	<b>Hennie Booysen</b>	<b>082 8010924</b>
16-Dec-17	Sat	EP	Jeffreys Bay	10\5	7:00	Drommedaris Furnishers	Kouga MS	Elise Fenwick	061 2170825
16-Dec-17	Sat	NWN	ANWN champs	10\5		Olympia Park Stadium			082 6866784
16-Dec-17	Sat	SWD	Somerson	21\10\4.8	6:00	Diaz Beach Mossel Bay		Paulus Allart	073 4125440
16-Dec-17	Sat	SWD	Knysna Nite Race	10\5	18:00	Knysna Marathon Club		Marianne Brown	076 1954832
16-Dec-17	Sat	WP	Reconciliation Day 10	10\4.2	7:00	NY 49 Stadium, Gugulethu	Gugs	Themba Shoko	082 4764656
<b>17-Dec-17</b>	<b>Sun</b>	<b>CGA</b>	<b>Soweto Big Race</b>	<b>10\5</b>	<b>8:00</b>	<b>Elkah Stadium</b>	<b>Loop n Val</b>	<b>Herbert Pango</b>	<b>072 5563678</b>
17-Dec-17	Sun	KZN	The Big Hill Run	21\10	6:00	Sugar Rush Park, Ballito	Dolphin Cst	Barry Holland	083 2520691
17-Dec-17	Sun	WP	Velocity 42.2km	42\21\10	5:30	Silverstroomstrand	Velocity	Mario Philander	072 2541880
19-Dec-17	Tue	SWD	Night Race	10\4.8	18:00	Corr Service Mossel Bay		Shjaneel Bush	082 6988831
23-Dec-17	Sat	AGN	A4A Road Safety Race	21\10\5	6:30	Ecopark	Aerobic 4	Matome Lehomo	083 6275326
23-Dec-17	Sat	Bol	Whalers road race	10	7:00	Onrus Strand	Whalers	Carina vd Merwe	082 8238632
23-Dec-17	Sat	SWD	Mossel Bay Mall	10\4	7:00	Mossel Bay Mall, Heiderand		Wouter Pretorius	083 3099971
26-Dec-17	Tues	WP	Tokai Manor House 16	16	6:30	Chrysalis Academy Tokai	Southern S	Paul Murphy	082 8781987
27-Dec-17	Wed	SWD	Elroy Gelant Nite	8\5	18:00	Trafic Dep Pacaltsdrp George		Sidwell Oktober	078 3958489
30-Dec-17	Sat	AVT	Oujaars Party	8\6\4\2	18:00	Kollegepark Primary School	Nedbank	Dawid Jordaan	082 3641955
30-Dec-17	Sat	Bol	Dangerpoint	21	7:00	Hoofstraat, Gansbaai	Whalers	Boats v Staden	072 7893627
30-Dec-17	Sat	EP	Old Year Run	10\5	20:00	Umf	St George's	Raynard Patterson	078 4253670
30-Dec-17	Sat	SWD	Oujaarsdraffie	10\4	7:00	ATKV Hartenbos		Wouter Pretorius	083 3099971
31-Dec-17	Sun	WP	Runner's memorial	8	18:30	Mouille Point Lighthouse	Edgemead	Stephan Roux	082 4330230
31-Dec-17	Sun	AGN	Old Year's Race	10\5	17:00	Rietondale Park	Arcadia	James Matshekga	082 5661595
<b>31-Dec-17</b>	<b>Sun</b>	<b>CGA</b>	<b>The JMB Challenge</b>	<b>10\5</b>	<b>17:30</b>	<b>Greenhills Stadium</b>	<b>Colossis</b>	<b>Joseph Mabadla</b>	<b>081 3433787</b>
<b>Dates to follow</b>									
Aug	Sat	NWN	Premiers Marathon	42\10\5		TBC		TBC	
Oct	Sat	NWN	Kromberg & Schubert	21\10\5		Brits High School		Vleis	082 8546121
Oct	Sat	NWN	Marico Bosveld Myl	42\21\10\5		Groot Marico		Alta	084 5058268
Sept	Sat	NWN	Mahikeng 21	21\10\5		The Crossing Mall		Kefiloe	082 5469306
Sept	Sat	NWN	Mahikeng Marathon	42\21\5		Mmabatho Palms		Kennedy	080 9656498