

Date	Day	Prov	Event	Distance	Time	Venue	Club	Contact	Tel
1-Jan	Tue	AGN	New Years Run/Walk	105		Botanical Gardens	RWFL	Daan du Toit	082 5724169
5-Jan	Sat	AGN	A4A Road Safety Race	211015	6:30		A4A	Matome Lehome	083 6275326
5-Jan	Sat	CGA	Varsitykudus	15	6:30	West Campus Wits University	Kudus	Grant Hayward	0844435010
5-Jan	Sat	EPA	Jeffrey's Bay 15km	1515	6:30		Kouga MSC	Corrie Coetzee	073 9052231
5-Jan	Sat	WPA	Beachcomber 15km	151104	6:30	Sstrandfontein Pav Spine Rd	Stragglers	Allen Barnes	083 8585857
8-Jan	Tue	AVT	32GI Run	21110	6:00	Arcon Park		Frans Chauke	078 5729938
9-Jan	Wed	Lim	Oasis Hotel 5 in 1	423211015	5:45	Mokopane primary	Potties A C	Aubrey Baloyi	076 4224486
11-Jan	Fri	Bor	PWC Nite Race	105	18:00	Old Selbornian Club		Sharon Eldridge	083 2843781
12-Jan	Sat	AGN	ACE	211015	6:00	Eersterust Sport Stadium	ACE	Roewyn Dansler	082 8042923
12-Jan	Sat	EPA	N2 City - Bluewater Bay	1515	6:00	N2 City Bluewater Bay	Bluewater B	Colin Parkins	083 6513836
12-Jan	Sat	Lim	Mzansi Anniversary Race	1515	6:00	Polokwane Cricket Grounds	Mzansi A C	Lufuno Mudau	063 9344857
13-Jan	Sun	CGA	Dischem Half Marathon	2115	6:00	Bedfordview Country Club	Bedfordview	Charn Swart	083 4534843
13-Jan	Sun	KZN	Ronnie Davel Memorial	16	7:00	Laddsworth Primary Hillton	Hilton H	Paul Laing	082 4913194
13-Jan	Sun	KZN	Battle of Ramaloo Nandia	10	8:00	Port Shepstone Senior	Ugu AC	Pardon Mathebula	083 6335784
13-Jan	Sun	WPA	Nutribullet Bay-Bay 30k	30115	5:30	Maiden's Cove Camps Bay	Top Form AC	Alistair Kannemeyer	083 4033145
16-Jan	Wed	AFS	Awesome Race	105	6:30	Phuthaditjhaba Stadium	Awesome R	Paul Molaung	073 3215442
16-Jan	Wed	CGA	Berg'n'Dal Night Race	1515	19:00	President Hyper Krugersdorp	Krugersdorp	Shirley Gagiano	083 5129640
19-Jan	Sat	AFS	Mielie Marathon	42211015/21	5:30	Ths Sports Grounds Welkom	Goudveld	Marizanne	082 2650141
19-Jan	Sat	AGN	PWC George Claassen	211015	5:30	Pick n Pay Hyper Faerie Glen	PMC	Bert vd Raad	084 9226817
19-Jan	Sat	Bor	East London Eye Hospital	10	6:30	Beacon Bay Country Club		Graham Reynolds	082 4480727
19-Jan	Sat	EPA	Galaxy Bingo Two View	105	6:00	Lifestyle Centre	Charlo A C	Eusentha Pillay	084 6650910
19-Jan	Sat	Lim	Thornhill Seeff / Spar	211015	6:30	Thornhill Shopping Centre	Polokwane	Pieter Pretorius	072 1492674
19-Jan	Sat	Mpu	Eskom-Anglo Power Run	32211511015	6:00	Anglo club house	Eskom/Anglo	Jafta Mahlangu	072 2139594
19-Jan	Sat	WPA	Hohenort 15km	15	6:00	Constantia Main rd Alphen	Pinelands	Jerome Merton	083 2809798
20-Jan	Sun	CGA	Garbie Striders 32km	321515	6:00	Veritas College Springs	Striders AC	Lelani vd Walt	073 5614912
20-Jan	Sun	KZN	Kearsney Striders half	21110	6:00	Kearsney College	Kearsney	Jennifer Rigby	083 5319417
22-Jan	Tue	AFS	Dare Devil Run Bloem		17:30	To Be Confirmed	Mangaung	Sydney London	072 2586902
23-Jan	Wed	AFS	Night Race	105	18:30	Boeremark Lhp	Bfn Strider	Francois Booyesen	061 8011713
23-Jan	Wed	Mpu	Middelburg Ferrochrome	105	19:00	Kees Taljaard Middelburg	Midack AC	James Faber	082 4434193
23-Jan	Wed	WPA	Jointease Dan Luyt 15km	15	18:30	Aurora SparDurbanville	Belville	Albie de Waal	084 5844112
25-Jan	Fri	SWD	Top Gear Run	105	18:00	Top Gear Mead str-George	Rainbow AC	Sidwell Oktober	078 3958489
26-Jan	Sat	AFS	Leon Botha Brandwag Mem	4	10:00	Preller Square Bfn	Kovsie AC	Rufus Botha	079 1750023
26-Jan	Sat	AGN	Wonderpark Akasia	42211015	5:30	Wonderpark Shopping Mall	Akasia AC	Aljje Conradie	082 3727093
26-Jan	Sat	EPA	Cassie's 15km	1515	6:00	Kabega Park primary	Nedbank EC	Jan van Eeden	083 2767483
26-Jan	Sat	Mpu	Volksrust 5-in-1	42322111015	6:00	Volksrust Highschool	Volksrust	Alwyn Strydom	081 4012361
26-Jan	Sat	WPA	STBB Red Hill Marathon	423615	5:30	Silverglades Fish Hoek	Fish Hoek	Marieta Stevens	073 4704444
27-Jan	Sun	Bor	Bridal Drift Half	21	5:30	Sisa Dukashe Stadium		Alex Kambule	0741390550
27-Jan	Sun	Bor	SchoolsCorporateFamily 5k	5	6:00	Sisa Dukashe Stadium		Alex Kambule	0741390550
27-Jan	Sun	CGA	Johnson Crane	42211015	6:15	Willowmoore Park	Benoni H	Ashvin Jivan	082 9240234
27-Jan	Sun	KZN	PDAC 25km	25	5:00	Watercrest Mall	PDAC	Greg Patterson	061 0697384
30-Jan	Wed	CGA	Arwyp Med Nite Race	1515	19:00	Barnard Stadium Kempton Park	Kempton RR	Gail Elliot Wilson	082 8590801
30-Jan	Wed	Mpu	Van Wettens Nite	104	18:00	Ingwenyama Sports arena	LVCC	Karlien	083 3353846
30-Jan	Wed	Mpu	Rooies Nite Race	105	19:00	HTS Middelburg	Rooies AC	Theuns Luus	083 6308729
30-Jan	Wed	WPA	Brackenfell 10km	105	18:20	Brackenfell high	Brkenfell	Leon Visser	072 2226843
2-Feb	Sat	AFS	Sasol 42k FS 42k champs	4221110	6:00	DP d Villiers Stad Sasolburg	Sasolburg	Miekie Grobler	083 6004440
2-Feb	Sat	AGN	Magnolia Classic	211015	6:00	Rietondale Park	Magnolia	Hank Bezuidenhout	083 2560241
2-Feb	Sat	Bor	BUCO Tomato Trot	1515	15:30	Lilyfontein School		Caroline Kruger	844606454
2-Feb	Sat	EPA	Oorie Berg	211015	7:00	Die Stoor Kareedouw	Walmer A C	Loynes Jenkinson	082 6446422
2-Feb	Sat	Mpu	Izimbiba 5-in-1	423221115110	6:00	Shanduka Coal	Middleburg	Piet Schoeman	072 7910378
2-Feb	Sat	SWD	De Dekke Spar	211104	7:00	De Dekke Spar Greatbrakriver	Hartenbos	Johan Viljoen	082 9408830
2-Feb	Sat	WPA	Firgrove Challenge	21110	5:45	Maths Science Tech Tokai	Spartan H	Michael Adams	082 1967861
3-Feb	Sun	CGA	Bobbies	211104	6:00	Greenstone Mall Edenvale	SAPS CGA	Hein Gerber	079 5250302
3-Feb	Sun	KZN	DG Panel Paint Challenge	32116	5:00	Barns rd Rugby Grounds	Sydenham SC	Anita Johannes	084 2542468
6-Feb	Wed	Mpu	Stef Stocks Valentyns	102	19:00	Sasol Recreation Club	Secunda MC	Wilna Jordaan	072 1967861
6-Feb	Wed	WPA	Sanlam 10km	105	18:00	Sanlam Head Office	Sanlam AC	Robert Keynel	082 4740399
7-Feb	Thu	NWN	Nite Race Rustenburg	10152		Rustenburg Golf Course		Hetta	083 3507839
8-Feb	Fri	SWD	Hope Church Night Trail		18:30	Botanical Gardens-George	Nedbank RC	Thia Landsberg	083 4774780
9-Feb	Sat	AFS	Kloppers Marathon	42211015	5:30	Bfn Achilles	Bfn Ach	Beverley Olivier	0718953183
9-Feb	Sat	AGN	Bronkhorstspuit	32110	6:00	Hoerskool Erasmus	BHS	Danie Kruger	082 8270068
9-Feb	Sat	CNW	Knik race		5:30	Wilkoppies	KMK	Marius V Heerden	082 4877290
9-Feb	Sat	EPA	Bay Ultra Marathon	5021110	5:00	Pollok Beach Summerstrand	Body Con	Mark Huppelscholen	082 6547555
9-Feb	Sat	Lim	Oasis Hotel Potties 5 n 1	4232211015	6:00	Mokopane	Potties A C	Cheray Engelbrecht	079 4928420
9-Feb	Sat	Lim	27km for Freedom	27		Drakenstein		Top Events	215117130
9-Feb	Sat	Mpu	York marathon	5644221110	6:00	York Sportsground	York Advent	Odette v Sladen	013 7649200
9-Feb	Sat	WPA	Top Form 10km race	105	6:30	Turfhall Park Sports Stadium	Top Form AC	Alistair Kannemeyer	083 4033145
9-Feb	Sat	WPA	27 for Freedom	27110	7:00	Drakenstein Prison Services	Corr Serv	Top Events	215117130
10-Feb	Sun	Bor	Nedbank Gravel Crusher			Farm 19 Fort Pato rd Gulu		Nadia Lucouw	078 0917200
10-Feb	Sun	CGA	Pick n Pay 42k CGA champs	42211814	6:00	Saheti School Senderwood	Jeppe	Bruce King	082 8084301
10-Feb	Sun	KZN	Theshold Hillcrest 42k	4221	5:00	Central Hillcrest	Hillcrest	Peter Burton	0614732334
13-Feb	Wed	AVT	Valentines Race Night	1511015	18:30	SE 8 Planet Fitness	ArcelorMitt	Mallie vd Walt	082 8539144
13-Feb	Wed	CNW	Doringkruin Nite Race		18:30	Doring Kruin	KMK	Carel Van Zyl	071 8776608
13-Feb	Wed	Mpu	Power Of love Night race	105	18:00	Mbombela Stadium	Nelspruit	Yolanda de Villiers	084 6076314
13-Feb	Wed	Mpu	Dennies Nite Race	105	19:00	Denniesig Primary Middelburg	Rooies AC	Theuns Luus	083 6308729
15-Feb	Fri	AFS	Bielle Mielie Marathon	42211015	6:00	Rejandaz Lodge Reitz	Maluti MSC	Salome Van Huyssteen	072 5634131
15-Feb	Fri	AFS	Omac Valentine Night Run	105	17:30	Naval Hill	Old Mutual	Moeketsi Selemela	082 9970783
15-Feb	Fri	AFS	Valentine Night Race	1014	18:30	Welkom Square	Harmony st	Deon Lodder	082 9213330
15-Feb	Fri	CGA	Valentine's Race	10	19:00	Randburg Sports Complex	Randburg H	Michelle Knolzer	079 8447156
16-Feb	Sat	AGN	BestMed TUKS	42211015	5:30	TUKS Athletics Stadium	TUKS AC	Vollie Spies	083 8216952
16-Feb	Sat	AVT	Lets Gjima for Cancer	105	7:00	Old Vaaltonians Vbp	RWFLAC	Lorain Patrick	072 2954175
16-Feb	Sat	EPA	Valentine's	105	6:00	Mettlie Mall Kabega Park	Achilles	Anche Schubart	082 3205169
16-Feb	Sat	KZN	TW Mchunu Legacy 42k	2111016	7:00	Estcourt Town	Emshezi	Clement Sihole	082 8774890
16-Feb	Sat	Lim	Capricorn District	42211015	6:00	Rugby B & C fields Polokwane	Polokwane	Pieter Pretorius	072 1492674
16-Feb	Sat	Mpu	Sasol Secunda Marathon	42	6:00	Sasol Recreation club	Sasol MC	Abednego Sibanyoni	082 3329448
16-Feb	Sat	Mpu	Sasol Secunda Marathon	211015	6:00	Sasol Recreation club	Sasol MC	July Mavuso	082 8021352

16-Feb	Sat	SWD	Beaufort Wes	4212110			Beaufort W	Jan Viljoen	083 2764561
16-Feb	Sat	WPA	Race Walking Grand Prix 1	20110	7:00		WPA walk	Siefano Kruger	076 9488483
17-Feb	Sun	AVT	Elites Run	105	7:00		Lekoa AC	Norman Diomo	072 2954175
17-Feb	Sun	Bor	Masters Half Marathon	21	6:00	Winterstrand - Buffs club		John Oatley	084 6195126
17-Feb	Sun	Bor	Merrifield Mile	1.6					
17-Feb	Sun	CGA	Pirates Half Marathon	21	6:00	Pirates Club Greenside	Pirates	Dave Case	011 5680922
17-Feb	Sun	KZN	Dickking	10	6:00	Amanzintoli	Amanzintoli	Cecilia Brown	082 7777630
17-Feb	Sun	KZN	Zabalaza Half Marathon	21110	6:00	Calo Ridge Country Club	Zabalaza AC	Bongani Ndlovu	073 2254146
17-Feb	Sun	SWD	OCC Wheelchair Challenge	4212110	8:00	York str George	OCC	Alewijn Dipenaar	082 4575675
17-Feb	Sun	WPA	Cape Peninsula Marathon	42121	5:15	Green Point to Simon's Town	Cellic H	Hilton Kearns	082 4756974
20-Feb	Wed	Mpu	McCarthy Panorama	105	19:00	Panorama primary	Coaldust	Able Smit	072 5732501
20-Feb	Wed	WPA	Summer Sunset Team TT	4x3	18:15	Green Point Cricket Club	ATC Running	Gert Wilkins	073 3083127
22-Feb	Fri	SWD	Infantry School Cango	5	17:00	Infantry School-Oudtshoorn	Military SC	Richard Hughes	082 5634573
22-Feb	Fri	SWD	Infantry Night Trail	9.5	19:00	Infantry School-Oudtshoorn	Military SC	Richard Hughes	082 5634573
23-Feb	Sat	AFS	Swasap Ultra Marathon	42121105	5:30	Bfn Achilles	BFN Ach	Beverley Olivier	0718953183
23-Feb	Sat	AFS	Bielle Mielle Marathon	42121105	6:00	Reitz Showgrounds	Maluti MS	Ebarnie Cilliers	082 8228992
23-Feb	Sat	Bor	Discovery Surfers chall		14:00	Kwelera - Nahoon Mouth			
23-Feb	Sat	EPA	Kromberg & Schubert 15km	1515	6:30	Frans Conradie Primary	Muirite Str	Clive van Rayner	082 8379037
23-Feb	Sat	KZN	CMiYC Night Race	10	17:00		Zululand MS	Sabrina Walters	072 9636090
23-Feb	Sat	Lim	Marula	211105			RWFLAC	Kobie Marais	082 5615429
23-Feb	Sat	Mpu	TWK Assegaal 3-in-1 42k	4212110	6:00	Piet Relief Rugby Club	Assegaal MC	Anne Nieuwenhuizen	082 4402294
23-Feb	Sat	SWD	Cango Marathon	42121	6:00	Infantry School-Oudtshoorn	Military SC	Richard Hughes	082 5634573
23-Feb	Sat	WPA	Old Mutual 10km	105	6:00	Mutual Park Pinelands	Old Mutual	Robbie Visser	082 5558157
23-Feb	Sat	WPA	Cango 422 + 21.1km	42121		Oudtshoorn	Military SC	Richard Hughes	082 5634573
24-Feb	Sun	AGN	Pretoria Marathon	4212110	6:00	Phobians Club	Phobians	Dimitri Kavallineas	082 7733603
24-Feb	Sun	CGA	Township Marathon	42121104.54	6:00	Eldorado Park Stadium	Pegasus	Joe Morris	082 4433777
24-Feb	Sun	WPA	Sunfoll 10km Big Walk						
27-Feb	Wed	Mpu	Hoogenhout Nile race	105	19:00	Hoerskool Hoogenhout Stadion	Bethal MC	Marike Schoeman	082 4976607
2-Mar	Sat	AFS	Surrender Hill Marathon	42121105	6:00	Clarens Square Clarens	Bethlehem	Elmarie Kruger	082 9081844
2-Mar	Sat	AFS	Students Fundraising	5	7:00	Charles Mopeli Owa Owa	Owa Owa AC	Jappie Monele	073 7113862
2-Mar	Sat	AFS	4 X 4km Road Relay		8:00	Ufs Xcountry Track	Kovsie AC	Arina Engelbrecht	0514017211
2-Mar	Sat	AGN	Medihelp Sunrise Monster	32121105	6:03	Harlequin Club Groenkloof	HOH	Geoff Hesse	082 8964377
2-Mar	Sat	Bor	Kempston Ladies Nile Race	105	17:00	Oxford Striders Nahoon		Dillon Pretorius	073 7996075
2-Mar	Sat	CGA	Easy Equities Born to Run	1532	6:00	St Sithians	Born2Run	Dave Coetzee	082 6346986
2-Mar	Sat	KZN	Battlefields Marathon	4212110	6:00	Hutten Prk primary Newcastle	Newcastle H	Vernon vd Merwe	0834100600
2-Mar	Sat	KZN	Neighbourhood Race	21110	6:30	Market Spar	Abasubathi	Sipho Mncube	0836361119
2-Mar	Sat	Lim	Erica Athletics Day	211105	6:00	Oosskool	Polokwane	Erica Primary	015 2973301
2-Mar	Sat	Lim	Marekele 3 in 1	42121105	6:00	Marekele Reserve	Thabazimbi	Maryke Carstens	0844163584
2-Mar	Sat	Lim	Tzaneen Tuffy	42121105	6:00	The Coach House Hotel	Tzaneen M C	Paul Zaayman	083 4604204
2-Mar	Sat	Mpu	Uniwisp Fast 3-in-1	504212110	6:00	Mbombela Stadium	Nelspruit	Yolanda de Villiers	084 6076314
2-Mar	Sat	SWD	Die Poort	211105	8:00	Show Grounds -Uniondale	Outeniqua H	Kosie Zondagh	082 4877157
2-Mar	Sat	WPA	Century City 10k Express	10	7:00	Central Park Century City	Century C	Tatum Stenl	082 8256394
3-Mar	Sun	AVT	Cape Gate Vaal Marathon	42121105	6:00	Dick Fourie Stadium	Vaal AC	Steve Jackson	083 3040210
3-Mar	Sun	CGA	Johannesburg Marathon	42110105	6:00	Johannesburg	Makana	CGA	011 8732726
3-Mar	Sun	CGA	Olifantsfontein 10km Race	10	6:00	Olifantsfontein Sports Club	Olifantsfnt	Tumelo Mokobane	079 3248593
3-Mar	Sun	KZN	The Deloitte Challenge	4212110	6:00	Ballito - Sibaya Casino	Dolphin Cst	Barry Holland	083 2520691
3-Mar	Sun	KZN	Harry Gwala District 42k	4212110	6:30	Highflats	Genius AC	Themba Gumede	072 9488779
3-Mar	Sun	WPA	ABAX Milkwood half	211105	6:30	Soetwater Rec Kometjie	Harfield H	Richard Sutton	082 6436186
3-Mar	Sun	WPA	Kilimanjaro Marathon	42	7:30	Tanzania	Wild Front	Race Office	011 7022035
4-Mar	Mon	SWD	kleinkaroo Sake-Alios		18:00	Baron van Reede Rd	Oudtshoorn	Dave vd Walt	082 7734901
6-Mar	Wed	Mpu	Eskom Spur Nile Race	105	19:00	Spur Steak house Benflour	Eskom AC	Paul Bester	082 9667767
6-Mar	Wed	WPA	Lighthouse 10k Night Race	10	19:00	Main Rd Sea Point	Walmers	Rayaan Williams	076 0859303
9-Mar	Sat	AFS	Aldam Anco Louis Massyn	50421321110	6:00	Aldam Estate Ventersburg	Goudveld	Marizanne	072 2650140
9-Mar	Sat	AFS	Rose Run	32110	6:00	Emoya Estate	Pentagon P	Morne Burger	082 6884226
9-Mar	Sat	AGN	BUCO Bobbies 3-in-1	211105	6:00	Wonderboom Junction	PPMC	Karel Swanepoel	082 5642767
9-Mar	Sat	EPA	Sportsmans Warehouse	1515	6:30	William Moffet Shopping	Madiba Bay	Basil McLean	082 4671949
9-Mar	Sat	Mpu	PWC Kosmos 3-in-1	42	6:00	Lake Umuzi Waterfront	Secunda MC	Race Officer	076 2858581
9-Mar	Sat	Mpu	PWC Kosmos 3-in-1	2114.5	13:00	Lake Umuzi Waterfront	Secunda MC	Race Officer	076 2858581
9-Mar	Sat	Mpu	PWC Kosmos 3-in-1	10	17:00	Lake Umuzi Waterfront	Secunda MC	Race Officer	076 2858581
9-Mar	Sat	SWD	Tortoise Tuff	301103	6:00	Sedgefield primary	Sedgefield	Sarie Exton	0741776888
9-Mar	Sat	SWD	Tortoise Tuff trail	21	7:10	Sedgefield primary	Sedgefield	Sarie Exton	0741776888
9-Mar	Sat	WPA	Constania Village 15km	1515	6:15	Alphen Hall Constania	K-Way VOB	Thomas Andrews	083 7081872
10-Mar	Sun	AFS	Aldam Anco Louis Massyn	211105	7:00	Aldam Estate Ventersburg	Goudveld	Marizanne	072 2650141
10-Mar	Sun	Bor	Buffalo Marathon	42	5:30	N6 Mcleantown -Buffs club		Meta Scott	0814874984
10-Mar	Sun	Bor	Buffalo Half Marathon	21	6:00	N6 Python Park - Buffs club		Meta Scott	0814874984
10-Mar	Sun	CGA	Pharmaton Edenvale 42k	42121105	6:00	Edenvale high	Rand Road	Joel/Claudia	082 5301178
10-Mar	Sun	KZN	Stella Royal	25110	5:00	Stella Sports Club	Stella AC	Derek McMaster	082 7880526
10-Mar	Sun	WPA	Cape Cycle Tour		6:00	Cape Town			
13-Mar	Wed	Mpu	MMK Streetmile	1.6	19:00		MMK	Piet Schoeman	072 7910378
15-Mar	Fri	AFS	Sedibeng Water Night Race	15	18:00	Sedibeng Water	Bothaville	Melanie De Bruyn	0731833487
16-Mar	Sat	AGN	Racewalk Grand Prix 1	105/3/1	7:30	Tuks Walking Track	AGN	Jaap Willemsse	083 2661133
16-Mar	Sat	Bor	Addo trail	7644		Addo Elephant National Park			
16-Mar	Sat	EPA	Uitenhage Human Race	301105	6:30	Derek Ferreira Rosedale	EPA	Michael Mbambani	079 1496796
16-Mar	Sat	Mpu	Bateleur Estate Memorial	211104	6:30	Bateleur Estate The Rest Rd	LVCC	Karlien	083 3353846
16-Mar	Sat	NNW	Om Die Dam	50211105		Schoemansville Harties		Jaco Venter	083 2229449
16-Mar	Sat	WPA	Ravensmead 15km	151105	6:30	Florida Park Ravensmead	Ravensmead	Sean Davids	083 6434883
17-Mar	Sun	Bor	Jemimas Hospitality 10km	1015		Gonubie			
17-Mar	Sun	CGA	K-Way Gallopers race	15151.6	7:00	Laerskool Leondale Boksburg	Gallopers	Lucky Miya	082 8879596
17-Mar	Sun	KZN	Crescent Challenge	10	6:30	Kings Park Athletics Stadium	Crescent SC	Zubie	083 5500600
17-Mar	Sun	SWD	Krnsna Heads Marathon	42121105	6:00	Thesen Island	Krnsna	Gavin Bezuidenhout	083 5027935
17-Mar	Sun	WPA	Tygerberg 30km	30	6:00	Parow Athletic Track	Tygerberg	Leon Thelander	083 9996450
20-Mar	Wed	Mpu	Coaldust Nile Race	105	19:00	Elkana Educational Centre	Coaldust	Able Smit	072 5732501
21-Mar	Thu	AFS	Omac Human Rights Day Run	211105	6:00	Sun Windmill	Old Mutual	Moeketsi Selemela	082 9970783

21-Mar	Thu	AGN	Right to Run/Walk		211105	7:00	Sunnypark Shopping Centre	Arcadia	James Matsheka	083 5661595
21-Mar	Thu	AVT	Vaal Mall Race		151105	6:00	Vaal Mall Vbp	ArcelorMitt	Malie vd Walt	082 8539144
21-Mar	Thu	CGA	Jaguars 21km		21110	7:00	Ennerdale Ext 9 Sports	Jaguars	Elvis Niekirk	082 5583590
21-Mar	Thu	Mpu	Goldi Standeron		4221110	6:00	Standeron Show Grounds	Standeron	Heidi v d Merwe	072 3910788
21-Mar	Thu	WPA	Tyger Run		211105	6:00	Tygervalley Shopping Center	Durbanvill	Top Events	0215117130
23-Mar	Sat	AFS	FS 21k champs			7:00	Hts School-Welkom	Real Lions	Sam Dilshoane	076 8791442
23-Mar	Sat	AGN	Denel race		21110	6:00	Denel Irene Campus	Denel AC	Kierle vd Schyff	082 8044803
23-Mar	Sat	Bor	Cabbage Patch 15Km		1515	14:30	Komga Showgrounds		Bradley Malherbe	072 6109428
23-Mar	Sat	EPA	Lake Farm Charly Run		105	6:30	Lake Farm Centre Chelsea	Achilles	Graham Channon	781849723
23-Mar	Sat	Mpu	Elkana Pay-per-Kay		Circuit	6:00	Elkana Educational Centre	Coaldust	Abie Smit	072 5732501
23-Mar	Sat	Mpu	Great East 3-in-1		4221110	6:00	Great East Sports Club	Great East	Sambo	0781941889
23-Mar	Sat	SWD	Cansa Relay 10km		10	7:00	Carpe diem School George	Outeniqua H	Johann Du Preez	0845010168
23-Mar	Sat	WPA	Weskus Marathon		42211105	6:45	Langebaan Country Estate	Langebaan	Louis vd Walt	074 2338865
23-Mar	Sat	WPA	Hout Bay SA Trail Champs		54	7:00	Hout Bay	WP Trail	Richard Sutton	082 6436186
24-Mar	Sun	Bor	Gandhi Walk		5	9:00	Oxford Striders Nahoon		Dillon Pretorius	073 7996075
24-Mar	Sun	CGA	RunZone Northern Chase		321515	6:00	Marks Park Sports Club	Run Zone	Graham Block	072 2769635
24-Mar	Sun	KZN	Peace in Africa		21110	6:30	Kings Park Athletics Stadium	Mayibuyi AC	Siwive Benya	083 5458006
24-Mar	Sun	WPA	Voet of The Wine Route		211105	6:30	Zevenwacht Mall Kuisrivier	In Touch AC	Marie Uys	082 8975416
25-Mar	Mon	AFS	Old Mutual AC FS 10k		105	6:00	Naval Hill	Old Mutual	Segametsi Thal	072 2184212
28-Mar	Thu	CGA	JP Morgan Corporate chall		56	18:30	Wanderers Club Illovo	Wanderers		
30-Mar	Sat	AGN	Kolonnade race		321515	6:00	Kolonnade Shopping Centre		Johan Kirsten	083 3245074
30-Mar	Sat	EPA	Brunijeshoogte 42k		5025115	6:00	Gill primary Somerset East	Somerset E	Henrico Marais	083 4465598
30-Mar	Sat	Lim	Mall of the North		42211105	6:00	Mall of the North	Polokwane	Corrie Callitz	072 1492674
30-Mar	Sat	Mpu	Gert Sibande Marathon		4221110	6:00	Gert Sibande District Office	Ermele MC	Melody du Toit	082 9266200
30-Mar	Sat	SWD	KKI Volstruiswedloop		21110	7:00	Wesbank primary Oudtshoorn	Oudtshoorn	David McKinnon	082 3748632
30-Mar	Sat	SWD	IAAF World CC champs				AarhusDenmark	ASA	Hezekiel Sepeng	072 3641030
31-Mar	Sun	Bor	Real GijmasUltra		50	5:30	Zwellitsha- Dukashe Stadium		Alex Kambele	0741390550
31-Mar	Sun	Bor	5km Fun Run		5	7:00	Sisa Dukashe Stadium		Alex Kambele	0741390550
31-Mar	Sun	CGA	Jackie Gibson Marathon		42	6:00	Klipriviersberg Recreation	JHB Harr	Cathy Munn	072 6790874
31-Mar	Sun	CGA	Allen Ferguson Half		2115	6:30				
31-Mar	Sun	KZN	Tronox Marathon		4221110	5:30	Addison Park Empangeni	Umhlatuze	Roy Singh	082 9472153
31-Mar	Sun	KZN	Checkout Challenge		21110	6:00	Kings Park Athletics Stadium	Verulam F	Krish Vadivelu	073 5945448
31-Mar	Sun	WPA	Slave Route Challenge		211105	7:00	Grand Parade Cape Town	Brimstone	Farouk Meyer	021 6330507
3-Apr	Wed	Mpu	Richkim John Henry		151105	19:00	Kees Taljaard Slasdlum	Mldack AC	Johnathan Haarhoff	0714730908
6-Apr	Sat	AFS	Potato Pride Marathon		4221110	7:00	Gj Human Sportgronde	Goudveld	Anita Oberholzer	071 3827219
6-Apr	Sat	AGN	Ford Half Marathon		211105	6:00	Ford Motors Sports Grounds	Ford AC	Bernard Masango	078 8047388
6-Apr	Sat	Bor	Mercedes BenzHome Run		15	7:00	Mercedes Benz C1 Parking		Comfort Guga	083 2293193
6-Apr	Sat	KZN	Arthur Creswell Memorial		52121	6:00	Bergville Municipal Offices	Ladysmith	Lincoln Sibiba	079 3610871
6-Apr	Sat	Mpu	Kanyamazane 4-in-1		211105	6:00	Kanyamazane Stadium	Kanyamazane	Sipho Langa	082 6614818
6-Apr	Sat	Mpu	McCarthy 3-in-1		32121,11105	6:00	Wilbank dam	Eskom AC	Paul Bester	082 9667767
6-Apr	Sat	WPA	Leapfrog 21km		21110	7:00	Gordon's Bay primary	Strand AC	Barry Muller	082 7749510
7-Apr	Sun	AGN	Join!Eze Irene Ultra		482115	5:30	ARC Campus Irene	Irene AC	Race Office	082 9512581
7-Apr	Sun	CGA	Alan Robb 15 and 32		32115	6:30	Germiston Stadium	Germiston	Les Black	082 5527866
7-Apr	Sun	EPA	Ironman Africa							
7-Apr	Sun	KZN	Durban City Marathon		4221110	5:30	Kings Park Athletic Stadium	KZNA	Dees Govender	0313129374
7-Apr	Sun	WPA	Central Athletics 10k		105	7:00	Newlands Cricket Stadium	Central AC	Adnaan Mohamed	083 4274648
13-Apr	Sat	AFS	Kilo's Virklompvoelies		211105	6:00	Voor trekker Hoer Bethlehem	Bethlehem	Elmarie Kruger	082 9081844
13-Apr	Sat	AGN	Run Against Drugs		211105	7:00	Pilditch Stadium	Mamelodi AC	Gabriel Makola	781694643
13-Apr	Sat	Bor	Pacers 10Km		10	6:30	Beacon Bay Country Club		Sharonne Dewing	083 3183853
13-Apr	Sat	CGA	Ekurhuleni Chris Hani 21k		211105	7:00	Dawn Park primary	Vosloorus	Siphiwe Nhlapo	083 2488736
13-Apr	Sat	EPA	Correctional Services 10k		105	6:30	NG Church Van Stadens	St Albans	Marius Ferreira	083 3055141
13-Apr	Sat	Mpu	Forever Loskop Series 50k		502115	6:00	Forever Resorts	Middelburg	Piet Schoeman	072 7910378
13-Apr	Sat	SWD	Two Lagoons		301105	7:00	Wilderness Hotel	Cape MSC	Helena	076 5939636
14-Apr	Sun	CGA	Birchwood 21 CGA champs		211105	6:30	Birchwood Hotel Boksburg	Birchwood	Natalia Walicsek	011 8970054
14-Apr	Sun	KZN	Chatsworth Freedom 42k		5221110	5:30	Chatsworth Stadium	Chatsworth	Ven Moodley	082 7895559
14-Apr	Sun	KZN	Nquthu Race		211105	7:00	Umzinyathi Bridge	Nquthu AC	Samu Ntshangase	072 2904063
14-Apr	Sun	WPA	SPAR Women's Challenge		105	7:30	Jan Burger Stad Parow North	WPA Office		0214183232
19-Apr	Fri	EPA	Royal St Andrews trail		8	7:30	Royal Port Alfred Golf Club	Kowie Str	Slicks Siglingh	0716127339
19-Apr	Fri	WPA	Two Oceans trail		22110	6:30	UCT Upper Campus	2Oceans	Sue Forge	087 7420210
19-Apr	Fri	WPA	Two Oceans Fun Runs			10:00	UCT Upper Campus	2Oceans	Sue Forge	087 7420210
20-Apr	Sat	AFS	Campus 2 Campus Marathon		211105	6:00	Goldfields Tvet Colleg	GoldfieldC	Constant Lithuge	071 0050115
20-Apr	Sat	AFS	Kovsie Runners Ultra		52	6:00	Pretty Gardens	Kovsie AC	Rufus Botha	791750023
20-Apr	Sat	Mpu	Siyabuswa Lifemap Easter		211105	6:00	Univ Mpumalanga Campus	Siyabuswa	Rinnie Matlou	076 9252896
20-Apr	Sat	WPA	Old Mutual Two Oceans 21k		21	5:50	Main rd Newlands	2Oceans	Sue Forge	087 7420210
20-Apr	Sat	WPA	Two Oceans ultra		56	6:30	Main rd Newlands	2Oceans	Sue Forge	087 7420210
22-Apr	Mon	AGN	Family Day Run/Walk		211105	7:00	Lynnridge Mall	RWFL	Daan du Toit	082 5724169
24-Apr	Wed	Mpu	Eskom Taaltees Night race		105	19:00	Taaltees Primary Witbank	Eskom AC	Paul Bester	082 9667767
27-Apr	Sat	AFS	Heritage Funday		105	7:00	Ventersburg	Real Lions	Sam Dilshoane	076 5791442
27-Apr	Sat	AGN	City of Tshwane Half		211105		Silverton	AGN	Walter Vilakazi	012 3274932
27-Apr	Sat	Bor	Buffalo Runners 10Km		105	6:00	Kingwilliamsdown		Zakes Mndela	083 3246871
27-Apr	Sat	CGA	Cradle of Humankind		32211105	7:00	Makiti Wedding Venue	Krugersdorp	Sharlene Gaglano	083 5129640
27-Apr	Sat	EPA	Motherwell Freedom Run		105	7:00	Nu2 Stadium Motherwell	EPA	Michael Mbambani	079 1496796
27-Apr	Sat	KZN	Pongola Sugar Cane 4 in 1		4221110	6:00	Pongola Caravan Park	Pongola AC	Heinrich Koen	083 2287682
27-Apr	Sat	KZN	Ushaka		10	7:00	Ushaka Marine World	Ushaka AC	Lastar Matwalane	082 4706461
27-Apr	Sat	Lim	PRR RR		42211105	6:00	PRR Clubhouse	Pietersburg	Werner Potgieter	072 0676546
27-Apr	Sat	Mpu	Bethal 2&1		211105	7:00	Marietjie v Niekirk Primary	Bethal MC	Pieter Botes	082 9207555
27-Apr	Sat	SWD	Greatbrak 10km		10	7:00	Laer Skool Voerentoe	Mossel Bay	Shjannelle Busch	082 6988831
27-Apr	Sat	WPA	Nantes 10km		105	7:00	Vanguard Sports Complex	Nantes AC	Caroline Peters	073 0297879
28-Apr	Sun	CGA	Robor Scaffolding 42k		504211105	6:30	Benoni Northern Club	Benoni N	Jan Jordaan	082 8000762
28-Apr	Sun	KZN	South Coast ultra		4221110	6:00	Ugu Sports and Leisure	South Coast	Freek Slander	084 8106740
28-Apr	Sun	KZN	Dr JL Dube Race		10	7:30	Dr JL Dube	InandiQadi	Lonwabo Maqwa	065 9046909
1-May	Wed	AFS	Sol Plaajie Memorial		42211105	6:00	Bethlehem Show Grounds	Bethlehem	Elmarie Kruger	082 9081844
1-May	Wed	AFS	Ngkerk Welkom Herfsmark		5	7:00	NG Kerk Jan Cilliers Park	Harmony	Nico Dicks	08 3788300
1-May	Wed	AGN	MWaly Wally Hayward 42k		42211105	6:30	Centurion Rugby Club	ACRW	Bert vd Raad	083 9226817

1-May	Wed	Lim	Polokwane Mayors Race	4221105	6:00	Peter Mokaba Stadium	Polokwane	Corrie Calitz	072 1492674
1-May	Wed	Mpu	Sudwala Monster	21105	7:00	Sudwala Lodge/Caves	Legogole	Andre Vianello	084 5168374
1-May	Wed	SWD	Avis Run 2 Raise	103	8:00	Tramonto Geelhoutboom George	Nedbank RC	Elna Schwartz	083 3261699
1-May	Wed	WPA	Safari race	21105		Wellington	Wellington	Top Events	0215117130
4-May	Sat	AFS	Sol Plaajie Memorial	4221105	6:00	Bethlehem Show Grounds	Maluti MS	Ebarnie Cilliers	082 8228992
4-May	Sat	AFS	Interstate Bus Glen half	21	7:00	Tielman Roos str	BFN Ach	Beverley Olivier	0718953183
4-May	Sat	AGN	The Love Run	21105	7:00	Hatfield Christian Church	Love Run	Leonie Roos	072 5662627
4-May	Sat	Bor	Mazars Diesel Depot 15Km	15	6:00	Chamberlain rd - Hamiltons		Bronck Urban	082 5770932
4-May	Sat	EPA	Spar Ladies Race	105	7:00	Pollok Beach Summerstrand	Walmer A C	Meagan Jenkerson	072 2572161
4-May	Sat	Mpu	Gijima Nkomazi	21105	6:30	Kamhushwa	Gijima N	Lordrick Mathonsi	072 8467212
4-May	Sat	SWD	Outeniqua Marathon	4221103	7:00	George Sports Club - George	Outeniqua H	Deon de Jager	083 4534781
5-May	Sun	AGN	Wings For Life World Run		13:00	Supersport Park Centurion	Momentum O	Renee Jordaan	084 2309963
5-May	Sun	CGA	Colgate race	321516	6:30	Boksburg Stadium	Boksburg AC	Lauren Dance	011 9173721
5-May	Sun	KZN	VAC Challenge	21110	6:30	Kings Park Athletic Stadium	Verulam AC	Anand Naicker	082 7836383
5-May	Sun	KZN	Maddadeni Half Marathon	21110	7:00	Phelandaba Sports Complex	eMaddadeni	Phumlani Sangweni	0825311113
5-May	Sun	WPA	SISSAUUCT Memorial 10k	10	7:00	Middle Campus UCT	UCT AC	Kerr Rogers	021 6503564
8-May	Wed	WPA	Mapungubwe Wildrun	92	8:00	International Cross Border	Wildrunner		021 8219898
11-May	Sat	AFS	Ngkerk Vaalpark	21110	8:00	NGKERK Vaalpark	Sasolburg	Danie Pretorius	072 5801866
11-May	Sat	AGN	Jackie Mekler	25110	6:30	Thaba Tshwane Sportsgrounds	PMMC	Ernest van Niekerk	084 6285660
11-May	Sat	Bor	OMAC	21105	6:00				
11-May	Sat	EPA	Sunridge Village 10k	105	7:00	Sunridge Village	Peaac	Kevin Benade	079 4900427
11-May	Sat	Mpu	Selati 2 in 1	21105	7:00	Malelane Rugby Club	Onderberg	Deon Valks	082 7880675
11-May	Sat	WPA	Race Walking Grand Prix 2	2010	7:00	Youngsfield Military Base	WPA walk	Stefano Kruger	076 9488483
11-May	Sat	WPA	Laguna Mall 10km	105	8:00	Laguna Mall Langebaan	ArcelorMitt	Shoneen Wendzich	083 3992651
12-May	Sun	KZN	Ice Promotion	21110	6:00	Mount Edgecombe Rec	Woodview AC	Pragasen Naidu	719178313
18-May	Sat	AGN	Race of Hope	21105	7:00	The Grove Mall	RWFL	Daan du Toit	082 5724169
18-May	Sat	Mpu	Uitkyk Challenge	32151511	6:30	APK Church Laersdrif	Laer Uitkyk	Nandi v Wyk	071 6022291
18-May	Sat	NWN	Bojanala Half Marathon	21		Olympia Park Stadium		ANWN + BPFM	
19-May	Sun	AVT	Sedibeng 21km	21	8:00	North West University	Lekoa AC	Norman Dlomo	072 2954175
19-May	Sun	Bor	Mdantsane 10Km	10					
19-May	Sun	CGA	RAC 10k - CGA 10k champs	10	8:00	Old Parktonians Randburg	RAC	Vreni Welch	011 4428256
19-May	Sun	CGA	RAC 10km Walk - CGA League	10	8:10	Old Parktonians Randburg	RAC	Vreni Welch	011 4428257
19-May	Sun	KZN	Zandile Gumede 10k chall	10513	7:00	Bay of Plenty	Durban City	Mandla Makhathini	082 7837691
19-May	Sun	WPA	FNB Cape Town 12 OneRun	12	9:00	Millerton Beach to Cape Town	Brkenfell	Janine Marais	078 8946180
25-May	Sat	AFS	Town To Town Off race	25	8:00	Botshabelo To Thaba Nchu	Fast Legs	Pretty Booysen	082 9459051
25-May	Sat	AGN	Skosana Development	21105	7:00	Super Spar Hercules	RWFL	Enoch Skosana	082 8258001
25-May	Sat	AVT	Trinitas race Vbp	15105	7:00	Geref Kerk Pietersen str	ArcelorMitt	Louise Venter	083 3022716
25-May	Sat	EPA	Aspen Pharmacare 1/2	21105	7:00	South African Airforce Mus	Aspen	Wendy Denston	076 8348124
25-May	Sat	Lim	Aida	21105	7:30	Noordskool	RWFLAC	Kobie Marais	082 5615429
25-May	Sat	Mpu	Highveld Mall Ice Breaker	21105	8:00	Highveld Mall	Coaldust	Able Smil	072 5732501
25-May	Sat	SWD	Meiringspoort trail	2010	7:40	NG Church Hall	De Rust Str	Pieter Schoeman	082 3770547
26-May	Sun	KZN	Ma'am Jila Memorial chall	10	7:00	Mgenge Store Sankortshe	Zenzeleni	Zakheli Mngadi	084 6442733
1-Jun	Sat	AFS	Eskom AC FS trail	15105	9:00	Virginia	Eskom ACfs	Hilde du Plessis	072 4992602
1-Jun	Sat	AGN	Race of Faith	15105	7:00	Silver Oaks Silver Lakes	RWFL	Daan du Toit	082 5724169
1-Jun	Sat	Mpu	Riverside Take-a-step	10	7:00	Riverside Mall Nelspruit	Lowveld Can	Kuen Pappas	083 2566591
1-Jun	Sat	SWD	NG Church Hoekwil	21103	8:00	Hoekwil NG Church	Cape MSC	Helena Ferreira	076 5939636
1-Jun	Sat	WPA	Old Fisherman Trail chall	22	7:00	Fishhoek to Houtbay		Richard	082 6431886
1-Jun	Sat	WPA	UWC 10km Fast & Flat Run	105	7:30	UWC Modderdam rd Bellville	UWC	Glen Bentley	021 9522318
6-Jun	Thu	CGA	McCarthy Rooedeport Nite	1515	19:00	Khosa club Krugersdorp	Khosa SC	Shaun Ulyate	083 27 42995
8-Jun	Sat	AGN	Festival of Running	181216relay	7:30	Supersport Park Centurion	Momentum O	Renee Jordaan	082 2309963
8-Jun	Sat	Bor	United Pentecost 10Km	105	7:00	Buffalo Flats Cricket Ground		Greg Minnie	072 4317814
8-Jun	Sat	KZN	KZN DSR Youth Run	105	8:30		KZNA		0313129374
8-Jun	Sat	WPA	WPA Development 5k series	5	TBC		WPA	WPA Office	0214183232
9-Jun	Sun	KZN	Comrades Marathon	90	5:30	Durban City Hall	CMA	Rowyn James	079 5010061
9-Jun	Sun	WPA	Comrades	89		Durban			
9-Jun	Sun	WPA	The Beast	3050		Newlands Forest	EnergyEvent		0214244579
11-Jun	Tue	WPA	Richtersveld Transfront	200	6:00	AI AIS	Wildrunner		021 8219898
15-Jun	Sat	AGN	Executive Mayor Run	105	7:00	Soshanguve Crossings	Morula	Mmapule Raborife	082 7743202
15-Jun	Sat	AGN	Racewalk Grand Prix 2	201051311	8:00	Tuks Walking Track	AGN	Jaap Willemse	083 2661133
15-Jun	Sat	EPA	Youth Run	105	7:00	King's Beach Humewood	Ikhamva A C	Michael Mbambani	079 1496796
15-Jun	Sat	Lim	Youth Challenge	5110	7:30	Nkowanoka Stadium	Nkowanoka	Conrde Shikwambana	082 7361361
15-Jun	Sat	Mpu	Wakkerstroom Mountain	21105	8:00	Wakkerstroom	Volksrust	Rupert Lawlor	083 2279020
16-Jun	Sun	AVT	Sharpeville Youth Alive	51.6	8:00	George Thabe Sharpeville	Lekoa AC	Norman Dlomo	072 2954175
16-Jun	Sun	CGA	Kagiso Youth Day Race	21105	8:00	Kagiso Sports Complex	Kagiso	Dineo Mareeba	071 6825568
16-Jun	Sun	KZN	Ithuba 10km	10	7:00	Ithuba Kranskop	Nturjambili	MS Maphumulo	083 3505125
16-Jun	Sun	KZN	Zakhele Flat & Fast	10	7:30	Kings Park Athletics Stadium	Zakhele AC	Zakhele	071 7072297
16-Jun	Sun	WPA	RCS GUGS Youth 10km Race	104	7:40	NY 49 Stadium Gugulethu	Gugs	Themba Shoko	082 4764656
16-Jun	Sun	WPA	K-Way Table Mountain 16k	16	8:00	Constantia Nek	K-Way VOB	Charlotte Kettlewell	021 7618887
17-Jun	Mon	SWD	McDonalds to McDonalds	103	8:00	Courtenay str George	Nedbank	Danie Raubenheimer	083 3767414
22-Jun	Sat	AGN	Race Ya Vnathu Vhothe	21105	7:00	Rietondale Park (TBC)	Faranani	Victor Ramavhale	082 3659027
22-Jun	Sat	Bor	Katberg Eco trail	21103	9:00	Katberg Golf Estate		Sharon Eldridge	083 2843781
22-Jun	Sat	EPA	Heartbreak Hill 1/2	215	6:30	Italian Club Charlo	Charlo A C	Eusentha Pillay	084 6650910
22-Jun	Sat	Lim	Hoedspruit races	21105	6:30	Hoedspruit Drakensig Sport	SANDF A C	F Sgt M R Mhlongo	072 4789039
22-Jun	Sat	Mpu	Definition Half Marathon	21105	7:00	Mbombela Stadium	Definition	Boiki Gama	082 9771665
22-Jun	Sat	SWD	Palm Tyres	105	8:00	Courtney Str George	Rainbow AC	Sidwell Oktober	073 9584899
22-Jun	Sat	WPA	Mamre 21km	215	8:00	Mamre primary	Mamre AC	Enrico Daniels	079 8013906
23-Jun	Sun	CGA	Orlando Cancer Race	21105	8:00	Orlando Communal Hall	Orlando	Sibongile	078 4450249
23-Jun	Sun	KZN	Durban Spar Women's	105	8:00	Kings Park Outer Fields	KZNA	Brad Glasspoole	
24-Jun	Mon	SWD	ASWDKMC Relay	Relay		Knysna	ASWD	Soraya de Reuck	044 8730023
25-Jun	Tue	SWD	ASWD &kMC Street Miles	51.6		Knysna	ASWD	Soraya de Reuck	044 8730023
27-Jun	Thu	Lim	Foskor	21105	10:00	Foskor Community Center	Foskor A C	Solomon Makhubedu	060 9669067
29-Jun	Sat	AFS	Eskom AC Relay	Relay	10:00	Welkom	Eskom ACfs	Hilde du Plessis	072 4992602
29-Jun	Sat	AGN	Race of Friendship	21105	7:00	Glenfair Boulevard Lynnwood	RWFL	Daan du Toit	082 5724169
29-Jun	Sat	Bor	Rhodes trail		7:00	Rhodes Eastern Cape		Rhodes MC	

29-Jun	Sat	Bor	Rhino Run	10	8:00						
29-Jun	Sat	SWD	Knysna Forest Marathon	42x215	7:00	Glebe - Knysna	Knysna	Marianne Brown		0761954832	
29-Jun	Sat	WPA	Orak 12 Hour Race		6:00	Vredendal Sports Grounds	Orak	Gerrie Cilliers		083 6500642	
29-Jun	Sat	WPA	Timbercly Spookhill 15km	1515	8:00	Beaumont primary Somerset W	Helderberg	Shalk Hoon		082 8289120	
29-Jun	Sat	WPA	Momentumknysna Marathon	42x21		Knysna	Knysna	Marianne Brown		0761954832	
30-Jun	Sun	Bor	Rhino Run	10	8:00						
30-Jun	Sun	CGA	Ubuhele street mile	611.6	8:00	Sam Ntuli Sports Cnt Thokoza	Ubuhele	Sifiso Ngcobo		072 4640041	
30-Jun	Sun	KZN	SAMA 10km	10	8:00	Kings Park Athletic Stadium	Phoenix V	Danny Chetty		084 0457877	
30-Jun	Sun	SWD	Houtkapper trail	27115/9	8:30	Quinto Da Montanha -	Knysna	Gavin Bezuidenhout		083 5027935	
5-Jul	Fri	Mpu	Tiyisanani disabled race	17	7:00	Tiyisanani	Great East	Nilmane Aco		0791805347	
6-Jul	Sat	AFS	Bfn Achilles Charity Run				BFN Ach	Beverley Olivier		0718953183	
6-Jul	Sat	AGN	Garfontein Ice Breaker	2111015	6:30	Laerskool Grasfontein	Wingate	Mike Minty		083 4145938	
6-Jul	Sat	Mpu	Halls	2111014	7:00	Halls Falm stall	LVCC	Karliem		083 3353846	
6-Jul	Sat	WPA	Eersterliver 15	1511015	7:15	Siraford primary	Eersterliver	Gert Pekeur		074 4342332	
7-Jul	Sun	Bor	Trevorklose 10Km	10	6:30	ELAC Clubhouse Cambridge		Graham Reynolds		082 4480727	
7-Jul	Sun	CGA	Northgate 10km	1015	7:30	Northgate Shopping Centre	Roodepoort	Charlie Herselman		082 7701143	
7-Jul	Sun	KZN	Sisonke Challenge	10	7:00	Inanda Dam	Sisonke AC	Sihle Shange		073 4709842	
7-Jul	Sun	WPA	Victoria Falls Marathon	42		Zimbabwe	Wild Front	Race Office		011 7022035	
12-Jul	Fri	Bor	Washie 160Km Ultra	160	17:00	Calhcart Golf Club- EL		Meta Scott		814874984	
13-Jul	Sat	AFS	Eskom AC FS trail	1511015	9:00	Parys	Eskom ACFs	Hilde du Plessis		072 4992602	
13-Jul	Sat	AGN	Springbok Vasbyt	2111015	7:22	Voortrekker Monument	VTM	Leon Bezuidenhout		081 3260405	
13-Jul	Sat	Bor	Watergat 15Km	1515	14:00	Watergat Macleantown		Dillon Pretorius		073 7996075	
13-Jul	Sat	Mpu	Mozma Cleaning	2111015	7:00	White River Rugby club	Legogote	Andre Vianello		084 5168374	
13-Jul	Sat	SWD	Madiba 10 and 21	2111013	7:00	York str George	ASWD	Soraya de Reuck		044 8730023	
13-Jul	Sat	WPA	Eastens 15km	1516	7:15	Fairbridge Mall Brackenfell	E Kraaifont	William Swartbooi		084 2471170	
14-Jul	Sun	CGA	RunZone 10km	10	6:30	World Wear Centre Fairland	Run Zone	Graham Block		072 2769635	
14-Jul	Sun	KZN	Forest 10	10	7:00	Forest Hills Sports Club	Forest Hill	Richard Wallis		0317633103	
14-Jul	Sun	KZN	Ixopo Challenge	10	8:00	Ixopo Junior primary	Ixopo AC	Themba Chamane		072 6334799	
18-Jul	Thu	AFS	Madiba 67	1015	17:30	Goldfields Mall	Goudveld	Dulcie		748994164	
20-Jul	Sat	AGN	Long Walk/Run to Freedom	2111015	6:30		AAA	Matome Lehomo		084 6275326	
20-Jul	Sat	Bor	Imonti 10km	1015	7:00	Laerskool Kuswag		Angie Nel		814073267	
20-Jul	Sat	Mpu	Dullstroom Altitude 42k	2111015	8:00	Dullstroom MP	Middelburg	Chamane		082 6546645	
20-Jul	Sat	SWD	Infantry School Madiba	1015		Infantry School-Oudtshoorn	Military SC	Richard Hughes		082 5634573	
20-Jul	Sat	WPA	CT Festival 100k champs	100150	7:00	Sea Point Pavilion	Hewat AC	Kanu Sukha		072 2101127	
20-Jul	Sat	WPA	CT Festival Team relays	5x5	12:00	Sea Point Pavilion	Hewat AC	Kanu Sukha		072 2101127	
21-Jul	Sun	KZN	Florence Ndlovu Memorial	21	6:00	Impendle Police Station	Nxamalala	Mpho Molefe		082 8488589	
21-Jul	Sun	KZN	Totalsports Womens Race	1015	8:00	Kings Park Athletics Stadium	KZNA	Carey Shafron		076 4022528	
21-Jul	Sun	WPA	CT Festival 21k Classic	21	7:00	Sea Point Pavilion	Hewat AC	Kanu Sukha		072 2101127	
27-Jul	Sat	AGN	Zwartkop race	21110	7:00	Zwartkop Lapa	Denel	Leonie Oberholzer		083 5014136	
27-Jul	Sat	AVT	Midas Winter Warmer	1015	8:00	Old Vaaltonians Vbp	HP Midas	Allen Herweg		082 8003178	
27-Jul	Sat	CNW	Nelson Mandela Run		8:00	Macrovest Centre Wilkoppies	KMK	Thabo Sepuru		060 2523247	
27-Jul	Sat	EPA	Nmb Asa 1/2 Marathon	2115	7:00	Pollok Beach Summersstrand	EPA	EPA Office		0413742818	
27-Jul	Sat	WPA	Brackenfell 21km	2115	7:00	Brackenfell primary	Birkenfell	Leon Visser		072 2226843	
27-Jul	Sat	WPA	ASA 21km Championship	21		Port Elizabeth	ASA	Irene van Eeden			
28-Jul	Sun	Bor	Gulu Trail Challenge	104	9:00	Farm 19 Fort Pato rd Gulu		Nadia Lucouw		078 0917200	
28-Jul	Sun	CGA	Pirates RR 10km	10run	7:00	Pirates Club Greenside	Pirates	Dave Case		011 5680922	
28-Jul	Sun	KZN	Phantane Street Mile	1.6	7:00	Kings Park Athletics Stadium	Phantane AC	Mdu Khumalo		614363967	
28-Jul	Sun	KZN	Oapheqolo Save the Rhino	2111015	7:00	Hlabisa	Mlubatuba	Mike Somakepu		082 9794466	
31-Jul	Wed	Mpu	Steelcrest	1015	19:00	Steelcrest high	Middelburg	Piet Schoeman		072 7910378	
2-Aug	Fri	AFS	I B L Sun To Sun half	21110	8:00	Mmabana Stadium Thaba Nchu	Fast Legs	Pretty Booysen		082 9459051	
3-Aug	Sat	AGN	Spar Womens Race	1015	14:00	Super Sport Park	AGN	AGN Office		012 3274931	
3-Aug	Sat	Bor	Mercedes Benz Gallop	17	6:30	Python Park		Comfort Guga		083 2293193	
3-Aug	Sat	EPA	Body Concept 10km race	1015	7:00	Pollok Beach	Body Con	Mark Huppelschoten		082 6547555	
3-Aug	Sat	Mpu	Skukuza Castle Lager HM	21	8:30	Skukuza Staff village	Krugerpark	Martie Oosthuizen		076 7379732	
3-Aug	Sat	SWD	Race Agains Crime	21115	8:00	Agri Hall-Herbertsdale	Mossel Bay	Shjanneil Busch		082 6988831	
3-Aug	Sat	WPA	WPA Walking Grand Prix 3	20110	8:00	Table Bay Mall	WPA walk	Stefano Kruger		076 9488483	
3-Aug	Sat	WPA	PPC Riebeeck Berg	42x2110		Riebeeck Berg	Swartland				
4-Aug	Sun	Bor	Twizza Amathola Marathon	42	6:00	Slutterheim-King Williams					
4-Aug	Sun	CGA	Ulinda mile/15km	511.6	7:00	Kwa-Thema Stadium	Ulinda	Musa Mamabolo		082 3052440	
4-Aug	Sun	KZN	Durban Runner Challenge	21110	6:15		Durban Run				
4-Aug	Sun	KZN	Grouville 10km Challenge	10	7:00	Thembeni Sports Grounds	Grouville	Robert Magagula		718202197	
4-Aug	Sun	WPA	Pinelands 10km race	1015	7:30	Lower Oval Pinelands	Pinelands	Dion Stevens		082 7308320	
7-Aug	Wed	Mpu	CR Swart Race	1015	19:00	CR Swart primary Mdb	Rooies AC	Theuns Lous		083 6308729	
9-Aug	Fri	AGN	Wierle race	2111015	6:30	Laerskool Wierdarpark	Denel	Hannelie Kotze		084 0313212	
9-Aug	Fri	Bor	Womens Day Run	2111015							
9-Aug	Fri	CGA	Total Sports Womans Day	1015	8:00	Mary Fitzgerald Square	Zonkizizwe	Mehlo Hlabangane		082 9909470	
9-Aug	Fri	EPA	Divu 10km Run	1015	7:00	King's Beach Humewood	EPA	Irene van Eeden		083 2991775	
9-Aug	Fri	Lim	Muleo Consult Womens day	2111015	6:00	Polokwane Cricket Grounds	Mzansi A C	Lufuno Mudau		063 9344857	
9-Aug	Fri	Lim	Maroela-to-Maroela	5110	8:00	PRR Clubhouse Seatlene Str	Phalaborwa	Molalelo Rankweteke		084 5524323	
9-Aug	Fri	SWD	Nedbank Women's Day	1013	8:00	Rainbow Motors- Oudtshoorn	Nedbank	Danie Raubenheimer		083 3767414	
9-Aug	Fri	WPA	Totalsports Women's Race	1015	8:00	Grand Parade Cape Town	Edgemed AC	Liam Hendrickse		072 3927558	
10-Aug	Sat	AFS	National Women's Day Run	42x211015	6:00	Sun Windmill	Old Mutual	Moeketsi Selemela		082 9970783	
10-Aug	Sat	AFS	Old Mutual Athletics	42x2110	7:00		BFN Ach				
10-Aug	Sat	AGN	Fitness Test Run	2111015	6:30	Lynnridge Mall	Eyethu AC	Menzie Sithole		078 2205763	
10-Aug	Sat	NWN	Spar 10km Race	10		Tihibane Foro Spar 10km		Lerato		082 8029612	
10-Aug	Sat	WPA	Atlantis 21km	2115	8:00	Westfleur Park Atlantis	Atlantis H	Desmond Arendse		084 3921061	
11-Aug	Sun	CGA	Old Eds race	2111015	8:00	Old Eds Houghton	Old Eds	Mark Mohring		082 6101147	
11-Aug	Sun	KZN	Chatsworth 10	10	8:00	Chatsworth Stadium	Chatsworth	Ven Moodley		082 7895559	
14-Aug	Wed	Mpu	Eskom HTS Witbank	1015	19:00	HTS Witbank	Eskom AC	Paul Bester		082 9667767	
17-Aug	Sat	AGN	Phobians 15	1515	6:45	Pretoria Boys high	Phobians	Dimitri Kavallineas		083 7733603	
17-Aug	Sat	AGN	AGN Racewalk Grand Prix 3	2011015/31	7:30	Tuks Walking Track	AGN	Jaap Willemse		083 2661133	
17-Aug	Sat	CGA	Clearwater 10km	1015	7:00	Clearwater Mall Roodepoort	Panorama	Andrew Young		083 2369275	
17-Aug	Sat	EPA	Volkswagen 10km race	1015	7:00	Volkswagen People Pavilion	Volkswagen	Clint Jonas		072 7776105	
17-Aug	Sat	Mpu	Shalom Half Marathon	211104.5	7:00	AJ Swanepoel Stadium	Shalom MC	Petros Ndiangamanda		0740416591	
17-Aug	Sat	WPA	Puffer	80	5:30	Cape Point to V&A	Fish Hoek	Andy Campbell		082 7996785	
18-Aug	Sun	CGA	Midrand Striders	2111015	7:00	Inanda Country Base	Midrand	Glen Andrews		083 2597581	

18-Aug	Sun	CGA	The Country Club race	105	7:00	Country Club Auckland Park	Country Clb	Luyanda	082 7799407
18-Aug	Sun	KZN	Savages 21/10km Challenge	21110	6:30	Morningside primary	Savages AC	Robin Honneysell	078 2816981
18-Aug	Sun	KZN	Nkandla Mayoral	105	7:00		Fakumoya N	Alpha Nxumalo	082 6741373
18-Aug	Sun	KZN	Maritzburg Spar Women's	105	8:00	The Oval Cricket Stadium	Natal Carb	Brad Glaspoole	
18-Aug	Sun	WPA	Johnkorasie 30km	30	7:00	Navy Sports Simon's Town	Defence AC	Luqmaan Patientia	082 8471680
21-Aug	Wed	Mpu	NG Churchkanonkop	105	19:00	Kanonkop Primary	Roopies AC	Theuns Luus	083 6308729
24-Aug	Sat	AGN	SMU Half Marathon	21105	7:00	Sefako Makgatho University	Tshwane AC	Moses Lengweng	082 4264455
24-Aug	Sat	EPA	Mountain Drive 1/2	21	8:00	Graeme College Grahamstown	Albany S&S	Jaco van Dyk	081 5315299
24-Aug	Sat	Mpu	Great Train Race	32115	7:00	Kees Taljaard Stadion	Middelburg	Piet Schoeman	072 7910378
24-Aug	Sat	SWD	Schoemanshoek	21110	8:00	Schoemanshoek- Oudtshoorn	Nedbank RC	Lampies Lamprecht	072 6018189
24-Aug	Sat	WPA	Langebaan 21km	21105	8:00	Club Mykonos Langebaan	ArcelorMitt	Bossie Boshoff	083 4624400
25-Aug	Sun	Bor	Real Gijima Mdantsanekasi	105	7:00	Sisa Dukashe Stadium		Alex Kambule	0741390550
25-Aug	Sun	CGA	Wanderers Aucor Race	21105	7:00	Wanderers Club Illovo	Wanderers	Dylan Burgess	083 6304255
25-Aug	Sun	KZN	Mandela Marathon	4221110	6:00	Capture Site Howick	KZNA	Mdu Nxumalo	033 8976932
25-Aug	Sun	Lim	Tzn Spring Opener	21105	6:00	Tzaneen Lifestyle Centre	Tzaneen M C	Hercules Erasmus	0781561499
25-Aug	Sun	WPA	Khayelitsha 10km	104	7:30	Mandela Park Stadium	Khayitsha	Khaya Kuse	0846183513
25-Aug	Sun	WPA	Blisters for Bread		9:00	Green Point	Top Events	Top Events	0215117130
28-Aug	Wed	Mpu	Kutting Mpumalanga	105	19:00	Kees Taljaard Middelburg	Midack AC	Johnathan Haarhoff	0714730908
30-Aug	Fri	AFS	Maklikontrefees Night	105	18:00	Amaril Skool Welkom	Harmony st	Deon Lodder	082 9213330
30-Aug	Fri	AGN	Dawn 2 Dusk	Circuit	18:00	Gerrit Maritz high	Akasia AC	Gerrit Strydom	082 9054533
31-Aug	Sat	AFS	Owa Owa Spring Run	10	6:30	Charles Mopeli Owa Owa	Owa Owa AC	Jappie Monele	073 7113862
31-Aug	Sat	AFS	Kronies Lente Wedloop	10	7:00	Kroonheuwel Laerskool	Kroonstad	Santie Crots	083 6330331
31-Aug	Sat	AGN	Spirit of Flight	10	6:30	Airforce Base Swarzkop	PMMC	Ernest van Niekerk	083 6285660
31-Aug	Sat	Bor	Retail Park Breakfast Run			Beacon Bay Retail Park			
31-Aug	Sat	EPA	Despatch Superspar	105	7:00	Despatch Superspar	Despatch	Helgard Potgieter	084 6065601
31-Aug	Sat	Mpu	MHS Spring Run	21105	7:00	MHS Farm	Middelburg	Piet Schoeman	072 7910378
31-Aug	Sat	NWN	Konka Farm Jeep Track Run	20105/2		Konka Farm		Hetta	083 3502839
31-Aug	Sat	SWD	Die nagul	103	9:00	Rainbow Motors- Oudtshoorn	Nedbank RC	Petrus Le Roux	071 0556183
31-Aug	Sat	WPA	West Coast 21km	21104	6:00	NSRI Building Melkbos	West Coast	Reid Bremmer	0761233421
1-Sep	Sun	AVT	Vaal River City Marathon	4221105	6:00	Isak Sleyl Stadium Vbp	Lekoa AC	Norman Dloemo	072 2954175
1-Sep	Sun	Bor	Tony Viljoen Masters 42k	42	6:00	N6 Cobongo-Beacon bay		John Oatley	084 6195126
1-Sep	Sun	CGA	Adrienne Hersch Chal	21105	7:00	Randburg Sports Complex	Randburg H	Michelle Knotzer	079 8447156
1-Sep	Sun	CGA	Awesome Spring Run	510	7:00	Eden Park Stadium	Awesome R	Bongane Mabuza	082 4535437
1-Sep	Sun	KZN	Hollywoodbets Challenge	10	6:30	Greyville Race Course	Hollywoodbt	Lala Cele	073 4693662
1-Sep	Sun	KZN	Capital Climb	155	8:00	Voortrekker high Pmb	Midlands AC	Tony Morrison	083 3749502
1-Sep	Sun	WPA	Satori Camel Run 16km	16	7:30	Noordhoek Sports Field	Satori AC	Graig Farham	082 4165488
4-Sep	Wed	Mpu	Elkana Night race	105	19:00	Elkana Educational Centre	Coaldust	Able Smit	072 5732501
6-Sep	Fri	ASA	ASA Cross Country champs			Port Elizabeth	ASA	Mehlo Hlabangane	082 9909470
6-Sep	Fri	SWD	Run with the Stars	103	18:00	Glenwood School George	Nedbank RC	Thia Landsberg	083 4774780
7-Sep	Sat	AFS	Alan Ferguson Naval Hill	2110K15	6:30	Bfn Bowling Club Hamilton Pk	BFN Ach	Beverly Olivier	0718953183
7-Sep	Sat	AGN	Brooklyn race	21105	6:00	Brooklyn Mall/Square	PMC	Bert vd Raad	085 9226817
7-Sep	Sat	ASA	ASA Cross Country champs			Port Elizabeth	ASA	Mehlo Hlabangane	082 9909470
7-Sep	Sat	Bor	Stutterheim AC 15km	15	6:30	Stutterheim high		Unathi Stolo	073 9906349
7-Sep	Sat	EPA	Builders / Raf's	2421110	6:00	Vineyard Church	Achilles	Nick Chapman	082 3775598
7-Sep	Sat	KZN	Health Wellness Race	105	6:00	Kokstad Oval Grounds	Kokstad RC	Lia Nloa	072 3355842
7-Sep	Sat	Lim	Hannlie Sleyn Memorial	21105	6:30	Rugby B & C Polokwane	Polokwane	Pieter Pretorius	072 1492674
7-Sep	Sat	Mpu	Mopani Pharm Lifestyle	21105	6:30	Ilanga Mall Nelspruit	LVCC	Karliem	083 3353846
7-Sep	Sat	Mpu	ACK Vorentoe Bethal	21105	7:00	Marietjie v Niekerk Primary	Bethal MC	Pieter Botes	082 9207555
7-Sep	Sat	WPA	Medihelp Tekkie Challenge	21105	7:00	Jan Kriel School Kullsvier	Cape MSC	Estelle Kock	073 3131668
7-Sep	Sat	WPA	Race Walk Grandprix champ	302010	7:00		WPA walk	Stefano Kruger	076 9488483
8-Sep	Sun	CGA	Fred Morrison	21105	6:30	Germiston Stadium	Germiston	Les Black	082 5527866
8-Sep	Sun	KZN	SAPS Striders Heritage	2110	6:30	Kings Park Athletic Stadium	SAPS Str	Nicholas Mchunu	083 5700554
8-Sep	Sun	WPA	Ommiedraai 10km	105	7:15	Rosmead Sports Fields	Ommiedraai	Waleed Samsodien	084 6033155
11-Sep	Wed	AGN	Lester Mills Night Race	105	18:30	LC de Villiers Sports Campus	TUKS AC	Vollie Spies	082 8216952
11-Sep	Wed	Mpu	Nashuakanonkop	105	19:00	Kanonkop Primary	Roopies AC	Theuns Luus	083 6308729
13-Sep	Fri	AFS	Berg-En-Daller	104	18:00	NG Kerk Berg En Dal	BFN Ach	Theuns Mulder	082 7847491
14-Sep	Sat	AFS	Louis Massyn Mielle Fees	105	6:30	Ventersburg	Goudveld	Keith	082 8829496
14-Sep	Sat	AFS	Two River trail	16	7:00	Hoerskool Bothaville	Bothaville	Melanie De Bruyn	731833487
14-Sep	Sat	AGN	Muller Potgieter Memorial	21105	6:00	Thaba Tshwane	VTM	Leon Bezuidenhout	082 3260405
14-Sep	Sat	Bor	Sole Destroyer 5k Fun Run	5	9:30	Oxford Striders Nahoon			
14-Sep	Sat	EPA	Northern Areas 15km race	15	7:00	Gelvandale Stadium	EPA	Michael Mbambani	079 1496796
14-Sep	Sat	KZN	Mpati Mountain Race	155	14:00	Dundee Junior School	Biggarsberg	Lani vd Mescht	083 6973333
14-Sep	Sat	Lim	Giyani Rotary 3-in-1	21105	6:30	Giyani Stadium	Giyani	Joel Malwandla	083 4140019
14-Sep	Sat	Mpu	Samancor	21105	7:00	Ferrobank	Coaldust	Able Smit	072 5732501
14-Sep	Sat	NWN	Mahikeng Half	21105		The Crossing Mall		Keffloe	082 5469306
14-Sep	Sat	SWD	Madibaz George Half	21	8:00	NMU Campus George	Madibaz	Hugo Loubser	082 5751826
14-Sep	Sat	WPA	Sanlam Peace trail	22111	7:30	Cape Town	Wildrunner	Race Office	021 8219898
14-Sep	Sat	WPA	Sanlam Relay 5 x 42km		9:00	Green Point	WPA	Janet Welham	083 2709601
15-Sep	Sun	Bor	Callex Sole Destroyer	21	6:30	Smithfield Rd Highgate		Dillon Pretorius	073 7996075
15-Sep	Sun	Bor	Sole Teazer 9Km	9	7:00	Oxford Striders Nahoon		Dillon Pretorius	073 7996075
15-Sep	Sun	CGA	Gerald Fox Memorial Race	21105	7:00	Johannesburg Zoo Parkview	Rocky RR	Saul Levin	083 3260848
15-Sep	Sun	KZN	The Mineshaft	15	6:00	Escombe Club	Queensburgh	Lucas	083 3093847
15-Sep	Sun	WPA	Cape Town Marathon	4210	7:00	Green Point	WPA	Janet Wolham	083 2709601
15-Sep	Sun	WPA	ASA 42km Championship	42		Cape Town	ASA	Janet Welham	083 2709601
18-Sep	Wed	CNW	Goudkop		18:00	Goudkop Lower Primary	KMK	Andre Pelsler	082 8752378
18-Sep	Wed	Mpu	Tekkies Nite Race	105	19:00	HTS Middelburg	Roopies AC	Theuns Luus	083 6308729
21-Sep	Sat	AFS	Mangaung Heritage Race	21105	6:00	Dr Molemela Stadium	FSSC	Sydney London	072 2586902
21-Sep	Sat	AFS	Mandela View Heritage	105	7:30	Brent Oil Mandela View	Fast Legs	Kanloor Nkoane	079 8731706
21-Sep	Sat	AGN	Morula Half Marathon	21105	6:00	Soshanguve Giant Stadium	Morula AC	Mmapule Raborife	083 7743202
21-Sep	Sat	KZN	Waterfall	10	7:30	Waterfall	InandQadi	Lonwabo Maqwa	065 9046909
21-Sep	Sat	Lim	Two Countries	4221105	6:00	Eroc Louw H S Musina	Soutpansbrg	Ferreira Nel	082 7490413
21-Sep	Sat	Mpu	Boulders	2510	6:00	Mara Turn Off	Onderberg	Deon Valks	082 7880675
21-Sep	Sat	NWN	Amanzi race	155		Britis high Ground		Hendri	012 2522626
21-Sep	Sat	SWD	Strawberry festival Trail	95	9:00	Redberry Farm	Nedbank RC	Danie Raubenheimer	083 3767414
21-Sep	Sat	WPA	UWC Street Mile	1.6	10:00	UWC Modderdam rd Bellville	UWC	Glen Bentley	021 9522318

22-Sep	Sun	CGA	Daveyton Street mile	10/51.6	7:30	Mayfield Square Daveyton	Daveyton H	Vusi Mashini	0721289030
22-Sep	Sun	CGA	ORTSA	105	8:00	Old Eds Houghton	Old Eds	James Webster	082 4659065
22-Sep	Sun	EPA	Nautical 1/2 Marathon	21	8:00	Quayside St Francis Bay	St Francis	Step Arendt	071 3925530
22-Sep	Sun	KZN	Amajuba Marathon	42/21/10	6:00	Old Monte Vista Casino	Newcastle C	Muzi Ngema	083 3108519
22-Sep	Sun	KZN	UKZN Inspiring Greatness	105	6:00	Howard College Campus Gate 1	UKZN AC	Mvuyisi Sigila	076 2830942
22-Sep	Sun	Lim	Mokopane Mall	21/10/5	6:00	Folang Mokerong A C	Folang M	Samuel Senwamadi	083 4827183
22-Sep	Sun	WPA	MSA Multi Sport 10km	105	7:00	William Herbert sports	MSA MS	Nasrulla Enus	082 5745323
24-Sep	Tue	AFS	Omac Heritage Day Run	21/10/5	7:00	Sun Windmil	Old Mutual	Moeketsi Solemela	082 9970783
24-Sep	Tue	AGN	Bophelong Half Marathon	21/10/5	6:00	Bophelong Community Centre	Bophelong	Dennis Moleole	071 8956798
24-Sep	Tue	AVT	Be Fit 5km Run	5/1.6	8:00	Bedworthpark Shopping C	Lekoa AC	Norman Diomo	072 2954175
24-Sep	Tue	CGA	FNB Joburg City Run	10	8:00	Mary Fitzgerald Square	Zonkizizwe	Mehlo Hlabangane	082 9909470
24-Sep	Tue	SWD	Mountain of the Star	17/12/6	7:00	Outeniqua park Stadium	RWFL	Chantel Steenberg	076 6821286
25-Sep	Wed	Mpu	Hospice	105	19:00	CR Swart Primary	Middelburg	Piet Schoeman	072 7910378
27-Sep	Fri	Lim	Night Mile	1.6	12:00	Nkowankoa Stadium	Nkowankoa	William Baloyi	072 9989640
28-Sep	Sat	AFS	Spring race FS 10k champs	10	7:00	Bfn Achilles Horak St	Bfn Ach	Gordon VAN WYK	083 3022784
28-Sep	Sat	AGN	Irene Spring Run	21/10/5	6:00	Irene Village Mall	Irene	Race Office	082 9512581
28-Sep	Sat	AGN	National Business Relay	Relay	6:00	Rietondale Park	Magnolia	Event Office	087 0970011
28-Sep	Sat	ASA	Josiah Tugwane 10			Middelburg	ASA		
28-Sep	Sat	CGA	The Silent walk					Loop n Val	
28-Sep	Sat	CNW	Vlakvark Trial Run		7:00	Faan Meintjies Nature Res	KMK	Carel Van Zyl	071 8776608
28-Sep	Sat	EPA	Windpomp Run	21/10	7:00	Botan Garden Graaff Reinet	Graaff R	Rozelle Kohne	761808853
28-Sep	Sat	Int	IAAF World Championships	Track		Doha Qatar		Hezekiel Sepeng	073 6873372
28-Sep	Sat	KZN	LAC Night Race	21	17:00	Ladysmith Athletic Club	Ladysmith	Lincoln Sibya	079 3610871
28-Sep	Sat	Lim	10km	10		Middelburg	MPA	Paul Bester	082 9667767
28-Sep	Sat	WPA	Goodwood Harriers 10km	10	7:00	Tygerdal Goodwood	Goodwood H	Fafda de Jager	080 9789339
29-Sep	Sun	AVT	Midvaal Half Marathon	21/10/5	6:00	Dr Malan Hoërskool	Vaal AC	Slove Jackson	083 3040210
29-Sep	Sun	Bor	Mercedes Benz 15Km	15/5	6:00	Old Selbornian Club		Sharon Eldridge	083 2843781
29-Sep	Sun	CGA	Rainbow 21/10/5km	21/10/5	7:00	Barnard Stadium Kempton Park	Rainbow	John	083 3209331
29-Sep	Sun	SWD	Laingsburg Festival	80/21/125	6:00	J.J.Ellis Sport Grounds	Laingsburg	Petro Buys	073 6541652
29-Sep	Sun	WPA	K-Way Grape Run 21km	21/14/5	6:30	Alphen Hall Constantia	K-Way VOB	Thomas Andrews	083 7081872
1-Oct	Tue	AFS	Cansa Eskom AC 5k series	5/1	18:00	Henzenman	Eskom ACFs	Hilde du Plessis	072 4992602
2-Oct	Wed	Mpu	Maximed Nile race	10/5	19:00	Standeron Show Grounds	Standeron	Heidi vd Merwe	072 3910788
3-Oct	Thu	NWN	Nite Race Rustenburg	10/5/2		Rustenburg Golf Course		Hetta	083 3507839
4-Oct	Fri	AFS	Golden Gate	10	7:00	Golden Gate National Park	Maluti MS	Salome Van Huyssteen	072 5634131
4-Oct	Fri	Lim	Mazda Nite Race	5/10	18:30	Peter Mokaba Stadium	Polokwane	Pieter Pretorius	072 1492674
5-Oct	Sat	AFS	Clarens Golden Gate 42k	42/21/10/5	6:00	Glen Reenen Restcamp	Maluti MS	Ebarnie Cilliers	082 8228992
5-Oct	Sat	AFS	Dream Team race	21/10	6:00	Correct Serv Training Coll	Dream Team	Abel Lekgari	083 4851408
5-Oct	Sat	AFS	Owa Owa Cancer Run	10	6:30	Charles Mopeli Owa Owa	Owa Owa AC	Japple Monele	073 7113862
5-Oct	Sat	AFS	Boitumelo Mall	10/5	7:00	Boitumelo Mall	Real Lions	Sam Dilshoane	076 5791442
5-Oct	Sat	AFS	Leon Botha Brandwag Mem	4	10:00	Tempe Stadion	Kovsie AC	Rufus Botha	0791750023
5-Oct	Sat	AGN	Capital Classic	21/10	6:00	Phobians Club	Phobian	Bert vd Raad	082 9226817
5-Oct	Sat	Bor	Cool Summer Run	10/5/2	10:00	Silver Seed Farm		Brad Taberer	083 7404689
5-Oct	Sat	EPA	Buco Big Pineapple Run	27/10	7:00	Big Pineapple Bathurst	Kowie Str	Slicks Stiglingher	0716127339
5-Oct	Sat	Lim	Shikhumba Filling	42/21/10/5	7:00	Shikhumba Filling Station	Giyani Gall	A S Sambo	072 7316225
5-Oct	Sat	Mpu	God's Window 2-in-1	21/10/5	7:00	Graskop Caravan Park	Legogole	Andre Vianello	084 5168374
5-Oct	Sat	Mpu	Lake Umuzi Festival	21/10	7:00	Lake Umuzi	Sasol MC	July Mavuso	082 8021352
5-Oct	Sat	WPA	Cape Gate 10	10/5	7:00	Cape Gate Centre Brackenfell	Nedbank	Robbie Lindsay	082 2023593
6-Oct	Sun	Bor	Touch a Soul 5km	5		Oxford Striders Nahoon			
6-Oct	Sun	CGA	Spar Ladies Race	10	6:00	Marks Park	CGA	Hank Bezuidenhout	083 2560241
6-Oct	Sun	CGA	Sunninghill Race	5/10	6:00	St Peters Sunninghill	Sunninghill	Nestor Espinoza	791958768
6-Oct	Sun	KZN	Galerite Challenge	42/21/10	5:00	Verulam Recreation Grounds	Verulam AC	Anand Naicker	083 7836363
6-Oct	Sun	SWD	Robberg Xpress trail	10	8:30	Robberg Nature Reserve Plet	Plett AC	Heather Kennedy	083 2523250
6-Oct	Sun	WPA	ARD 3 Vlei 10km	10/5	7:00	Fairmount High Grassy Park	ARD AC	Zaid Orrie	083 3767392
9-Oct	Wed	Mpu	SAVF Nite race Middelburg	10/5	19:00	Middelburg Cricket Club	Eskom AC	Paul Bester	082 9667767
9-Oct	Wed	WPA	Silver Queen	10	18:15	Air Force Base Ysterplaat	Defence AC	Gail Mahraj	083 4610741
10-Oct	Thu	AFS	Eskom AC FS series	5	7:00	Welkom	Eskom ACFs	Hilde du Plessis	072 4992602
11-Oct	Fri	AFS	Cansa Eskom AC Series	5/1	18:00	Theunissen	Eskom ACFs	Hilde du Plessis	072 4992602
11-Oct	Fri	AFS	Kovsie 10km	10/4	18:00	Pellicspark	Kovsie AC	Kesa MOLOTSANE	0791750023
11-Oct	Fri	KZN	1860 Challenge	10	18:30	Amphitheatre Durban	Verulam AC	Anand Naicker	083 7836363
12-Oct	Sat	AFS	TBC	21/10/5	7:00	Bfn Bowling Club Hamilton Pk	Pamoja AC	Dingane Lephuthing	071 3805801
12-Oct	Sat	AGN	Jacaranda City Challenge	42/21/10/5	5:45	Main str Brooklyn	Agape	Marieta Bortoli	082 4667031
12-Oct	Sat	AVT	Lite2Nite 12hour Circuit	80	6:00	Hoërskool Driehoek Vbp	ArcelorMitt	Malle vd Walt	082 8539144
12-Oct	Sat	EPA	Buco Build Run	10/5	6:30	Buco Walker Dr Sherwood	Peaac	Kevin Benade	079 4900427
12-Oct	Sat	Lim	Foskor Open Pit	21/10/5	7:00	Foskor Moshate Parking	Foskor A C	Solomon Makhubedu	072 8412051
12-Oct	Sat	Mpu	Embalenhle 2 in 1 chall	21/10/5	6:00	Skhosi Life Style Centre	Sasol MC	July Mavuso	082 8021352
12-Oct	Sat	Mpu	Ladies Race	10/5	7:00	Mbombela Stadium	Nelspruit	Yolanda de Villiers	084 6076314
12-Oct	Sat	SWD	Meiringspoort	21/12	7:00	Meiringspoort-De Rust	De Rust Str	Hammerle Delport	084 4033400
12-Oct	Sat	WPA	Elsies River 10km	10/5	6:45	Salberau Sports Elsiesriver	Elsies R	Bertram Windvogel	082 3987148
12-Oct	Sat	WPA	Voet of Africa			Bredasdorp			082 4241716
13-Oct	Sun	CGA	Fat Cats Race	5/10	6:00	Leeuwkop Prison	Fat Cats	Bongani Bilankulu	072 9150854
13-Oct	Sun	CNW	Mallosana Mall Night Race		18:00	Mallosana Mall	KMK	Jasper Van Zyl	083 2904743
13-Oct	Sun	KZN	Ogwini 10km Challenge	10/5	7:00	Comtech high	Ogwini AC	Derick Khuzwayo	071 9890215
13-Oct	Sun	KZN	Wasbank Half Marathon	21/10	7:00	Sigweje high	Wasbank AC	Sifiso Nzuzo	072 4503481
14-Oct	Mon	CGA	Alexandra 10km race	10/5	8:00	Altrec Stadium Alexandra	Alex AC	Rueben Kgatle	083 7038670
16-Oct	Wed	AFS	Eduplus Pre Primary Night	10	17:30	Eduplus Langenhoven Park	Pentagon P	Yolande Greyvenstein	079 4968445
16-Oct	Wed	CNW	Supa Quick Nite Race		7:00	Supa Quick Potchefstroom	BertsBricks	Zelma Olivier	721248115
16-Oct	Wed	Mpu	Hans Storm Memorial	10/5	19:00	JJ vd Merwe Laerskool	Ermelo MC	Melody du Toit	082 9266200
16-Oct	Wed	WPA	Bakgat 10km	10	18:15	Zone Fitness Bellville	Bellville	Mike Strohmman	082 4912854
16-Oct	Wed	WPA	Summer Sunset Team TT	4x3	18:15	Green Point Cricket Club	ATC Running	Gert Wilkins	073 3083127
18-Oct	Fri	AFS	Cansa Eskom AC 5k series	5/1	18:00	Kroonstad	Eskom ACFs	Hilde du Plessis	072 4992602
19-Oct	Sat	AFS	Charity Run	12/4	6:00	Pentagon P	Pentagon P	Chenell Roux	082 8886672
19-Oct	Sat	AFS	Cansa Breast Aware Walk	5	7:30	Bfn Achilles	Bfn Ach	Adel Wiid	082 8964366
19-Oct	Sat	AFS	Harrismith Trail	30/15	8:00	Harrismith primary	Harrismith	Barbara vd Hoven	084 5702544
19-Oct	Sat	AFS	Harrismith Mountain Race	15	10:00	Harrismith primary	Harrismith	Barbara vd Hoven	084 5702544
19-Oct	Sat	AGN	CSIR race	21/10/5		CSIR Campus North Gate	CSIR	Tebogo Machele	072 2739440

19-Oct	Sat	EPA	White Cane 10km race	105	7:00	Boardwalk Casino	Walmer A C	Meagan Jenkerson	072 2572161
19-Oct	Sat	Mpu	Ehlanzeni Sports Tourism	211004	6:30	Mbombela Stadium	LVCC	Karlien	083 3353846
19-Oct	Sat	Mpu	Mail To Mail	10	7:00	Middelburg Mall	Middelburg	Piet Schoeman	072 7910378
19-Oct	Sat	SWD	Hartenbos Spar Spring	154	7:00	Hartenbos Library	Hartenbos	Johan Viljoen	082 9408830
20-Oct	Sun	AFS	Free State OR Tambo 42k	4212110	5:30	Horak St Bloemfontein	AFS	Steven SWARTS	
20-Oct	Sun	AFS	Or Tambo Games race	10	8:00		Real Lions	Sam Dilshoane	076 5791442
20-Oct	Sun	AGN	Jacaranda 15km	1515	6:00	Laudium Sport Stadium	Jacaranda	Mohamed Essa	083 5133024
20-Oct	Sun	Bor	The Trevor Gee 10Km	105	6:30	Beacon Bay Country Club		Graham Reynolds	082 4480727
20-Oct	Sun	CGA	Burger & Co Race	1515	6:00	Boksburg Stadium	Boksburg AC	Lauren Dance	011 9173721
20-Oct	Sun	CGA	Diepkloof 21/10	211005	6:00	UJ Soweto	Diepkloof	Ishmael Modutoane	082 3383111
20-Oct	Sun	KZN	Merevent 10km	10	6:00	Dhubri rd Sports Ground	Merevent AC	Pat Palther	073 4955521
20-Oct	Sun	WPA	Gun Run	211005	6:30	Sea Point Promenade	Atlantic AC	Tony Breslin	082 8882307
23-Oct	Wed	AFS	NG kerk Heuwelsigkruin	10	17:45	Ng Church Heuwelsig	Mangaung		
23-Oct	Wed	AFS	Drc Pellissier	1042	18:00	Vlakfontein Av Pellissier	BMAC	Jurina Immelman	0824110107
23-Oct	Wed	CNW	Gereformeerdekerk Night		18:00	Gereformeerde Kerk	KMK	Andre Pelsler	082 8752378
23-Oct	Wed	Mpu	MHS Run	105	19:00	Middelburg high	Eskom AC	Paul Bester	082 9667767
23-Oct	Wed	SWD	Grant Thornton Relay	relay	18:00	Cotzee Pharmacy George	Nedbank RC	Danie Raubenheimer	083 3767414
24-Oct	Thu	NWN	Rustenburg Mountain Race	251005		Rustenburg Kloof		Elienne Holl	083 2643307
25-Oct	Fri	AFS	NG kerk Heuwelsigkruin	10	17:45	Ng Church Heuwelsig	BFN Ach		
25-Oct	Fri	AFS	Berg-Op-Berg-Af	2110	18:00	Bloemfontein Rolbaiklub	Pentagon P	Mc Brink	082 7758196
25-Oct	Fri	AFS	Cansa Eskom AC 5k series	511	18:00	Virginia	Eskom ACFs	Hilde du Plessis	072 4992602
26-Oct	Sat	AFS	Eskom AC FS trail	151005	8:00	Parys	Eskom ACFs	Hilde du Plessis	072 4992602
26-Oct	Sat	AGN	Irene Farm Race	211005	6:00	ARC Campus Irene	Irene	Race Office	082 9512581
26-Oct	Sat	AVT	POLIFILM Races	32211005	6:00	Riverside Boulevard Mall	ArcelorMitt	Malle vd Walt	082 8539144
26-Oct	Sat	Bor	Legends Marathon	68	6:00	Bisho - Orient Beach			
26-Oct	Sat	Bor	Legends Marathon	211005	6:00	Orient Beach			
26-Oct	Sat	EPA	Kirkwood Orchard Run	211005	7:00	Kirkwood high	Bluewater B	Conroy Noley	083 3078818
26-Oct	Sat	KZN	FNB Durban City Surf Run	10	7:00	Masabala Yengwa	KZNA	Kelly de Kock	066 2237616
26-Oct	Sat	Lim	Cancer race	423211005	6:00	New Peter Mokaba Stadium	RWFLAC	Kobie Marais	082 5615429
26-Oct	Sat	Mpu	Coaldust Circuit Race	48211005	6:00	Elkana Educational Centre	Coaldust	Abie Smit	072 5732501
26-Oct	Sat	NWN	Lichtenburg Zebra Zambra	211005		Marathon Club House lic		Dave	083 3112962
26-Oct	Sat	SWD	The Farm run	2110	8:00	Four Brothers George	Nedbank RC	Thia Landsberg	083 4774780
26-Oct	Sat	WPA	Melkbos 15	15	6:30	NSRI Building Melkbos	Melkbos AC	Mike	082 6317410
27-Oct	Sun	CGA	Tembisa 10/CGA mile champ	101.6	7:00	Moses Molekwa Tembisa	Tembisa AC	Donald Mathipa	083 5549912
27-Oct	Sun	KZN	Sapphire Coast Marathon	422110	6:00	Scottburgh	Amanzintoli	Cecilia Brown	082 7777630
27-Oct	Sun	WPA	Don Lock Memorial Run	158	8:00	Brookside		H Kearns	082 4756974
29-Oct	Tue	AFS	Cansa Eskom AC 5k series	511	18:00	Bullfontein	Eskom ACFs	Hilde du Plessis	072 4992602
30-Oct	Wed	CGA	Rowlin National Nite Race	151005	19:00	Benoni Northern Grounds	Benoni N	Jan Jordaan	082 8000762
1-Nov	Fri	AFS	Engo / Parent & Child	105	18:00	Clock Tower Welkom	Goudveld	Laura Van Wyk	0814592297
2-Nov	Sat	AFS	Engen To Enger	2110	6:00	Engen Northridge Mall	Bfn Strider	Francois Booysen	618011713
2-Nov	Sat	AFS	Sasolburg Summer Race	1510	6:00	DP d Villiers Stad Sasolburg	Sasolburg	Miekie Grobler	083 6300440
2-Nov	Sat	AGN	Freedom of Expression	211005	6:00	Wonderpark	BkDiamond	Steven Baloyi	082 2622568
2-Nov	Sat	Bor	Twizza Bonkola Marathon	42121	5:30	Bonkola Dam Queenstown		Liezl Heideman	076 3992143
2-Nov	Sat	EPA	Nmnm 1 City 42k & Relay	2410	6:00	Port Elizabeth City Hall	EPA	Michael Mbambani	079 1496796
2-Nov	Sat	Mpu	Kaapsehoop 3 in 1	422110	5:30	Kaapsehoop-Mbombela stadium	Nelspruit	Yolanda de Villiers	084 6076314
2-Nov	Sat	SWD	Garden Route 42km	4210	6:00		Nedbank RC	Chantelle O'Brien	072 6758887
2-Nov	Sat	WPA	Table View High School	105	7:00	Table View high	West Coast	Lindsay	084 2887987
3-Nov	Sun	CGA	Soweto Marathon	422110	6:00	FNB Stadium	Soweto Mar	Sello Khunou	082 6836530
3-Nov	Sun	KZN	PVAC Challenge	2110	6:00	Kings Park Athletic Stadium	Phoenix V	Danny Chetty	084 0457877
3-Nov	Sun	WPA	The Landmarks 21km	216	6:00	Keurboom rd Rondebosch	WPCC AC	Ted Vickery	0761957289
6-Nov	Wed	Mpu	Sasol Secunda Night race	105	19:00	Sasol Recreation club	Sasol MC	Abednego Sibanyoni	082 3329448
6-Nov	Wed	SWD	Spur to Spur 10km	10	18:00	Garden Route Mall	Outeniqua H	Deon de Jager	083 4534781
9-Nov	Sat	AFS	Sci Marathon	42211005	5:30	Bfn Achilles	BFN Ach	Beverley Oliver	0718953183
9-Nov	Sat	AGN	Mulakalo Washu	211005	6:00	Rietondale Park	Faranani AC	Victor Ramavhale	083 3659027
9-Nov	Sat	EPA	Transnet Red Bull Race	1515	6:30	Transnet Uitenhage	Transnet	Freek Daniels	0744942861
9-Nov	Sat	Lim	Bela Bela Marathon	42211005	5:30	Hoerskool Warmbad	Bela Bela	Neels Venter	082 623518
9-Nov	Sat	Mpu	November	211005	7:00	Kees Taljaard Middelburg	Rooses AC	Theuns Luus	083 6308729
9-Nov	Sat	WPA	Winkelands Marathon	42121	5:30	Eikestad primary Stellenbosch	Helderberg	Top Events	0215117130
10-Nov	Sun	Bor	Lightning Fast 10K	10	7:00	Voortrekker rd - Ox str		Dillon Pretorius	073 7996075
10-Nov	Sun	CGA	10km	10	7:00	Chris Hani Stadium	Orange Frm	Mayford Mzozoyana	076 2793482
10-Nov	Sun	CGA	21km/10km/km				Alberton		
10-Nov	Sun	KZN	Save Supermarket Orion	2110	5:30	Save Hyper Pietermaritzburg	Save Orion	Ajith Deena	083 6592732
10-Nov	Sun	WPA	Spartan Harriers Big Walk		6:00		Spartan H	Patrick Wonfor	084 5282855
14-Nov	Thu	AFS	Owa Owa Half Marathon	10	6:30	Charles Mopeli Owa Owa	Owa Owa AC	Jappie Monele	073 7113862
14-Nov	Thu	AFS	Xolile Yawa Community	5	8:30	Lerato Creche Bainsvlei	Fast Legs	Kantoor Nkoane	079 8731706
16-Nov	Sat	AFS	NGkerk Wesselsbron half	21	6:30	Ng Kerk Wesselsbron	Bothaville	Melanie De Bruyn	731833487
16-Nov	Sat	AGN	Tom Jenkins Challenge	211005	6:00	Union Buildings	Arcadia	James Matshegga	084 5661595
16-Nov	Sat	Bor	Gonubie Coastal Challenge	2110	6:00	Gonubie Sports Club		Mark Lindstrom	082 5530949
16-Nov	Sat	EPA	Vukani 15km race	1515	6:00	Victoria ParkClub	Vukani M S	Wonga Mula	083 3254870
16-Nov	Sat	KZN	CMiYC Women for Change	105	5:30		Zululand MS	Sabrina Walters	072 9636090
16-Nov	Sat	Mpu	Great Lake Marathon	42211005	6:00	Chrissiesmeer Lodge	Shalom MC	Petros Nlangamandla	740416591
16-Nov	Sat	SWD	Knysna Waterfront	211005	7:00	Knysna Waterfront	Knysna	Gavin Bezuidenhout	083 5027935
16-Nov	Sat	WPA	Edgemead 10km	105	6:30	Edgemead high	Edgemead AC	Liam Hendrickse	072 3927558
17-Nov	Sun	CGA	Soweto Big Race	211005	6:30	Elkah stadium	Loop n Val	Herbet Makhale	072 5563678
17-Nov	Sun	KZN	Bluff Marathon	422115	5:00	55 Smith Drive Bluff	Bluff AC	Lindsay Kapp	083 6253386
23-Nov	Sat	AFS	Cherry Race	235	6:30	Ficksburg P/S	Ficksburg	A. Fourie	073 8086189
23-Nov	Sat	AGN	Voortrekker Monument Race	211005	6:00	Voortrekker Monument	VTM	Leon Bezuidenhout	083 3260405
23-Nov	Sat	AGN	AGN Racewalk Grand chall		6:30	Tuks Walking Track	AGN	Jaap Willemse	083 2661133
23-Nov	Sat	EPA	Saps races	211005	6:00		Saps A C	Michael Dekker	083 3327866
23-Nov	Sat	KZN	Hope Challenge	2110	6:00	Drbn U of Tech	Ethekewini	Ndokenhle Zulu	072 2218784
23-Nov	Sat	KZN	Sani Slagger	42121	6:00	Premier Resort Sani Pass	Sani AC	Matt Goode	072 9073818
23-Nov	Sat	Lim	The Magoeba Plunge	421515	6:00	Haenertsburg	Tzaneen M C	Tracey vd Dool	083 9680902
23-Nov	Sat	Mpu	KMI trail	211005	6:00	KMI International Airport	Nelspruit	Yolanda de Villiers	084 6076314



23-Nov	Sat	Mpu	Elandsloof Challenge	211105	7:00	Elandsloof trout farm	Middelburg	Piet Schoeman	072 7910378
23-Nov	Sat	WPA	Mitchells Plain 21km	211105	6:00	Rocklands Mitchell's Plain	Mitch Plain	Shane Murray	071 8709148
24-Nov	Sun	CGA	RAC City Lodge Tough One	32	6:00	Old Parktonians Randburg	RAC	Vreni Welch	011 4428256
24-Nov	Sun	CGA	RAC Asics 5km dash	5	6:30	Old Parktonians Randburg	RAC	Vreni Welch	011 4428255
24-Nov	Sun	KZN	DHS Old Boys 10km	10	6:00	Crusaders Sports Club	Old DHS	Sean de Groot	083 2158067
24-Nov	Sun	SWD	Vlaakte Marathon	4212110	5:00	Heidelberg High	Langeberg	Nico Steyn	083 2263091
27-Nov	Wed	WPA	Niel Joubert Plaaswedloop	10	18:15	Klein Simonsvllei Klampuis	Sanlam AC	Robert Keynel	082 4740399
29-Nov	Fri	AFS	Harmony Engen Night	105	18:30	Griffons Stadium Welkom	Harmony st	Deon Lodder	082 9213330
30-Nov	Sat	AGN	Run & walk for bibles	32211105	6:00	LewendeWoord Church Clubview	ACRW	Wynand Meiring	082 7787327
30-Nov	Sat	EPA	Colchester 10km	105	7:00	Mckay Bridge Club Colchester	EPA	Michael Mbambani	079 1496796
30-Nov	Sat	Lim	Mzansi A C 3-in-1	211105	6:00	Polokwane Cricket Grounds	Mzansi A C	Lufuno Mudau	063 9344857
30-Nov	Sat	Lim	Zone-2-Zone	215	7:30	Nkowankowa Stadium	Nkowankoa	Conrde	082 7361361
30-Nov	Sat	Mpu	Steve Tshwete Muni	211105	6:00	Hendrina	Eskom AC	Paul Bester	082 9667767
30-Nov	Sat	WPA	Phoenix AC 10k Challenge	105	7:00	CPUT Symphony Way Bellville	Phoenix AC	L Samuets	0813189310
1-Dec	Sun	CGA	World Aids Day Race	211105	6:30	Katlehong Sports Centre	Soul City	Arnold Ravhutulu	0791354566
1-Dec	Sun	KZN	YWP Stainbank Cup	15110	6:00	Yellowwood Park Sports Club	Yellowwood	Fred Schoon	083 3844053
1-Dec	Sun	SWD	Humble Gospel Community	513	8:00	Highgate Ostrich Oudtshoorn	Nedbank RC	Petrus Le Roux	071 0556183
1-Dec	Sun	WPA	Bottelary 21km Farm Run	211105	6:30	Bottelary Hills	Bottelary	Rochelle Soggop	0611017739
4-Dec	Wed	SWD	Love Life Run	103	18:00	Blue Olive Rest Wilderness	Cape MSC	Helena Ferreira	076 5939636
7-Dec	Sat	AGN	Skosana race	151105	6:30	Kgosi Mampuru II	Nedbank	Enoch Skosana	082 8258001
7-Dec	Sat	Bor	Hogsback trail		8:00	Arminel Hotel Hogsback		Sharon Eldridge	083 2843781
7-Dec	Sat	EPA	Pe City Marathon	42110	5:00	Lorraine Ng Kerk Marne Ave	Crusaders	Shaun Roberts	827111341
7-Dec	Sat	Lim	Mapungubwe Raod Race	211105			RWFLAC	Kobie Marais	082 5615429
7-Dec	Sat	Mpu	DCSR Cultural Festival	105	6:00	Bergvlam high	Nelspruit	Yolanda de Villiers	084 6076314
7-Dec	Sat	SWD	Palm Tyres	21110	7:00	Ironside Str George	Outeniqua H	Deon de Jager	083 4534781
7-Dec	Sat	WPA	AVBOB 15km	15	6:00	Pick 'n Pay Table View	Tygerberg	Leon Thelander	083 9996450
8-Dec	Sun	AGN	Mandela Walk & Run	105		Union Buildings	Mamelodi AC	Walter Vilakazi	013 3274932
8-Dec	Sun	AVT	Sedibeng Marathon	421105	6:00	Dickenson Park Vereeniging	32GI AC	Frans Chauke	078 5729938
8-Dec	Sun	Bor	XPE 15km	155	6:30	Sisa Dukashe Stadium		Alex Kambule	0741390550
8-Dec	Sun	KZN	15km Christmas Challenge	15	6:00	Westville Athletic Club	Westville	Sharon Schubach	082 4141783
8-Dec	Sun	WPA	VWS Trail Challenge	20110	7:30	Deer Park Cape Town	Wildfire	Daniel Kimber	078 0992770
11-Dec	Wed	SWD	Steeple to Steeple	10	8:00	NG Kerk Moedeberg George	Outeniqua H	Deon de Jager	083 4534781
13-Dec	Fri	CGA	Gauteng Striders 10km/5km	105	7:00	Vosloorus Stadium	Gauteng St	Boyce Joko	
14-Dec	Sat	AGN	The Combat Run	211105	6:00	Gerotek Test Facilities	Tilans/Arms	Thabiso Nakin	082 8652398
14-Dec	Sat	Bor	Jingle Bells Fun Run		8:00	Gonubie Sports Club		Mark Lindstrom	082 5530949
14-Dec	Sat	EPA	Baywest Mall 10km race	105	6:00	Baywest Mall	Charlo A C	Eusentha Pillay	084 6650910
14-Dec	Sat	NWN	ANWN 5km Fun Run/Walk	5		Olympia Park Stadium		ANWN	
14-Dec	Sat	SWD	Somerson	21110	6:00	Diaz Beach Mossel Bay	Mossel Bay	Paulus Allart	0734125440
14-Dec	Sat	WPA	Velocity 21km	21110	6:00	Atlantis Multi Purpose	Velocity AC	Mario Philander	072 2541880
15-Dec	Sun	KZN	The Big Hill Run	21110	6:00	Sugar Rush Park Ballito	Dolphin Cst	Zeldi Mann	714220953
16-Dec	Mon	CGA	Lets colour out cancer	211105	6:00	Orlando Communal Hall	Orlando	Sibongile Marultha	078 4450249
16-Dec	Mon	CGA	Vosloorus 10km	105	7:00	Vosloorus Stadium	Vosloorus R	Siphiwe Nhlapho	083 2488736
16-Dec	Mon	Mpu	Matjhiding Day of Recon	211105	6:00	Matjhiding Taxi Rank	Siyabuswa	Joseph Skosana	072 6789596
16-Dec	Mon	SWD	Knysna Nite Race	105	18:00	Knysna Marathon Clubhouse	Knysna	Gavin Bezuidenhout	083 5027935
16-Dec	Mon	SWD	Edens Streetmiles	1.6		Oudtshoorn	Oudtshoorn	Dave vd Walt	082 7734901
16-Dec	Mon	WPA	Reconciliation Day 10k	104	7:00	NY 49 Stadium Gugulethu	Gugs	Themba Shoko	082 4764656
17-Dec	Tue	SWD	Nite Race		18:00	Correct Service Mossel Bay	Mossel Bay	Paulus Allart	0734125440
18-Dec	Wed	SWD	Edens Streetmiles	1.6		George	Oudtshoorn	Dave vd Walt	082 7734901
18-Dec	Wed	WPA	Growthpoint Sundowner 10k	10	18:15	V & A Waterfront Cape Town	E Kraaifont	William Swartbooi	084 2477170
20-Dec	Fri	SWD	Edens Streetmiles	1.6		Hartenbos	Oudtshoorn	Dave vd Walt	082 7734901
21-Dec	Sat	EPA	Drommedaris Furnish Run	105	7:00	Drommedaris Furn Jeffrey Bay	Kouga MSC	Corrie Coetzee	073 9052231
21-Dec	Sat	SWD	Great Brak Total Moordkui	154	7:30	VGK Church Greatbrak River	Hatenbos	Johan Viljoen	082 9408830
26-Dec	Thu	Mpu	Siyabuswa Boxing day run	211105	6:00	Univ Mpumalanga Campus	Siyabuswa	Legasa Tlometane	079 4374705
26-Dec	Thu	SWD	Etroy Gelant Development	815	18:00	Mission str Pacaltsdorp	Rainbow AC	Sidwell Okober	078 3958489
26-Dec	Thu	WPA	Tokai Manor House 16km	168	6:30	Maths Science Tech Tokai	Southern St	Graham Ford	082 4459824
31-Dec	Tue	AGN	Old Year's Race	105	17:00	Rietondale Park	Arcadia	James Matshekga	082 5661595
31-Dec	Tue	AVT	Nedbank Ou Jaar's Race	105	18:00	Kollegepark Primary	Nedbank	David Jordaan	082 3641954
31-Dec	Tue	SWD	Oujaarsdraffie	1014	6:00	Sandriver rd Hartenbos	Hartenbos	Johan Viljoen	082 9408830
31-Dec	Tue	WPA	Runnes Memorial Race 8k	8	18:30	Mouille Point Lighthouse	Edgemead AC	Liam Hendrickse	072 3927558