

Date	Day	Prov	Event	Distance	Time	Venue	Club	Contact
1-Jan	Tue	AGN	New Years Run/Walk	10/5		Botanical Gardens	RWFL	Daan du Toit
5-Jan	Sat	AGN	A4A Road Safety Race	21/10/5	6:30		A4A	Matome Lhome
5-Jan	Sat	CGA	Varsitykudus	15	6:30	West Campus Wits University	Kudus	Grant Hayward
5-Jan	Sat	EPA	Jeffrey's Bay 15km	15/5	6:30		Kouga MSC	Corrie Coetzee
5-Jan	Sat	WPA	Beachcomber 15km	15/10/4	6:30	Strandfontein Pav Spine Rd	Stragglers	Allen Barnes
8-Jan	Tue	AVT	32Gi Run	21/10	6:00	Arcon Park	32GI AC	Frans Chauke
9-Jan	Wed	Lim	Oasis Hotel 5 in 1	42/32/21/10/5	5:45	Mokopane primary	Potties A C	Aubrey Baloyi
11-Jan	Fri	Bor	PWC Nite Race	10/5	18:00	Old Selbornian Club		Sharon Eldridge
12-Jan	Sat	AGN	ACE	21/10/5	6:00	Eersterust Sport Stadium	ACE	Roewyn Danster
12-Jan	Sat	EPA	N2 City - Bluewater Bay	15/5	6:00	N2 City Bluewater Bay	Bluewater B	Colin Parkins
12-Jan	Sat	Lim	Mzansi Anniversary Race	15/5	6:00	Polokwane Cricket Grounds	Mzansi A C	Lufuno Mudau
13-Jan	Sun	CGA	Dischem Half Marathon	21/5	6:00	Bedfordview Country Club	Bedfordview	Charn Swart
13-Jan	Sun	KZN	Ronnie Davel Memorial	16	7:00	Laddsworth Primary Hilton	Hilton H	Paul Laing
13-Jan	Sun	KZN	Battle of Ramaloo Nandia	10	8:00	Port Shepstone Senior	Ugu AC	Pardon Mathebula
13-Jan	Sun	WPA	Nutribullet Bay-Bay 30k	30/15	5:30	Maiden's Cove Camps Bay	Top Form AC	Alistair Kannemeyer
16-Jan	Wed	AFS	Awesome Race	10/5	6:30	Phuthaditjhaba Stadium	Awesome R	Paul Motaung
16-Jan	Wed	CGA	Berg'n'Dal Night Race	15/5	19:00	President Hyper Krugersdorp	Krugersdorp	Shirley Gagiano
19-Jan	Sat	AFS	Mielie Marathon	42/21/10/5/2/1	5:30	Ths Sports Grounds Welkom	Goudveld	Marizanne
19-Jan	Sat	AGN	PWC George Claassen	21/10/5	5:30	Pick n Pay Hyper Faerie Glen	PMC	Bert vd Raad
19-Jan	Sat	Bor	East London Eye Hospital	10	6:30	Beacon Bay Country Club		Graham Reynolds
19-Jan	Sat	EPA	Galaxy Bingo Two View	10/5	6:00	Lifestyle Centre	Charlo A C	Eusentha Pillay
19-Jan	Sat	Lim	Thornhill Seeff / Spar	21/10/5	6:30	Thornhil Shopping Centre	Polokwane	Pieter Pretorius
19-Jan	Sat	Mpu	Eskom-Anglo Power Run	32/21/15/10/5	6:00	Anglo club house	Eskom/Anglo	Jafta Mahlangu
19-Jan	Sat	WPA	Hohenort 15km	15	6:00	Constantia Main rd Alphen	Pinelands	Jerome Merton
20-Jan	Sun	CGA	Garbie Striders 32km	32/15/5	6:00	Veritas College Springs	Striders AC	Lelani vd Walt
20-Jan	Sun	KZN	Kearsney Striders half	21/10	6:00	Kearsney College	Kearsney	Jennifer Rigby
22-Jan	Tue	AFS	Dare Devil Run Bloem		17:30	To Be Confirmed	Mangaung	Sydney London
23-Jan	Wed	AFS	Night Race	10/5	18:30	Boeremark Lhp	Bfn Strider	Francois Booysen
23-Jan	Wed	Mpu	Middelburg Ferrochrome	10/5	19:00	Kees Taljaard Middelburg	Midack AC	James Faber
23-Jan	Wed	WPA	Jointease Dan Luyt 15km	15	18:30	Aurora SparDurbanville	Bellville	Albie de Waal
25-Jan	Fri	SWD	Top Gear Run	10/5	18:00	Top Gear Mead str-George	Rainbow AC	Sidwell Oktober
26-Jan	Sat	AFS	Leon Botha Brandwag Mem	4	10:00	Preller Square Bfn	Kovsie AC	Rufus Botha
26-Jan	Sat	AGN	Wonderpark Akasia	42/21/10/5	5:30	Wonderpark Shopping Mall	Akasia AC	Altje Conradie
26-Jan	Sat	EPA	Cassie's 15km	15/5	6:00	Kabega Park primary	Nedbank EC	Jan van Eeden
26-Jan	Sat	Mpu	Volksrust 5-in-1	42/32/21/10/5	6:00	Volksrust Highschool	Volksrust	Alwyn Strydom
26-Jan	Sat	WPA	STBB Red Hill Marathon	42/36/5	5:30	Silverglades Fish Hoek	Fish Hoek	Marieta Stevens
27-Jan	Sun	Bor	Bridal Drift Half	21	5:30	Sisa Dukashe Stadium		Alex Kambule
27-Jan	Sun	Bor	SchoolsCorporateFamily 5k	5	6:00	Sisa Dukashe Stadium		Alex Kambule
27-Jan	Sun	CGA	Johnson Crane	42/21/10/5	6:15	Willowmoore Park	Benoni H	Ashvin Jivan
27-Jan	Sun	KZN	PDAC 25km	25	5:00	Watercrest Mall	PDAC	Greg Patterson
30-Jan	Wed	CGA	Arwyp Med Nite Race	15/5	19:00	Barnard Stadium Kempton Park	Kempton RR	Gail Elliot Wilson
30-Jan	Wed	Mpu	Van Wettens Nite	10/4	18:00	Ingwenyama Sports arena	LVCC	Karlien
30-Jan	Wed	Mpu	Rooies Nite Race	10/5	19:00	HTS Middelburg	Rooies AC	Theuns Luus
30-Jan	Wed	WPA	Brackenfell 10km	10/5	18:20	Brackenfell high	Brckenfell	Leon Visser
2-Feb	Sat	AFS	Sasol 42k FS 42k champs	42/21/10	6:00	DP d Villiers Stad Sasolburg	Sasolburg	Miekie Grobler
2-Feb	Sat	AGN	Magnolia Classic	21/10/5	6:00	Rietondale Park	Magnolia	Hank Bezuidenhout
2-Feb	Sat	Bor	BUCO Tomato Trot	15/5	15:30	Lilyfontein School		Caroline Kruger
2-Feb	Sat	EPA	Oorie Berg	21/10/5	7:00	Die Stoor Kareedouw	Walmer A C	Loynes Jenkerson
2-Feb	Sat	Mpu	Izimbiwa 5-in-1	42/32/21/15/10	6:00	Shanduka Coal	Middleburg	Piet Schoeman
2-Feb	Sat	SWD	De Dekke Spar	21/10/4	7:00	De Dekke Spar Greatbrakriver	Hartenbos	Johan Viljoen
2-Feb	Sat	WPA	Firgrove Challenge	21/10	5:45	Maths ScienceTech Tokai	Spartan H	Michael Adams
3-Feb	Sun	CGA	Bobbies	21/10/4	6:00	Greenstone Mall Edenvale	SAPS CGA	Hein Gerber
3-Feb	Sun	KZN	DG Panel Paint Challenge	32/16	5:00	Barns rd Rugby Grounds	Sydenham SC	Anita Johannes
6-Feb	Wed	Mpu	Stef Stocks Valentyns	10/2	19:00	Sasol Recreation Club	Secunda MC	Wilna Jordaan
6-Feb	Wed	WPA	Sanlam 10km	10/5	18:00	Sanlam Head Office	Sanlam AC	Robert Keynel
7-Feb	Thu	NWN	Nite Race Rustenburg	10/5/2		Rustenburg Golf Course		Hetta
8-Feb	Fri	SWD	Hope Church Night Trail		18:30	Botanical Gardens-George	Nedbank RC	Thia Landsberg

9-Feb	Sat	AFS	Kloppers Marathon	42\21\10\5	5:30	Bfn Achilles	BFN Ach	Beverley Olivier
9-Feb	Sat	AGN	Bronkhorstspuit	32\10	6:00	Hoërskool Erasmus	BHS	Danie Kruger
9-Feb	Sat	CNW	Kmk race		5:30	Wilkoppies	KMK	Marius V Heerden
9-Feb	Sat	EPA	Bay Ultra Marathon	50\21\10	5:00	Pollok Beach Summerstrand	Body Con	Mark Huppelschoten
9-Feb	Sat	Lim	Oasis Hotel Potties 5 n 1	42\32\21\10\5	6:00	Mokopane	Potties A C	Cheraye Engelbrecht
9-Feb	Sat	Lim	27km for Freedom	27		Drakenstein		Top Events
9-Feb	Sat	Mpu	York marathon	56\42\21\10	6:00	York Sportsground	York Advent	Odette v Staden
9-Feb	Sat	WPA	Top Form 10km race	10\5	6:30	Turfhall Park Sports Stadium	Top Form AC	Alistair Kannemeyer
9-Feb	Sat	WPA	27 for Freedom	27\10	7:00	Drakenstein Prison Services	Corr Serv	Top Events
10-Feb	Sun	Bor	Nedbank Gravel Crusher			Farm 19 Fort Pato rd Gulu		Nadia Lucouw
10-Feb	Sun	CGA	Pick n Pay 42k CGA champs	42\21\18\4	6:00	Saheti School Senderwood	Jeppe	Bruce King
10-Feb	Sun	KZN	Theshold Hillcrest 42k	42\21	5:00	Central Hillcrest	Hillcrest	Peter Burton
13-Feb	Wed	AVT	Valentines Race Night	15\10\5	18:30	SE 8 Planet Fitness	ArcelorMitt	Malie vd Walt
13-Feb	Wed	CNW	Doringkruin Nite Race		18:30	Doring Kruin	KMK	Carel Van Zyl
13-Feb	Wed	Mpu	Power Of love Night race	10\5	18:00	Mbombela Stadium	Nelspruit	Yolanda de Villiers
13-Feb	Wed	Mpu	Dennies Nite Race	10\5	19:00	Dennesig Pimary Middelburg	Rooies AC	Theuns Luus
15-Feb	Fri	AFS	Bielie Mielie Marathon	42\21\10\5	6:00	Rejandaz Lodge Reitz	Maluti MSC	Salome Van Huyssteen
15-Feb	Fri	AFS	Omac Valentine Night Run	10\5	17:30	Naval Hill	Old Mutual	Moeketsi Selemela
15-Feb	Fri	AFS	Valentine Night Race	10\4	18:30	Welkom Square	Harmony st	Deon Lodder
15-Feb	Fri	CGA	Valentine's Race	10	19:00	Randburg Sports Complex	Randburg H	Michelle Knotzer
16-Feb	Sat	AGN	BestMed TUKS	42\21\10\5	5:30	TUKS Athletics Stadium	TUKS AC	Vollie Spies
16-Feb	Sat	AVT	Lets Gijima for Cancer	10\5	7:00	Old Vaaltonians Vbp	RWFLAC	Lorain Patrick
16-Feb	Sat	EPA	Valentine's	10\5	6:00	Metlife Mall Kabega Park	Achilles	Anche Schubart
16-Feb	Sat	KZN	TW Mchunu Legacy 42k	21\10\6	7:00	Estcourt Town	Emtshezi	Clement Sithole
16-Feb	Sat	Lim	Capricorn District	42\21\10\5	6:00	Rugby B & C fields Polokwane	Polokwane	Pieter Pretorius
16-Feb	Sat	Mpu	Sasol Secunda Marathon	42	6:00	Sasol Recreation club	Sasol MC	Abednego Sibanyoni
16-Feb	Sat	Mpu	Sasol Secunda Marathon	21\10\5	6:00	Sasol Recreation club	Sasol MC	July Mavuso
16-Feb	Sat	SWD	Beaufort Wes	42\21\10			Beaufort W	Jan Viljoen
16-Feb	Sat	WPA	Race Walking Grand Prix 1	20\10	7:00		WPA walk	Stefano Kruger
17-Feb	Sun	AVT	Elites Run	10\5	7:00		Lekoa AC	Norman Dlomo
17-Feb	Sun	Bor	Masters Half Marathon	21	6:00	Winterstrand - Buffs club		John Oatley
17-Feb	Sun	Bor	Merrifield Mile	1.6				
17-Feb	Sun	CGA	Pirates Half Marathon	21	6:00	Pirates Club Greenside	Pirates	Dave Case
17-Feb	Sun	KZN	Dickking	10	6:00	Amanzimtoti	Amanzimtoti	Cecilia Brown
17-Feb	Sun	KZN	Zabalaza Half Marathon	21\10	6:00	Cato Ridge Country Club	Zabalaza AC	Bongani Ndlovu
17-Feb	Sun	SWD	OCC Wheelchair Challenge	42\21\10	8:00	York str George	OCC	Alewijn Dipenaar
17-Feb	Sun	WPA	Cape Peninsula Marathon	42\21	5:15	Green Point to Simon's Town	Celtic H	Hilton Kearns
20-Feb	Wed	Mpu	McCarthy Panorama	10\5	19:00	Panorama primary	Coaldust	Abie Smit
20-Feb	Wed	WPA	Summer Sunset Team TT	4x3	18:15	Green Point Cricket Club	ATC Running	Gert Wilkins
22-Feb	Fri	SWD	Infantry School Cango	5	17:00	Infantry School-Oudtshoorn	Military SC	Richard Hughes
22-Feb	Fri	SWD	Infantry Night Trail	9.5	19:00	Infantry School-Oudtshoorn	Military SC	Richard Hughes
23-Feb	Sat	AFS	Swasap Ultra Marathon	42\21\10\5	5:30	Bfn Achilles	BFN Ach	Beverley Olivier
23-Feb	Sat	AFS	Bielie Mielie Marathon	42\21\10\5	6:00	Reitz Showgrounds	Maluti MS	Ebarnie Cilliers
23-Feb	Sat	Bor	Discovery Surfers chall		14:00	Kwelera - Nahoon Mouth		
23-Feb	Sat	EPA	Kromberg & Schubert 15km	15\5	6:30	Frans Conradie Primary	Muirite Str	Clive van Rayner
23-Feb	Sat	KZN	CMIYC Night Race	10	17:00		Zululand MS	Sabrina Walters
23-Feb	Sat	Lim	Marula	21\10\5			RWFLAC	Kobie Marais
23-Feb	Sat	Mpu	TWK Assegaai 3-in-1 42k	42\21\10	6:00	Piet Retief Rugby Club	Assegaai MC	Anne Nieuwenhuizen
23-Feb	Sat	SWD	Cango Marathon	42\21	6:00	Infantry School-Oudtshoorn	Military SC	Richard Hughes
23-Feb	Sat	WPA	Old Mutual 10km	10\5	6:00	Mutual Park Pinelands	Old Mutual	Robbie Visser
23-Feb	Sat	WPA	Cango 422 + 21,1km	42\21		Oudtshoorn	Military SC	Richard Hughes
24-Feb	Sun	AGN	Pretoria Marathon	42\21\10	6:00	Phobians Club	Phobians	Dimitri Kavallineas
24-Feb	Sun	CGA	Township Marathon	42\21\10\4.54	6:00	Eldorado Park Stadium	Pegasus	Joe Morris
24-Feb	Sun	WPA	Sunfoil 10km Big Walk					
27-Feb	Wed	Mpu	Hoogenhout Nite race	10\5	19:00	Hoërskool Hoogenhout Stadion	Bethal MC	Marike Schoeman
2-Mar	Sat	AFS	Surrender Hill Marathon	42\21\10\5	6:00	Clarens Square Clarens	Bethlehem	Elmarie Kruger

2-Mar	Sat	AFS	Students Fundraising	5	7:00	Charles Mopeli Qwa Qwa	Qwa Qwa AC	Jappie Monele
2-Mar	Sat	AFS	4 X 4km Road Relay		8:00	Ufs Xcountry Track	Kovsie AC	Arina Engelbrecht
2-Mar	Sat	AGN	Medihelp Sunrise Monster	32\21\10\5	6:03	Harlequin Club Groenkloof	HQH	Geoff Hesse
2-Mar	Sat	Bor	Kempston Ladies Nite Race	10\5	17:00	Oxford Striders Nahoon		Dillon Pretorius
2-Mar	Sat	CGA	Easy Equities Born to Run	15\32	6:00	St Stithians	Born2Run	Dave Coetzee
2-Mar	Sat	KZN	Battlefields Marathon	42\21\10	6:00	Hutten Prk primary Newcastle	Newcastle H	Vernon vd Merwe
2-Mar	Sat	KZN	Neighbourhood Race	21\10	6:30	Market Spar	Abasubathi	Sipho Mncube
2-Mar	Sat	Lim	Erica Athletics Day	21\10\5	6:00	Oosskool	Polokwane	Erica Primary
2-Mar	Sat	Lim	Marekele 3 in 1	42\21\10\5	6:00	Marekele Reserve	Thabazimbi	Maryke Carstens
2-Mar	Sat	Lim	Tzaneen Tuffy	42\21\10\5	6:00	The Coach House Hotel	Tzaneen M C	Paul Zaayman
2-Mar	Sat	Mpu	Uniwisp Fast 3-in-1	50\42\21\10	6:00	Mbombela Stadium	Nelspruit	Yolanda de Villiers
2-Mar	Sat	SWD	Die Poort	21\10\5	8:00	Show Grounds -Uniondale	Outeniqua H	Kosie Zondagh
2-Mar	Sat	WPA	Century City 10k Express	10	7:00	Central Park Century City	Century C	Tatum Sieni
3-Mar	Sun	AVT	Cape Gate Vaal Marathon	42\21\10\5	6:00	Dick Fourie Stadium	Vaal AC	Steve Jackson
3-Mar	Sun	CGA	Johannesburg Marathon	42\10\10\5	6:00	Johannesburg	Makana	CGA
3-Mar	Sun	CGA	Olifantsfontein 10km Race	10	6:00	Olifantsfontein Sports Club	Olifantsfnt	Tumelo Mokobane
3-Mar	Sun	KZN	The Deloitte Challenge	42\21\10	6:00	Ballito - Sibaya Casino	Dolphin Cst	Barry Holland
3-Mar	Sun	KZN	Harry Gwala District 42k	42\21\10	6:30	Highflats	Genius AC	Themba Gumede
3-Mar	Sun	WPA	ABAX Milkwood half	21\10\5	6:30	Soetwater Rec Kommetjie	Harfield H	Richard Sutton
3-Mar	Sun	WPA	Kilimanjaro Marathon	42	7:30	Tanzania	Wild Front	Race Office
4-Mar	Mon	SWD	kleinkaroo Sake-Aflos		18:00	Baron van Reede Rd	Oudtshoorn	Dave vd Walt
6-Mar	Wed	Mpu	Eskom Spur Nite Race	10\5	19:00	Spur Steak house Benfleure	Eskom AC	Paul Bester
6-Mar	Wed	WPA	Lighthouse 10k Night Race	10	19:00	Main Rd Sea Point	Walmers	Rayaan Williams
9-Mar	Sat	AFS	Aldam Anco Louis Massyn	50\42\32\21\10	6:00	Aldam Estate Ventersburg	Goudveld	Marizanne
9-Mar	Sat	AFS	Rose Run	32\10	6:00	Emoya Estate	Pentagon P	Morne Burger
9-Mar	Sat	AGN	BUCO Bobbies 3-in-1	21\10\5	6:00	Wonderboom Junction	PPMC	Karel Swanepoel
9-Mar	Sat	EPA	Sportsmans Warehouse	15\5	6:30	William Moffet Shopping	Madiba Bay	Basil McLean
9-Mar	Sat	Mpu	PWC Kosmos 3-in-1	42	6:00	Lake Umuzi Waterfront	Secunda MC	Race Officer
9-Mar	Sat	Mpu	PWC Kosmos 3-in-1	21\4.5	13:00	Lake Umuzi Waterfront	Secunda MC	Race Officer
9-Mar	Sat	Mpu	PWC Kosmos 3-in-1	10	17:00	Lake Umuzi Waterfront	Secunda MC	Race Officer
9-Mar	Sat	SWD	Tortoise Tuff	30\10\3	6:00	Sedgefield primary	Sedgefield	Sarie Exton
9-Mar	Sat	SWD	Tortoise Tuff trail	21	7:10	Sedgefield primary	Sedgefield	Sarie Exton
9-Mar	Sat	WPA	Constantia Village 15km	15\5	6:15	Alphen Hall Constantia	K-Way VOB	Thomas Andrews
10-Mar	Sun	AFS	Aldam Anco Louis Massyn	21\10\5	7:00	Aldam Estate Ventersburg	Goudveld	Marizanne
10-Mar	Sun	Bor	Buffalo Marathon	42	5:30	N6 Mcleantown -Buffs club		Meta Scott
10-Mar	Sun	Bor	Buffalo Half Marathon	21	6:00	N6 Python Park - Buffs club		Meta Scott
10-Mar	Sun	CGA	Pharmaton Edenvale 42k	42\21\10\5	6:00	Edenvale high	Rand Road	Joe/Claudia
10-Mar	Sun	KZN	Stella Royal	25\10	5:00	Stella Sports Club	Stella AC	Derek McMaster
10-Mar	Sun	WPA	Cape Cycle Tour		6:00	Cape Town		
13-Mar	Wed	Mpu	MMK Streetmile	1.6	19:00		MMK	Piet Schoeman
15-Mar	Fri	AFS	Sedibeng Water Night Race	15	18:00	Sedibeng Water	Bothaville	Melanie De Bruyn
16-Mar	Sat	AGN	Racewalk Grand Prix 1	10\5\3\1	7:30	Tuks Walking Track	AGN	Jaap Willemse
16-Mar	Sat	Bor	Addo trail	76\44		Addo Elephant National Park		
16-Mar	Sat	EPA	Uitenhage Human Race	30\10\5	6:30	Derek Ferreira Rosedale	EPA	Michael Mbambani
16-Mar	Sat	Mpu	Bateleur Estate Memorial	21\10\4	6:30	Bateleur Estate The Rest Rd	LVCC	Karlien
16-Mar	Sat	NWN	Om Die Dam	50\21\10\5		Schoemansville Harties		Jaco Venter
16-Mar	Sat	WPA	Ravensmead 15km	15\10\5	6:30	Florida Park Ravensmead	Ravensmead	Sean Davids
17-Mar	Sun	Bor	Jemimas Hospitality 10km	10\5		Gonubie		
17-Mar	Sun	CGA	K-Way Gallopers race	15\5\1.6	7:00	Laerskool Leondale Boksburg	Gallopers	Lucky Miya
17-Mar	Sun	KZN	Crescent Challenge	10	6:30	Kings Park Athletics Stadium	Crescent SC	Zubie
17-Mar	Sun	SWD	Knysna Heads Marathon	42\21\10\5	6:00	Thesen Island	Knysna	Gavin Bezuidenhout
17-Mar	Sun	WPA	Tygerberg 30km	30	6:00	Parow Athletic Track	Tygerberg	Leon Thelander
20-Mar	Wed	Mpu	Coaldust Nite Race	10\5	19:00	Elkana Educational Centre	Coaldust	Abie Smit
21-Mar	Thu	AFS	Omac Human Rights Day Run	21\10\5	6:00	Sun Windmill	Old Mutual	Moeketsi Selemela
21-Mar	Thu	AGN	Right to Run/Walk	21\10\5	7:00	Sunnypark Shopping Centre	Arcadia	James Matshekga
21-Mar	Thu	AVT	Vaal Mall Race	15\10\5	6:00	Vaal Mall Vbp	ArcelorMitt	Malie vd Walt

21-Mar	Thu	CGA	Jaguars 21km		21 10	7:00	Ennerdale Ext 9 Sports	Jaguars	Elvis Niekerk
21-Mar	Thu	Mpu	Goldi Standerton		42 21 10	6:00	Standerton Show Grounds	Standerton	Heidi v d Merwe
21-Mar	Thu	WPA	Tyger Run		21 10 5	6:00	Tygervalley Shopping Center	Durbanvill	Top Events
23-Mar	Sat	AFS	FS 21k champs			7:00	Hts School-Welkom	Real Lions	Sam Ditshoane
23-Mar	Sat	AGN	Denel race		21 10	6:00	Denel Irene Campus	Denel AC	Kierie vd Schyff
23-Mar	Sat	Bor	Cabbage Patch 15Km		15 5	14:30	Komga Showgrounds		Bradley Malherbe
23-Mar	Sat	EPA	Lake Farm Charity Run		10 5	6:30	Lake Farm Centre Chelsea	Achilles	Graham Channon
23-Mar	Sat	Mpu	Elkana Pay-per-Kay		Circuit	6:00	Elkana Educational Centre	Coaldust	Abie Smit
23-Mar	Sat	Mpu	Great East 3-in-1		42 21 10	6:00	Great East Sports Club	Great East	Sambo
23-Mar	Sat	SWD	Cansa Relay 10km		10	7:00	Carpe diem School George	Outeniqua H	Johann Du Preez
23-Mar	Sat	WPA	Weskus Marathon		42 21 10 5	6:45	Langebaan Country Estate	Langebaan	Louis vd Walt
23-Mar	Sat	WPA	Hout Bay SA Trail Champs		54	7:00	Hout Bay	WP Trail	Richard Sutton
24-Mar	Sun	Bor	Gandhi Walk		5	9:00	Oxford Striders Nahoon		Dillon Pretorius
24-Mar	Sun	CGA	RunZone Northern Chase		32 15 5	6:00	Marks Park Sports Club	Run Zone	Graham Block
24-Mar	Sun	KZN	Peace in Africa		21 10	6:30	Kings Park Athletics Stadium	Mayibuyi AC	Siviwe Benya
24-Mar	Sun	WPA	Voet of The Wine Route		21 10 5	6:30	Zevenwacht Mall Kuilsrivier	In Touch AC	Marie Uys
25-Mar	Mon	AFS	Old Mutual AC FS 10k		10 5	6:00	Naval Hill	Old Mutual	Segametsi Thai
28-Mar	Thu	CGA	JP Morgan Corporate chall		5,6	18:30	Wanderers Club Illovo	Wanderers	
30-Mar	Sat	AGN	Kolonnade race		32 15 5	6:00	Kolonnade Shopping Centre	Overkruin	Johan Kirsten
30-Mar	Sat	EPA	Bruintjieshoogte 42k		50 25 1 5	6:00	Gill primary Somerset East	Somerset E	Henrico Marais
30-Mar	Sat	Lim	Mall of the North		42 21 10 5	6:00	Mall of the North	Polokwane	Corrie Calitz
30-Mar	Sat	Mpu	Gert Sibande Marathon		42 21 10	6:00	Gert Sibande District Office	Ermelo MC	Melody du Toit
30-Mar	Sat	SWD	KKI Volstruiswedloop		21 10	7:00	Wesbank primary Oudtshoorn	Oudtshoorn	David McKinnon
30-Mar	Sat	SWD	IAAF World CC champs				AarhusDenmark	ASA	Hezekiel Sepeng
31-Mar	Sun	Bor	Real GijimasUltra		50	5:30	Zwelitsha- Dukashe Stadium		Alex Kambule
31-Mar	Sun	Bor	5km Fun Run		5	7:00	Sisa Dukashe Stadium		Alex Kambule
31-Mar	Sun	CGA	Jackie Gibson Marathon		42	6:00	Klipriviersberg Recreation	JHB Harr	Cathy Munn
31-Mar	Sun	CGA	Allen Ferguson Half		21 5	6:30			
31-Mar	Sun	KZN	Tronox Marathon		42 21 10	5:30	Addison Park Empangeni	Umhlatuze	Roy Singh
31-Mar	Sun	KZN	Checkout Challenge		21 10	6:00	Kings Park Athletics Stadium	Verulam F	Krish Vadivelu
31-Mar	Sun	WPA	Slave Route Challenge		21 10 5	7:00	Grand Parade Cape Town	Brimstone	Farouk Meyer
3-Apr	Wed	Mpu	Richkim John Henry		15 10 5	19:00	Kees Taljaard Stadium	Midack AC	Johnathan Haarhoff
6-Apr	Sat	AFS	Potato Pride Marathon		42 21 10	7:00	Gj Human Sportgronde	Goudveld	Anita Oberholzer
6-Apr	Sat	AGN	Ford Half Marathon		21 10 5	6:00	Ford Motors Sports Grounds	Ford AC	Bernard Masango
6-Apr	Sat	Bor	Mercedes BenzHome Run		15	7:00	Mercedes Benz C1 Parking		Comfort Guga
6-Apr	Sat	KZN	Arthur Creswell Memorial		52 21	6:00	Bergville Municipal Offices	Ladysmith	Lincoln Sibiya
6-Apr	Sat	Mpu	Kanyamazane 4-in-1		21 10 5	6:00	Kanyamazane Stadium	Kanyamazane	Sipho Langa
6-Apr	Sat	Mpu	McCarthy 3-in-1		32 21,1 10 5	6:00	Witbank dam	Eskom AC	Paul Bester
6-Apr	Sat	WPA	Leapfrog 21km		21 10	7:00	Gordon's Bay primary	Strand AC	Barry Muller
7-Apr	Sun	AGN	JointEze Irene Ultra		48 21 5	5:30	ARC Campus Irene	Irene AC	Race Office
7-Apr	Sun	CGA	Alan Robb 15 and 32		32 15	6:30	Germiston Stadium	Germiston	Les Black
7-Apr	Sun	EPA	Ironman Africa						
7-Apr	Sun	KZN	Durban City Marathon		42 21 10	5:30	Kings Park Athletic Stadium	KZNA	Dees Govender
7-Apr	Sun	WPA	Central Athletics 10k		10 5	7:00	Newlands Cricket Stadium	Central AC	Adnaan Mohamed
13-Apr	Sat	AFS	Kilo's Virklompvoetjies		21 10 5	6:00	Voortrekker Hoër Bethlehem	Bethlehem	Elmarie Kruger
13-Apr	Sat	AGN	Run Against Drugs		21 10 5	7:00	Pilditch Stadium	Mamelodi AC	Gabriel Makola
13-Apr	Sat	Bor	Pacers 10Km		10	6:30	Beacon Bay Country Club		Sharonne Dewing
13-Apr	Sat	CGA	Ekurhuleni Chris Hani 21k		21 10 5	7:00	Dawn Park primary	Vosloorus	Siphiwe Nhlapo
13-Apr	Sat	EPA	Correctional Services 10k		10 5	6:30	NG Church Van Stadens	St Albans	Marius Ferreira
13-Apr	Sat	Mpu	Forever Loskop Series 50k		50 21 5	6:00	Forever Resorts	Middelburg	Piet Schoeman
13-Apr	Sat	SWD	Two Lagoons		30 10 5	7:00	Wilderness Hotel	Cape MSC	Helena
14-Apr	Sun	CGA	Birchwood 21 CGA champs		21 10 5	6:30	Birchwood Hotel Boksburg	Birchwood	Natalia Walicsek
14-Apr	Sun	KZN	Chatsworth Freedom 42k		52 21 10	5:30	Chatsworth Stadium	Chatsworth	Ven Moodley
14-Apr	Sun	KZN	Nquthu Race		21 10 5	7:00	Umzinyathi Bridge	Nquthu AC	Samu Ntshangase
14-Apr	Sun	WPA	SPAR Women's Challenge		10 5	7:30	Jan Burger Stad Parow North	WPA	WPA Office
19-Apr	Fri	EPA	Royal St Andrews trail		8	7:30	Royal Port Alfred Golf Club	Kowie Str	Sticks Stiglingh
19-Apr	Fri	WPA	Two Oceans trail		22 10	6:30	UCT Upper Campus	2Oceans	Sue Forge

19-Apr	Fri	WPA	Two Oceans Fun Runs		10:00	UCT Upper Campus	2Oceans	Sue Forge
20-Apr	Sat	AFS	Campus 2 Campus Marathon	21110\5	6:00	Goldfields Tvet Colleg	GoldfieldC	Constant Lithuge
20-Apr	Sat	AFS	Kovsie Runners Ultra	52	6:00	Pretty Gardens	Kovsie AC	Rufus Botha
20-Apr	Sat	Mpu	Siyabuswa Lifemap Easter	21110\5	6:00	Univ Mpumalanga Campus	Siyabuswa	Rinnie Matlou
20-Apr	Sat	WPA	Old Mutual Two Oceans 21k	21	5:50	Main rd Newlands	2Oceans	Sue Forge
20-Apr	Sat	WPA	Two Oceans ultra	56	6:30	Main rd Newlands	2Oceans	Sue Forge
22-Apr	Mon	AGN	Family Day Run/Walk	21110\5	7:00	Lynnridge Mall	RWFL	Daan du Toit
24-Apr	Wed	Mpu	Eskom Taafees Night race	10\5	19:00	Taafees Primary Witbank	Eskom AC	Paul Bester
27-Apr	Sat	AFS	Heritage Funday	10\5	7:00	Ventersburg	Real Lions	Sam Ditshoane
27-Apr	Sat	AGN	City of Tshwane Half	21110\5		Silverton	AGN	Walter Vilakazi
27-Apr	Sat	Bor	Buffalo Runners 10Km	10\5	6:00	Kingwilliamstown		Zakes Mndela
27-Apr	Sat	CGA	Cradle of Humankind	32\21\10\5	7:00	Makiti Wedding Venue	Krugersdorp	Sharlene Gagiano
27-Apr	Sat	EPA	Motherwell Freedom Run	10\5	7:00	Nu2 Stadiuim Motherwell	EPA	Michael Mbambani
27-Apr	Sat	KZN	Pongola Sugar Cane 4 in 1	42\21\10	6:00	Pongola Caravan Park	Pongola AC	Heinrich Koen
27-Apr	Sat	KZN	Ushaka	10	7:00	Ushaka Marine World	Ushaka AC	Laster Matwalane
27-Apr	Sat	Lim	PRR RR	42\21\10\5	6:00	PRR Clubhouse	Pietersburg	Werner Potgieter
27-Apr	Sat	Mpu	Bethal 2&1	21110\5	7:00	Marietjie v Niekerk Primary	Bethal MC	Pieter Botes
27-Apr	Sat	SWD	Greatbrak 10km	10	7:00	Laer Skool Voentoe	Mossel Bay	Shjanneil Busch
27-Apr	Sat	WPA	Nantes 10km	10\5	7:00	Vanguard Sports Complex	Nantes AC	Caroline Peters
28-Apr	Sun	CGA	Robor Scaffolding 42k	50\42\21\10\5	6:30	Benoni Northerns Club	Benoni N	Jan Jordaan
28-Apr	Sun	KZN	South Coast ultra	42\21\10	6:00	Ugu Sports and Leisure	South Coast	Freek Stander
28-Apr	Sun	KZN	Dr JL Dube Race	10	7:30	Dr JL Dube	InandiQadi	Lonwabo Maqwa
1-May	Wed	AFS	<i>Sol Plaatjie Memorial</i>	42\21\10\5	6:00	Bethlehem Show Grounds	Bethlehem	Elmarie Kruger
1-May	Wed	AFS	Ngkerk Welkom Herfsmark	5	7:00	NG Kerk Jan Cilliers Park	Harmony	Nico Dicks
1-May	Wed	AGN	MiWay Wally Hayward 42k	42\21\10\5	6:30	Centurion Rugby Club	ACRW	Bert vd Raad
1-May	Wed	Lim	Polokwane Mayors Race	42\21\10\5	6:00	Peter Mokaba Stadium	Polokwane	Corrie Calitz
1-May	Wed	Mpu	Sudwala Monster	21110\5	7:00	Sudwala Lodge/Caves	Legogote	Andre Vianello
1-May	Wed	SWD	Avis Run 2 Raise	10\3	8:00	Tramonto Geelhoutboom George	Nedbank RC	Elna Schwartz
1-May	Wed	WPA	Safari race	21110\5		Wellington	Wellington	Top Events
4-May	Sat	AFS	<i>Sol Plaatjie Memorial</i>	42\21\10\5	6:00	Bethlehem Show Grounds	Maluti MS	Ebarnie Cilliers
4-May	Sat	AFS	Interstate Bus Glen half	21	7:00	Tielman Roos str	BFN Ach	Beverley Olivier
4-May	Sat	AGN	The Love Run	21110\5	7:00	Hatfield Christian Church	Love Run	Leonie Roos
4-May	Sat	Bor	Mazars Diesel Depot 15Km	15	6:00	Chamberlain rd - Hamiltons		Bronek Urban
4-May	Sat	EPA	Spar Ladies Race	10\5	7:00	Pollok Beach Summerstrand	Walmer A C	Meagan Jenkerson
4-May	Sat	Mpu	Gijima Nkomazi	21110\5	6:30	Kamhushwa	Gijima N	Lordrick Mathonsi
4-May	Sat	SWD	Outeniqua Marathon	42\21\10\3	7:00	George Sports Club - George	Outeniqua H	Deon de Jager
5-May	Sun	AGN	Wings For Life World Run		13:00	Supersport Park Centurion	Momentum O	Renee Jordaan
5-May	Sun	CGA	Colgate race	32\15\6	6:30	Boksburg Stadium	Boksburg AC	Lauren Dance
5-May	Sun	KZN	VAC Challenge	21\10	6:30	Kings Park Athletic Stadium	Verulam AC	Anand Naicker
5-May	Sun	KZN	Madadeni Half Marathon	21\10	7:00	Phelandaba Sports Complex	eMadadeni	Phumlani Sangweni
5-May	Sun	WPA	SISSA/UCT Memorial 10k	10	7:00	Middle Campus UCT	UCT AC	Kerr Rogers
8-May	Wed	WPA	Mapungubwe Wildrun	92	8:00	International Cross Border	Wildrunner	
11-May	Sat	AFS	Ngkerk Vaalpark	21\10	8:00	NGKerk Vaalpark	Sasolburg	Danie Pretorius
11-May	Sat	AGN	Jackie Mekler	25\10	6:30	Thaba Tshwane Sportsgrounds	PMMC	Ernest van Niekerk
11-May	Sat	Bor	OMAC	21110\5	6:00			
11-May	Sat	EPA	Sunridge Village 10k	10\5	7:00	Sunridge Village	Peaac	Kevin Benade
11-May	Sat	Mpu	Selati 2 in 1	21110\5	7:00	Malelane Rugby Club	Onderberg	Deon Valks
11-May	Sat	WPA	Race Walking Grand Prix 2	20\10	7:00	Youngsfield Military Base	WPA walk	Stefano Kruger
11-May	Sat	WPA	Laguna Mall 10km	10\5	8:00	Laguna Mall Langebaan	ArcelorMitt	Shoneen Wendzich
12-May	Sun	KZN	Ice Promotion	21\10	6:00	Mount Edgecombe Rec	Woodview AC	Pragasen Naidu
18-May	Sat	AGN	Race of Hope	21110\5	7:00	The Grove Mall	RWFL	Daan du Toit
18-May	Sat	Mpu	Uiitkyk Challenge	32\15\5\1	6:30	APK Church Laersdrif	Laer Uiitkyk	Nandi v Wyk
18-May	Sat	NWN	Bojanala Half Marathon	21		Olympia Park Stadium		ANWN + BPDm
19-May	Sun	AVT	Sedibeng 21km	21	8:00	North West Univercity	Lekoa AC	Norman Dlomo
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
19-May	Sun	CGA	RAC 10km Walk - CGA League	10	8:10	Old Parktonians Randburg	RAC	Vreni Welch
19-May	Sun	KZN	Zandile Gumede 10k chall	10\5\3	7:00	Bay of Plenty	Durban City	Mandla Makhathini

19-May	Sun	WPA	FNB Cape Town 12 OneRun	12	9:00	Milnerton Beach to Cape Town	Brkenfell	Janine Marais
25-May	Sat	AFS	Town To Town Off race	25	8:00	Botshabelo To Thaba Nchu	Fast Legs	Pretty Booysen
25-May	Sat	AGN	Skosana Development	21\10\5	7:00	Super Spar Hercules	RWFL	Enoch Skosana
25-May	Sat	AVT	Trinitas race Vbp	15\10\5	7:00	Geref Kerk Pietersen str	ArcelorMitt	Louise Venter
25-May	Sat	EPA	Aspen Pharmacare 1/2	21\10\5	7:00	South African Airforce Mus	Aspen	Wendy Denston
25-May	Sat	Lim	Aida	21\10\5	7:30	Noordskool	RWFLAC	Kobie Marais
25-May	Sat	Mpu	Highveld Mall Ice Breaker	21\10\5	8:00	Highveld Mall	Coaldust	Abie Smit
25-May	Sat	SWD	Meiringspoort trail	20\10	7:40	NG Church Hall	De Rust Str	Pieter Schoeman
26-May	Sun	KZN	Ma'am Jila Memorial chall	10	7:00	Mgenge Store Sankontshe	Zenzeleni	Zakheli Mngadi
1-Jun	Sat	AFS	Eskom AC FS trail	15\10\5	9:00	Virginia	Eskom ACFs	Hilde du Plessis
1-Jun	Sat	AGN	Race of Faith	15\10\5	7:00	Silver Oaks Silver Lakes	RWFL	Daan du Toit
1-Jun	Sat	Mpu	Riverside Take-a-step	10	7:00	Riverside Mall Nelspruit	Lowveld Can	Kuen Pappas
1-Jun	Sat	SWD	NG Church Hoekwil	21\10\3	8:00	Hoekwil NG Church	Cape MSC	Helena Ferreira
1-Jun	Sat	WPA	Old Fisherman Trail chall	22	7:00	Fishhoek to Houtbay		Richard
1-Jun	Sat	WPA	UWC 10km Fast & Flat Run	10\5	7:30	UWC Modderdam rd Bellville	UWC	Glen Bentley
6-Jun	Thu	CGA	McCarthy Roodepoort Nite	15\5	19:00	Khosa club Krugersdorp	Khosa SC	Shaun Ulyate
8-Jun	Sat	AGN	Festival of Running	18\12\6relay	7:30	Supersport Park Centurion	Momentum O	Renee Jordaan
8-Jun	Sat	Bor	United Pentecost 10Km	10\5	7:00	Buffalo Flats Cricket Ground		Greg Minnie
8-Jun	Sat	KZN	KZN DSR Youth Run	10\5	8:30		KZNA	
8-Jun	Sat	WPA	WPA Development 5k series	5	TBC		WPA	WPA Office
9-Jun	Sun	KZN	Comrades Marathon	90	5:30	Durban City Hall	CMA	Rowyn James
9-Jun	Sun	WPA	Comrades	89		Durban		
9-Jun	Sun	WPA	The Beast	30\50		Newlands Forest	EnergyEvent	
11-Jun	Tue	WPA	Richtersveld Transfront	200	6:00	AI Ais	Wildrunner	
15-Jun	Sat	AGN	Executive Mayor Run	10\5	7:00	Soshanguve Crossings	Morula	Mmapule Raborife
15-Jun	Sat	AGN	Racewalk Grand Prix 2	20\10\5\3\1	8:00	Tuks Walking Track	AGN	Jaap Willemse
15-Jun	Sat	EPA	Youth Run	10\5	7:00	King's Beach Humewood	Ikhamva A C	Michael Mbambani
15-Jun	Sat	Lim	Youth Challenge	5\10	7:30	Nkowankowa Stadium	Nkowankoa	Conride Shikwambana
15-Jun	Sat	Mpu	Wakkerstroom Mountain	21\10\5	8:00	Wakkerstroom	Volksrust	Rupert Lawlor
16-Jun	Sun	AVT	Sharpeville Youth Alive	5\1.6	8:00	George Thabe Sharpeville	Lekoa AC	Norman Dlomo
16-Jun	Sun	CGA	Kagiso Youth Day Race	21\10\5	8:00	Kagiso Sports Complex	Kagiso	Dineo Mareeba
16-Jun	Sun	KZN	Ithuba 10km	10	7:00	Ithuba Kranskop	Ntunjambili	MS Maphumulo
16-Jun	Sun	KZN	Zakhele Flat & Fast	10	7:30	Kings Park Athletics Stadium	Zakhele AC	Zakhele
16-Jun	Sun	WPA	RCS GUGS Youth 10km Race	10\4	7:40	NY 49 Stadium Gugulethu	Gugs	Themba Shoko
16-Jun	Sun	WPA	K-Way Table Mountain 16k	16	8:00	Constantia Nek	K-Way VOB	Charlotte Kettlewell
17-Jun	Mon	SWD	McDonalds to Mcdonalds	10\3	8:00	Courtenay str George	Nedbank	Danie Raubenheimer
22-Jun	Sat	AGN	Race Ya Vhathu Vhothe	21\10\5	7:00	Rietondale Park (TBC)	Faranani	Victor Ramavhale
22-Jun	Sat	Bor	Katberg Eco trail	21\10\3	9:00	Katberg Golf Estate		Sharon Eldridge
22-Jun	Sat	EPA	Heartbreak Hill 1/2	21\5	6:30	Italian Club Charlo	Charlo A C	Eusentha Pillay
22-Jun	Sat	Lim	Hoedspruit races	21\10\5	6:30	Hoedspruit Drakensig Sport	SANDF A C	F Sgt M R Mhlongo
22-Jun	Sat	Mpu	Definition Half Marathon	21\10\5	7:00	Mbombela Satdium	Definition	Boiki Gama
22-Jun	Sat	SWD	Palm Tyres	10\5	8:00	Courtney Str George	Rainbow AC	Sidwell Oktober
22-Jun	Sat	WPA	Mamre 21km	21\5	8:00	Mamre primary	Mamre AC	Enrico Daniels
23-Jun	Sun	CGA	Orlando Cancer Race	21\10\5	8:00	Orlando Communal Hall	Orlando	Sibongile
23-Jun	Sun	KZN	Durban Spar Women's	10\5	8:00	Kings Park Outer Fields	KZNA	Brad Glasspoole
24-Jun	Mon	SWD	ASWDkMC Relay	Relay		Knysna	ASWD	Soraya de Reuck
25-Jun	Tue	SWD	ASWD &kMC Street Miles	5\1.6		Knysna	ASWD	Soraya de Reuck
27-Jun	Thu	Lim	Foskor	21\10\5	10:00	Foskor Community Center	Foskor A C	Solomon Makhubedu
29-Jun	Sat	AFS	Eskom AC Relay	Relay	10:00	Welkom	Eskom ACFs	Hilde du Plessis
29-Jun	Sat	AGN	Race of Friendship	21\10\5	7:00	Glenfair Boulevard Lynnwood	RWFL	Daan du Toit
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	42\21\5	7:00	Glebe - Knysna	Knysna	Marianne Brown
29-Jun	Sat	WPA	Orak 12 Hour Race		6:00	Vredendal Sports Grounds	Orak	Gerrie Cilliers

29-Jun	Sat	WPA	Timbercity Spookhill 15km	15/5	8:00	Beaumont primary Somerset W	Helderberg	Schalk Hoon
29-Jun	Sat	WPA	Momentumknysna Marathon	42/21		Knysna	Knysna	Marianne Brown
30-Jun	Sun	Bor	Rhino Run	10	8:00			
30-Jun	Sun	CGA	Ubuhle street mile	61.6	8:00	Sam Ntuli Sports Cnt Thokoza	Ubuhle	Sifiso Ngcobo
30-Jun	Sun	KZN	SAMA 10km	10	8:00	Kings Park Athletic Stadium	Phoenix V	Danny Chetty
30-Jun	Sun	SWD	Houtkapper trail	27/15/9	8:30	Quinto Da Montanha -	Knysna	Gavin Bezuidenhout
5-Jul	Fri	Mpu	Tiyisanani disabled race	17	7:00	Tiyisanani	Great East	Ntimane Aco
6-Jul	Sat	AFS	Bfn Achilles Charity Run				BFN Ach	Beverley Olivier
6-Jul	Sat	AGN	Garsfontein Ice Breaker	21/10/5	6:30	Laerskool Grasfontein	Wingate	Mike Minty
6-Jul	Sat	Mpu	Hall's	21/10/4	7:00	Halls Falm stall	LVCC	Karlien
6-Jul	Sat	WPA	Eersterivier 15	15/10/5	7:15	Stratford primary	Eersteriver	Gert Pekeur
7-Jul	Sun	Bor	Trevorklose 10Km	10	6:30	ELAC Clubhouse Cambridge		Graham Reynolds
7-Jul	Sun	CGA	Northgate 10km	10/5	7:30	Northgate Shopping Centre	Roodepoort	Charlie Herselman
7-Jul	Sun	KZN	Sisonke Challenge	10	7:00	Inanda Dam	Sisonke AC	Sihle Shange
7-Jul	Sun	WPA	Victoria Falls Marathon	42		Zimbabwe	Wild Front	Race Office
12-Jul	Fri	Bor	Washie 160Km Ultra	160	17:00	Cathcart Golf Club- EL		Meta Scott
13-Jul	Sat	AFS	Eskom AC FS trail	15/10/5	9:00	Parys	Eskom ACFs	Hilde du Plessis
13-Jul	Sat	AGN	Springbok Vasbyt	21/10/5	7:22	Voortrekker Monument	VTM	Leon Bezuidenhout
13-Jul	Sat	Bor	Watergat 15Km	15/5	14:00	Watergat Macleantown		Dillon Pretorius
13-Jul	Sat	Mpu	Mozma Cleaning	21/10/5	7:00	White River Rugby club	Legogote	Andre Vianello
13-Jul	Sat	SWD	Madiba 10 and 21	21/10/3	7:00	York str George	ASWD	Soraya de Reuck
13-Jul	Sat	WPA	Eastens 15km	15/6	7:15	Fairbridge Mall Brackenfell	E Kraaifont	William Swartbooi
14-Jul	Sun	CGA	RunZone 10km	10	6:30	World Wear Centre Fairland	Run Zone	Graham Block
14-Jul	Sun	KZN	Forest 10	10	7:00	Forest Hills Sports Club	Forest Hill	Richard Wallis
14-Jul	Sun	KZN	Ixopo Challenge	10	8:00	Ixopo Junior primary	Ixopo AC	Themba Chamane
18-Jul	Thu	AFS	Madiba 67	10/5	17:30	Goldfields Mall	Goudveld	Dulcie
20-Jul	Sat	AGN	Long Walk/Run to Freedom	21/10/5	6:30		A4A	Matome Lehomo
20-Jul	Sat	Bor	Imonti 10km	10/5	7:00	Laerskool Kuswag		Angie Nel
20-Jul	Sat	Mpu	Dullstroom Altitude 42k	21/10/5	8:00	Dullstroom MP	Middelburg	Chamane
20-Jul	Sat	SWD	Infantry School Madiba	10/5		Infantry School-Oudtshoorn	Military SC	Richard Hughes
20-Jul	Sat	WPA	CTFestival 100k champs	100/50	7:00	Sea Point Pavilion	Hewat AC	Kanu Sukha
20-Jul	Sat	WPA	CT Festival Team relays	5x5	12:00	Sea Point Pavilion	Hewat AC	Kanu Sukha
21-Jul	Sun	KZN	Florence Ndlovu Memorial	21	6:00	Impendle Police Station	Nxamalala	Mpho Molefe
21-Jul	Sun	KZN	Totalsports Womens Race	10/5	8:00	Kings Park Athletics Stadium	KZNA	Carey Shairon
21-Jul	Sun	WPA	CT Festival 21k Classic	21	7:00	Sea Point Pavilion	Hewat AC	Kanu Sukha
27-Jul	Sat	AGN	Zwartkop race	21/10	7:00	Zwartkop Lapa	Denel	Leonie Oberholzer
27-Jul	Sat	AVT	Midas Winter Warmer	10/5	8:00	Old Vaaltonians Vbp	HP Midas	Allen Herweg
27-Jul	Sat	CNW	Nelson Mandela Run		8:00	Macrovest Centre Wilkoppies	KMK	Thabo Sepuru
27-Jul	Sat	EPA	Nmb Asa 1/2 Marathon	21/5	7:00	Pollok Beach Summerstrand	EPA	EPA Office
27-Jul	Sat	WPA	Brackenfell 21km	21/5	7:00	Brackenfell primary	Brckenfell	Leon Visser
27-Jul	Sat	WPA	ASA 21km Championship	21		Port Elizabeth	ASA	Irene van Eeden
28-Jul	Sun	Bor	Gulu Trail Challenge	10/4	9:00	Farm 19 Fort Pato rd Gulu		Nadia Lucouw
28-Jul	Sun	CGA	Pirates RR 10km	10run	7:00	Pirates Club Greenside	Pirates	Dave Case
28-Jul	Sun	KZN	Phantane Street Mile	1.6	7:00	Kings Park Athletics Stadium	Phantane AC	Mdu Khumalo
28-Jul	Sun	KZN	Qapheqolo Save the Rhino	21/10/5	7:00	Hlabisa	Mtubatuba	Mike Somakepu
31-Jul	Wed	Mpu	Steelcrest	10/5	19:00	Steelcrest high	Middelburg	Piet Schoeman
2-Aug	Fri	AFS	I B L Sun To Sun half	21/10	8:00	Mmabana Stadium Thaba Nchu	Fast Legs	Pretty Booysen
3-Aug	Sat	AGN	Spar Womens Race	10/5	14:00	Super Sport Park	AGN	AGN Office
3-Aug	Sat	Bor	Mercedes Benz Gallop	17	6:30	Python Park		Comfort Guga
3-Aug	Sat	EPA	Body Concept 10km race	10/5	7:00	Pollok Beach	Body Con	Mark Huppelschoten
3-Aug	Sat	Mpu	Skukuza Castle Lager HM	21	8:30	Skukuza Staff village	Krugerpark	Martie Oosthuizen
3-Aug	Sat	SWD	Race Agains Crime	21/15	8:00	Agri Hall-Herbertsdale	Mossel Bay	Shjanneil Busch
3-Aug	Sat	WPA	WPA Walking Grand Prix 3	20/10	8:00	Table Bay Mall	WPA walk	Stefano Kruger
3-Aug	Sat	WPA	PPC Riebeeck Berg	42/21/10		Riebeeck Berg	Swartland	
4-Aug	Sun	Bor	Twizza Amathola Marathon	42	6:00	Stutterheim-King Williams		Thembela Makaula
4-Aug	Sun	CGA	Ulinda mile/f5km	5/1.6	7:00	Kwa-Thema Stadium	Ulinda	Musa Mamabolo
4-Aug	Sun	KZN	Durban Runner Challenge	21/10	6:15		Durban Run	

4-Aug	Sun	KZN	Groutville 10km Challenge	10	7:00	Thembeni Sports Grounds	Groutville	Robert Magagula
4-Aug	Sun	WPA	Pinelands 10km race	10\5	7:30	Lower Oval Pinelands	Pinelands	Dion Stevens
7-Aug	Wed	Mpu	CR Swart Race	10\5	19:00	CR Swart primary Mdb	Rooies AC	Theuns Luus
9-Aug	Fri	AGN	Wierie race	21\10\5	6:30	Laerskool Wierdapark	Denel	Hannelie Kotze
9-Aug	Fri	Bor	Womens Day Run	21\10\5				
9-Aug	Fri	CGA	Total Sports Womans Day	10\5	8:00	Mary Fitzgerald Square	Zonkizwe	Mehlo Hlabangane
9-Aug	Fri	EPA	Diva 10km Run	10\5	7:00	King's Beach Humewood	EPA	Irene van Eeden
9-Aug	Fri	Lim	Muteo Consult Womens day	21\10\5	6:00	Polokwane Cricket Grounds	Mzansi A C	Lufuno Mudau
9-Aug	Fri	Lim	Maroela-to-Maroela	5\10	8:00	PRR Clubhouse Sealene Str	Phalaborwa	Molatelo Rankweteke
9-Aug	Fri	SWD	Nedbank Women's Day	10\3	8:00	Rainbow Motors - Oudtshoorn	Nedbank	Danie Raubenheimer
9-Aug	Fri	WPA	Totalsports Women's Race	10\5	8:00	Grand Parade Cape Town	Edgemead AC	Liam Hendrickse
10-Aug	Sat	AFS	National Women's Day Run	42\21\10\5	6:00	Sun Windmill	Old Mutual	Moeketsi Selemela
10-Aug	Sat	AFS	Old Mutual Athletics	42\21\10	7:00		BFN Ach	
10-Aug	Sat	AGN	Fitness Test Run	21\10\5	6:30	Lynnridge Mall	Eyethu AC	Menzie Sithole
10-Aug	Sat	NWN	Spar 10km Race	10		Tlhabane Foro Spar 10km		Lerato
10-Aug	Sat	WPA	Atlantis 21km	21\5	8:00	Westfleur Park Atlantis	Atlantis H	Desmond Arendse
11-Aug	Sun	CGA	Old Eds race	21\10\5	8:00	Old Eds Houghton	Old Eds	Mark Mohring
11-Aug	Sun	KZN	Chatsworth 10	10	8:00	Chatsworth Stadium	Chatsworth	Ven Moodley
14-Aug	Wed	Mpu	Eskom HTS Witbank	10\5	19:00	HTS Witbank	Eskom AC	Paul Bester
17-Aug	Sat	AGN	Phobians 15	15\5	6:45	Pretoria Boys high	Phobians	Dimitri Kavallineas
17-Aug	Sat	AGN	AGN Racewalk Grand Prix 3	20\10\5\3\1	7:30	Tuks Walking Track	AGN	Jaap Willemse
17-Aug	Sat	CGA	Clearwater 10km	10\5	7:00	Clearwater Mall Roodepoort	Panorama	Andrew Young
17-Aug	Sat	EPA	Volkswagen 10km race	10\5	7:00	Volkswagen People Pavilion	Volkswagen	Clint Jonas
17-Aug	Sat	Mpu	Shalom Half Marathon	21\10\4.5	7:00	AJ Swanepoel Stadium	Shalom MC	Petros Ndlangamandla
17-Aug	Sat	WPA	Puffer	80	5:30	Cape Point to V&A	Fish Hoek	Andy Campbell
18-Aug	Sun	CGA	Midrand Striders	21\10\5	7:00	Inanda Country Base	Midrand	Glen Andrews
18-Aug	Sun	CGA	The Country Club race	10\5	7:00	Country Club Auckland Park	Country Clb	Luyanda
18-Aug	Sun	KZN	Savages 21/10km Challenge	21\10	6:30	Morningside primary	Savages AC	Robin Honneysett
18-Aug	Sun	KZN	Nkandla Mayoral	10\5	7:00		Fakumoya N	Alpha Nxumalo
18-Aug	Sun	KZN	Maritzburg Spar Women's	10\5	8:00	The Oval Cricket Stadium	Natal Carb	Brad Glasspoole
18-Aug	Sun	WPA	Johnkorasie 30km	30	7:00	Navy Sports Simon's Town	Defence AC	Luqmaan Patientia
21-Aug	Wed	Mpu	NG Churchkanonkop	10\5	19:00	Kanonkop Primary	Rooies AC	Theuns Luus
24-Aug	Sat	AGN	SMU Half Marathon	21\10\5	7:00	Sefako Makgatho University	Tshwane AC	Moses Lengweng
24-Aug	Sat	EPA	Mountain Drive 1/2	21	8:00	Graeme College Grahamstown	Albany S&S	Jaco van Dyk
24-Aug	Sat	Mpu	Great Train Race	32\15\5\relay	7:00	Kees Taljaard Stadion	Middelburg	Piet Schoeman
24-Aug	Sat	SWD	Schoemanshoek	21\10	8:00	Schoemanshoek- Oudtshoorn	Nedbank RC	Lampies Lamprecht
24-Aug	Sat	WPA	Langebaan 21km	21\10\5	8:00	Club Mykonos Langebaan	ArcelorMitt	Bossie Boshoff
25-Aug	Sun	Bor	Real Gijima Mdantsanekasi	10\5	7:00	Sisa Dukashe Stadium		Alex Kambule
25-Aug	Sun	CGA	Wanderers Aucor Race	21\10\5	7:00	Wanderers Club Illovo	Wanderers	Dylan Burgess
25-Aug	Sun	KZN	Mandela Marathon	42\21\10	6:00	Capture Site Howick	KZNA	Mdu Nxumalo
25-Aug	Sun	Lim	Tzn Spring Opener	21\10\5	6:00	Tzaneen Lifestyle Centre	Tzaneen M C	Hercules Erasmus
25-Aug	Sun	WPA	Khayelitsha 10km	10\4	7:30	Mandela Park Stadium	Khaylitsha	Khaya Kuse
25-Aug	Sun	WPA	Blisters for Bread		9:00	Green Point	Top Events	Top Events
28-Aug	Wed	Mpu	Kutting Mpumalanga	10\5	19:00	Kees Taljaard Middelburg	Midack AC	Johnathan Haarhoff
30-Aug	Fri	AFS	Makitikontreifees Night	10\5	18:00	Amari Skool Welkom	Harmony st	Deon Lodder
30-Aug	Fri	AGN	Dawn 2 Dusk	Circuit	18:00	Gerrit Maritz high	Akasia AC	Gerrie Strydom
31-Aug	Sat	AFS	Qwa Qwa Spring Run	10	6:30	Charles Mopeli Qwa Qwa	Qwa Qwa AC	Jappie Monele
31-Aug	Sat	AFS	Kronies Lente Wedloop	10	7:00	Kroonheuwel Laerskool	Kroonstad	Santie Crots
31-Aug	Sat	AGN	Spirit of Flight	10	6:30	Airforce Base Swartkop	PMMC	Ernest van Niekerk
31-Aug	Sat	Bor	Retail Park Breakfast Run			Beacon Bay Retail Park		
31-Aug	Sat	EPA	Despatch Superspar	10\5	7:00	Despatch Superspar	Despatch	Helgard Potgieter
31-Aug	Sat	Mpu	MHS Spring Run	21\10\5	7:00	MHS Farm	Middelburg	Piet Schoeman
31-Aug	Sat	NWN	Konka Farm Jeep Track Run	20\10\5\2		Konka Farm		Hetta
31-Aug	Sat	SWD	Die naguil	10\3	9:00	Rainbow Motors- Oudtshoorn	Nedbank RC	Petrus Le Roux
31-Aug	Sat	WPA	West Coast 21km	21\10\4	6:00	NSRI Building Melkbos	West Coast	Reid Bremmer
1-Sep	Sun	AVT	Vaal River City Marathon	42\21\10\5	6:00	Izak Steyl Stadium Vbp	Lekoa AC	Norman Dlomo
1-Sep	Sun	Bor	Tony Viljoen Masters 42k	42	6:00	N6 Cobongo-Beacon bay		John Oatley
1-Sep	Sun	CGA	Adrienne Hersch Chal	21\10\5	7:00	Randburg Sports Complex	Randburg H	Michelle Knotzer

1-Sep	Sun	CGA	Awesome Spring Run	5110	7:00	Eden Park Stadium	Awesome R	Bongane Mabuza
1-Sep	Sun	KZN	Hollywoodbets Challenge	10	6:30	Greyville Race Course	Hollywoodbt	Lala Cele
1-Sep	Sun	KZN	Capital Climb	15/5	8:00	Voortrekker high Pmb	Midlands AC	Tony Morrison
1-Sep	Sun	WPA	Satori Camel Run 16km	16	7:30	Noordhoek Sports Field	Satori AC	Graig Farham
4-Sep	Wed	Mpu	Elkana Night race	10/5	19:00	Elkana Educational Centre	Coaldust	Abie Smit
6-Sep	Fri	ASA	ASA Cross Country champs			Port Elizabeth	ASA	Mehlo Hlabangane
6-Sep	Fri	SWD	Run with the Stars	10/3	18:00	Glenwood School George	Nedbank RC	Thia Landsberg
7-Sep	Sat	AFS	Alan Ferguson Naval Hill	21\10K\5	6:30	Bfn Bowling Club Hamilton Pk	BFN Ach	Beverley Olivier
7-Sep	Sat	AGN	Brooklyn race	21\10\5	6:00	Brooklyn Mall/Square	PMC	Bert vd Raad
7-Sep	Sat	ASA	ASA Cross Country champs			Port Elizabeth	ASA	Mehlo Hlabangane
7-Sep	Sat	Bor	Stutterheim AC 15km	15	6:30	Stutterheim high		Unathi Stoto
7-Sep	Sat	EPA	Builders / Rafi's	24\21\10	6:00	Vineyard Church	Achilles	Nick Chapman
7-Sep	Sat	KZN	Health Wellness Race	10/5	6:00	Kokstad Oval Grounds	Kokstad RC	Lia Ntoa
7-Sep	Sat	Lim	Hannlie Steyn Memorial	21\10\5	6:30	Rugby B & C Polokwane	Polokwane	Pieter Pretorius
7-Sep	Sat	Mpu	Mopani Pharm Lifestyle	21\10\5	6:30	Ilanga Mall Nelspruit	LVCC	Karlien
7-Sep	Sat	Mpu	ACK Vorentoe Bethal	21\10\5	7:00	Marietjie v Niekerk Primary	Bethal MC	Pieter Botes
7-Sep	Sat	WPA	Medihelp Tekkie Challenge	21\10\5	7:00	Jan Kriel School Kuilsriver	Cape MSC	Estelle Kock
7-Sep	Sat	WPA	Race Walk Grandprix champ	30\20\10	7:00		WPA walk	Stefano Kruger
8-Sep	Sun	CGA	Fred Morrison	21\10\5	6:30	Germiston Stadium	Germiston	Les Black
8-Sep	Sun	KZN	SAPS Striders Heritage	21\10	6:30	Kings Park Athletic Stadium	SAPS Str	Nicholas Mchunu
8-Sep	Sun	WPA	Ommiedraai 10km	10/5	7:15	Rosmead Sports Fields	Ommiedraai	Waleed Samsodien
11-Sep	Wed	AGN	Lester Mills Night Race	10/5	18:30	LC de Villiers Sports Campus	TUKS AC	Vollie Spies
11-Sep	Wed	Mpu	Nashuakanonkop	10/5	19:00	Kanonkop Primary	Rooies AC	Theuns Luus
13-Sep	Fri	AFS	Berg-En-Daller	10/4	18:00	NG Kerk Berg En Dal	BFN Ach	Theuns Mulder
14-Sep	Sat	AFS	Louis Massyn Mielie Fees	10/5	6:30	Ventersburg	Goudveld	Keith
14-Sep	Sat	AFS	Two River trail	16	7:00	Hoërskool Bothaville	Bothaville	Melanie De Bruyn
14-Sep	Sat	AGN	Muller Potgieter Memorial	21\10\5	6:00	Thaba Tshwane	VTM	Leon Bezuidenhout
14-Sep	Sat	Bor	Sole Destroyer 5k Fun Run	5	9:30	Oxford Striders Nahoon		
14-Sep	Sat	EPA	Northern Areas 15km race	15/5	7:00	Gelvandale Stadium	EPA	Michael Mbambani
14-Sep	Sat	KZN	Mpati Mountain Race	15/5	14:00	Dundee Junior School	Biggarsberg	Lani vd Mescht
14-Sep	Sat	Lim	Giyani Rotary 3-in-1	21\10\5	6:30	Giyani Stadium	Giyani	Joel Malwandla
14-Sep	Sat	Mpu	Samancor	21\10\5	7:00	Ferrobank	Coaldust	Abie Smit
14-Sep	Sat	NWN	Mahikeng Half	21\10\5		The Crossing Mall		Kefiloe
14-Sep	Sat	SWD	Madibaz George Half	21	8:00	NMU Campus George	Madibaz	Hugo Loubser
14-Sep	Sat	WPA	Sanlam Peace trail	22\11	7:30	Cape Town	Wildrunner	Race Office
14-Sep	Sat	WPA	Sanlam Relay 5 x 42km		9:00	Green Point	WPA	Janet Welham
15-Sep	Sun	Bor	Caltex Sole Destroyer	21	6:30	Smithfield Rd Highgate		Dillon Pretorius
15-Sep	Sun	Bor	Sole Teazer 9Km	9	7:00	Oxford Striders Nahoon		Dillon Pretorius
15-Sep	Sun	CGA	Gerald Fox Memorial Race	21\10\5	7:00	Johannesburg Zoo Parkview	Rocky RR	Saul Levin
15-Sep	Sun	KZN	The Mineshaft	15	6:00	Escombe Club	Queensburgh	Lucas
15-Sep	Sun	WPA	Cape Town Marathon	42\10	7:00	Green Point	WPA	Janet Welham
15-Sep	Sun	WPA	ASA 42km Championship	42		Cape Town	ASA	Janet Welham
18-Sep	Wed	CNW	Goudkop		18:00	Goudkop Lower Primary	KMK	Andre Pelser
18-Sep	Wed	Mpu	Tekkies Nite Race	10/5	19:00	HTS Middelburg	Rooies AC	Theuns Luus
21-Sep	Sat	AFS	Mangaung Heritage Race	21\10\5	6:00	Dr Molemela Stadium	FSSC	Sydney London
21-Sep	Sat	AFS	Mandela View Heritage	10/5	7:30	Brent Oil Mandela View	Fast Legs	Kantoor Nkoane
21-Sep	Sat	AGN	Morula Half Marathon	21\10\5	6:00	Soshanguve Giant Stadium	Morula AC	Mmapule Raborife
21-Sep	Sat	KZN	Waterfall	10	7:30	Waterfall	InandiQadi	Lonwabo Maqwa
21-Sep	Sat	Lim	Two Countries	42\21\10\5	6:00	Eroc Louw H S Musina	Soutpansbrg	Ferreira Nel
21-Sep	Sat	Mpu	Boulders	25\10	6:00	Mara Turn Off	Onderberg	Deon Valks
21-Sep	Sat	NWN	Amanzi race	15/5		Brits high Ground		Hendri
21-Sep	Sat	SWD	Strawberry festival Trail	9/5	9:00	Redberry Farm	Nedbank RC	Danie Raubenheimer
21-Sep	Sat	WPA	UWC Street Mile	1.6	10:00	UWC Modderdam rd Bellville	UWC	Glen Bentley
22-Sep	Sun	CGA	Daveyton Street mile	10\5\1.6	7:30	Mayfield Square Daveyton	Daveyton H	Vusi Mashinini
22-Sep	Sun	CGA	ORTSA	10\5	8:00	Old Eds Houghton	Old Eds	James Webster
22-Sep	Sun	EPA	Nautical 1/2 Marathon	21	8:00	Quaysyde St Francis Bay	St Francis	Step Arendt
22-Sep	Sun	KZN	Amajuba Marathon	42\21\10	6:00	Old Monte Vista Casino	Newcastle C	Muzi Ngema
22-Sep	Sun	KZN	UKZN Inspiring Greatness	10/5	6:00	Howard College Campus Gate 1	UKZN AC	Mvuyisi Sigila

22-Sep	Sun	Lim	Mokopane Mall	21\10\5	6:00	Folang Mokerong A C	Folang M	Samuel Senwamadi
22-Sep	Sun	WPA	MSA Multi Sport 10km	10\5	7:00	William Herbert sports	MSA MS	Nasrulla Enus
24-Sep	Tue	AFS	Omac Heritage Day Run	21\10\5	7:00	Sun Windmill	Old Mutual	Moeketsi Selemela
24-Sep	Tue	AGN	Bophelong Half Marathon	21\10\5	6:00	Bophelong Community Centre	Bophelong	Dennis Moleofe
24-Sep	Tue	AVT	Be Fit 5km Run	5\1.6	8:00	Bedworthpark Shopping C	Lekoa AC	Norman Dlomo
24-Sep	Tue	CGA	FNB Joburg City Run	10	8:00	Mary Fitzgerald Square	Zonkizwe	Mehlo Hlabangane
24-Sep	Tue	SWD	Mountain of the Star	17\12\6	7:00	Outeniqua park Stadium	RWFL	Chantel Steenberg
25-Sep	Wed	Mpu	Hospice	10\5	19:00	CR Swart Primary	Middelburg	Piet Schoeman
27-Sep	Fri	Lim	Night Mile	1.6	12:00	Nkowankoa Stadium	Nkowankoa	William Baloyi
28-Sep	Sat	AFS	Spring race FS 10k champs	10	7:00	Bfn Achilles Horak St	Bfn Ach	Gordon VAN WYK
28-Sep	Sat	AGN	Irene Spring Run	21\10\5	6:00	Irene Village Mall	Irene	Race Office
28-Sep	Sat	AGN	National Business Relay	Relay	6:00	Rietondale Park	Magnolia	Event Office
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
28-Sep	Sat	EPA	Windpomp Run	21\10	7:00	Botan Garden Graaff Reinet	Graaff R	Rozelle Kohne
28-Sep	Sat	Int	IAAF World Championships	Track		Doha Qatar		Hezekiel Sepeng
28-Sep	Sat	KZN	LAC Night Race	21	17:00	Ladysmith Athletic Club	Ladysmith	Lincoln Sibiyi
28-Sep	Sat	Lim	10km	10		Middelburg	MPA	Paul Bester
28-Sep	Sat	WPA	Goodwood Harriers 10km	10	7:00	Tygerdal Goodwood	Goodwood H	Faffa de Jager
29-Sep	Sun	AVT	Midvaal Half Marathon	21\10\5	6:00	Dr Malan Hoërskool	Vaal AC	Steve Jackson
29-Sep	Sun	Bor	Mercedes Benz 15Km	15\5	6:00	Old Selbornian Club		Sharon Eldridge
29-Sep	Sun	CGA	Rainbow 21/10/5km	21\10\5	7:00	Barnard Stadium Kempton Park	Rainbow	John
29-Sep	Sun	SWD	Laingsburg Festival	80\21\12\5	6:00	J.J.Ellis Sport Grounds	Laingsburg	Petro Buys
29-Sep	Sun	WPA	K-Way Grape Run 21km	21\14\5	6:30	Alphen Hall Constantia	K-Way VOB	Thomas Andrews
1-Oct	Tue	AFS	Cansa Eskom AC 5k series	5\1	18:00	Hennenman	Eskom ACFs	Hilde du Plessis
2-Oct	Wed	Mpu	Maximed Nite race	10\5	19:00	Standerton Show Grounds	Standerton	Heidi vd Merwe
3-Oct	Thu	NWN	Nite Race Rustenburg	10\5\2		Rustenburg Golf Course		Hetta
4-Oct	Fri	AFS	Golden Gate	10	7:00	Golden Gate National Park	Maluti MS	Salome Van Huyssteen
4-Oct	Fri	Lim	Mazda Nite Race	5\10	18:30	Peter Mokaba Stadium	Polokwane	Pieter Pretorius
5-Oct	Sat	AFS	Clarens Golden Gate 42k	42\21\10\5	6:00	Glen Reenen Restcamp	Maluti MS	Ebarnie Cilliers
5-Oct	Sat	AFS	Dream Team race	21\10	6:00	Correct Serv Training Coll	Dream Team	Abel Leggari
5-Oct	Sat	AFS	Qwa Qwa Cancer Run	10	6:30	Charles Mopeli Qwa Qwa	Qwa Qwa AC	Jappie Monele
5-Oct	Sat	AFS	Boitumelo Mall	10\5	7:00	Boitumelo Mall	Real Lions	Sam Ditshoane
5-Oct	Sat	AFS	Leon Botha Brandwag Mem	4	10:00	Tempe Stadion	Kovsie AC	Rufus Botha
5-Oct	Sat	AGN	Capital Classic	21\10	6:00	Phobians Club	Phobian	Bert vd Raad
5-Oct	Sat	Bor	Cool Summer Run	10\5\2	10:00	Silver Seed Farm		Brad Taberer
5-Oct	Sat	EPA	Buco Big Pineapple Run	27\10	7:00	Big Pineapple Bathurst	Kowie Str	Sticks Stiglingh
5-Oct	Sat	Lim	Shikhumba Filling	42\21\10\5	7:00	Shikhuma Filling Station	Giyani Gall	A S Sambo
5-Oct	Sat	Mpu	God's Window 2-in-1	21\10\5	7:00	Graskop Caravan Park	Legogote	Andre Vianello
5-Oct	Sat	Mpu	Lake Umuzi Festival	21\10	7:00	Lake Umuzi	Sasol MC	July Mavuso
5-Oct	Sat	WPA	Cape Gate 10	10\5	7:00	Cape Gate Centre Brackenfell	Nedbank	Robbie Lindsay
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
6-Oct	Sun	CGA	Sunninghill Race	5\10	6:00	St Peters Sunninghill	Sunninghill	Nestor Espinoza
6-Oct	Sun	KZN	Gaterite Challenge	42\21\10	5:00	Verulam Recreation Grounds	Verulam AC	Anand Naicker
6-Oct	Sun	SWD	Robberg Xpress trail	10	8:30	Robberg Nature Reserve Plet	Plett AC	Heather Kennedy
6-Oct	Sun	WPA	ARD 3 Vlei 10km	10\5	7:00	Fairmount High Grassy Park	ARD AC	Zaid Orrie
9-Oct	Wed	Mpu	SAVF Nite race Middelburg	10\5	19:00	Middelburg Cricket Club	Eskom AC	Paul Bester
9-Oct	Wed	WPA	Silver Queen	10	18:15	Air Force Base Ysterplaat	Defence AC	Gail Mahraj
10-Oct	Thu	AFS	Eskom AC FS series	5	7:00	Welkom	Eskom ACFs	Hilde du Plessis
11-Oct	Fri	AFS	Cansa Eskom AC Series	5\1	18:00	Theunissen	Eskom ACFs	Hilde du Plessis
11-Oct	Fri	AFS	Kovsie 10km	10\4	18:00	Pelliespark	Kovsie AC	Kesa MOLOTSANE
11-Oct	Fri	KZN	1860 Challenge	10	18:30	Amphitheatre Durban	Verulam AC	Anand Naicker
12-Oct	Sat	AFS	TBC	21\10\5	7:00	Bfn Bowling Club Hamilton Pk	Pamoja AC	Dingane Lephuthing
12-Oct	Sat	AGN	Jacaranda City Challenge	42\21\10\5	5:45	Main str Brooklyn	Agape	Marieta Bortoli
12-Oct	Sat	AVT	Lite2Nite 12hour Circuit	80	6:00	Hoërskool Driehoek Vbp	ArcelorMitt	Maïe vd Walt
12-Oct	Sat	EPA	Buco Build Run	10\5	6:30	Buco Walker Dr Sherwood	Peaac	Kevin Benade

12-Oct	Sat	Lim	Foskor Open Pit	21\10\5	7:00	Foskor Moshate Parking	Foskor A C	Solomon Makhubedu
12-Oct	Sat	Mpu	Embalenhle 2 in 1 chall	21\10\5	6:00	Skhosi Life Style Centre	Sasol MC	July Mavuso
12-Oct	Sat	Mpu	Ladies Race	10\5	7:00	Mbombela Stadium	Nelspruit	Yolanda de Villiers
12-Oct	Sat	SWD	Meiringspoort	21\12	7:00	Meiringspoort-De Rust	De Rust Str	Hannerie Delpont
12-Oct	Sat	WPA	Elsies River 10km	10\5	6:45	Salberau Sports Elsie'sriver	Elsies R	Bertram Windvogel
12-Oct	Sat	WPA	Voet of Africa			Bredasdorp		
13-Oct	Sun	CGA	Fat Cats Race	5\10	6:00	Leeuwkop Prison	Fat Cats	Bongani Bilankulu
13-Oct	Sun	CNW	Matlosana Mall Night Race		18:00	Matlosana Mall	KMK	Jasper Van Zyl
13-Oct	Sun	KZN	Ogwini 10km Challenge	10\5	7:00	Comtech high	Ogwini AC	Derick Khuzwayo
13-Oct	Sun	KZN	Wasbank Half Marathon	21\10	7:00	Sigweje high	Wasbank AC	Sifiso Nzuza
14-Oct	Mon	CGA	Alexandra 10km race	10\5	8:00	Altrek Stadium Alexandra	Alex AC	Rueben Kgatle
16-Oct	Wed	AFS	Eduplus Pre Primary Night	10	17:30	Eduplus Langenhoven Park	Pentagon P	Yolande Greyvenstein
16-Oct	Wed	CNW	Supa Quick Nite Race		7:00	Supa Quick Potchefstroom	BertsBricks	Zelma Olivier
16-Oct	Wed	Mpu	Hans Storm Memorial	10\5	19:00	JJ vd Merwe Laerskool	Ermelo MC	Melody du Toit
16-Oct	Wed	WPA	Bakgat 10km	10	18:15	Zone Fitness Bellville	Bellville	Mike Strohman
16-Oct	Wed	WPA	Summer Sunset Team TT	4x3	18:15	Green Point Cricket Club	ATC Running	Gert Wilkins
18-Oct	Fri	AFS	Cansa Eskom AC 5k series	5\1	18:00	Kroonstad	Eskom ACFs	Hilde du Plessis
19-Oct	Sat	AFS	Charity Run	12\4	6:00		Pentagon P	Chenell Roux
19-Oct	Sat	AFS	Cansa Breast Aware Walk	5	7:30	Bfn Achilles	BFN Ach	Adel Wiid
19-Oct	Sat	AFS	Harrismith Trail	30\15	8:00	Harrismith primary	Harrismith	Barbara vd Hoven
19-Oct	Sat	AFS	Harrismith Mountain Race	15	10:00	Harrismith primary	Harrismith	Barbara vd Hoven
19-Oct	Sat	AGN	CSIR race	21\10\5		CSIR Campus North Gate	CSIR	Tebogo Machete
19-Oct	Sat	EPA	White Cane 10km race	10\5	7:00	Boardwalk Casino	Walmer A C	Meagan Jenkerson
19-Oct	Sat	Mpu	Ehlanzeni Sports Tourism	21\10\4	6:30	Mbombela Stadium	LVCC	Karlien
19-Oct	Sat	Mpu	Mall To Mall	10	7:00	Middelburg Mall	Middelburg	Piet Schoeman
19-Oct	Sat	SWD	Hartenbos Spar Spring	15\4	7:00	Hartenbos Library	Hartenbos	Johan Viljoen
20-Oct	Sun	AFS	Free State OR Tambo 42k	42\21\10	5:30	Horak St Bloemfontein	AFS	Steven SWARTS
20-Oct	Sun	AFS	Or Tambo Games race	10	8:00		Real Lions	Sam Ditshoane
20-Oct	Sun	AGN	Jacaranda 15km	15\5	6:00	Laudium Sport Stadium	Jacaranda	Mohamed Essa
20-Oct	Sun	Bor	The Trevor Gee 10Km	10\5	6:30	Beacon Bay Country Club		Graham Reynolds
20-Oct	Sun	CGA	Burger & Co Race	15\5	6:00	Boksburg Stadium	Boksburg AC	Lauren Dance
20-Oct	Sun	CGA	Diepkloof 21/10	21\10\5	6:00	UJ Soweto	Diepkloof	Ishmael Modutoane
20-Oct	Sun	KZN	Merewent 10km	10	6:00	Dhubri rd Sports Ground	Merewent AC	Pat Pather
20-Oct	Sun	WPA	Gun Run	21\10\5	6:30	Sea Point Promenade	Atlantic AC	Tony Breslin
23-Oct	Wed	AFS	NG kerk Heuwelsigkruin	10	17:45	Ng Church Heuwelsig	Mangaung	
23-Oct	Wed	AFS	Drc Pellissier	10\4\2	18:00	Vlakfontein Av Pellissier	BMAC	Jurina Immelman
23-Oct	Wed	CNW	Gereformeerdekerk Night		18:00	Gereformeerde Kerk	KMK	Andre Pelser
23-Oct	Wed	Mpu	MHS Run	10\5	19:00	Middelburg high	Eskom AC	Paul Bester
23-Oct	Wed	SWD	Grant Thornton Relay	relay	18:00	Cotzee Pharmacy George	Nedbank RC	Danie Raubenheimer
24-Oct	Thu	NWN	Rustenburg Mountain Race	25\10\5		Rustenburg Kloof		Etienne Holl
25-Oct	Fri	AFS	NG kerk Heuwelsigkruin	10	17:45	Ng Church Heuwelsig	BFN Ach	
25-Oct	Fri	AFS	Berg-Op-Berg-Af	21\10	18:00	Bloemfontein Rolbalklub	Pentagon P	Mc Brink
25-Oct	Fri	AFS	Cansa Eskom AC 5k series	5\1	18:00	Virginia	Eskom ACFs	Hilde du Plessis
26-Oct	Sat	AFS	Eskom AC FS trail	15\10\5	8:00	Parys	Eskom ACFs	Hilde du Plessis
26-Oct	Sat	AGN	Irene Farm Race	21\10\5	6:00	ARC Campus Irene	Irene	Race Office
26-Oct	Sat	AVT	POLIFILM Races	32\21\10\5	6:00	Riverside Boulevard Mall	ArcelorMitt	Malie vd Walt
26-Oct	Sat	Bor	Legends Marathon	68	6:00	Bisho - Orient Beach		
26-Oct	Sat	Bor	Legends Marathon	21\10\5	6:00	Orient Beach		
26-Oct	Sat	EPA	Kirkwood Orchard Run	21\10\5	7:00	Kirkwood high	Bluewater B	Conroy Notley
26-Oct	Sat	KZN	FNB Durban City Surf Run	10	7:00	Masabala Yengwa	KZNA	Kelly de Kock
26-Oct	Sat	Lim	Cancer race	42\32\21\10\5	6:00	New Peter Mokaba Stadium	RWFLAC	Kobie Marais
26-Oct	Sat	Mpu	Coaldust Circuit Race	48\21\10\5	6:00	Elkana Educational Centre	Coaldust	Abie Smit
26-Oct	Sat	NWN	Lichtenburg Zebra Zambra	21\10\5		Marathon Club House lic		Dave
26-Oct	Sat	SWD	The Farm run	21\10	8:00	Four Brothers George	Nedbank RC	Thia Landsberg
26-Oct	Sat	WPA	Melkbos 15	15	6:30	NSRI Building Melkbos	Melkbos AC	Mike
27-Oct	Sun	CGA	Tembisa 10/CGA mile champ	10\1.6	7:00	Moses Molekwa Tembisa	Tembisa AC	Donald Mathipa
27-Oct	Sun	KZN	Sapphire Coast Marathon	42\21\10	6:00	Scottburgh	Amanzimoti	Cecilia Brown

27-Oct	Sun	WPA	Don Lock Memorial Run	15/8	8:00	Brookside	Celtic Har	H Kearns
29-Oct	Tue	AFS	Cansa Eskom AC 5k series	5/1	18:00	Bultfontein	Eskom ACFs	Hilde du Plessis
30-Oct	Wed	CGA	Rowlin National Nite Race	15/10/5	19:00	Benoni Northern Grounds	Benoni N	Jan Jordaan
1-Nov	Fri	AFS	Engo / Parent & Child	10/5	18:00	Clock Tower Welkom	Goudveld	Laura Van Wyk
2-Nov	Sat	AFS	Engen To Enger	21/10	6:00	Engen Northridge Mall	Bfn Strider	Francois Booysen
2-Nov	Sat	AFS	Sasolburg Summer Race	15/10	6:00	DP d Villiers Stad Sasolburg	Sasolburg	Miekie Grobler
2-Nov	Sat	AGN	Freedom of Expression	21/10/5	6:00	Wonderpark	BlkDiamond	Steven Baloyi
2-Nov	Sat	Bor	Twizza Bonkola Marathon	42/21	5:30	Bonkola Dam Queenstown		Liezl Heideman
2-Nov	Sat	EPA	Nmbm 1 City 42k & Relay	24/10	6:00	Port Elizabeth City Hall	EPA	Michael Mbambani
2-Nov	Sat	Mpu	Kaapsehoop 3 in 1	42/21/10	5:30	Kaapsehoop-Mbombela stadium	Nelspruit	Yolanda de Villiers
2-Nov	Sat	SWD	Garden Route 42km	42/10	6:00		Nedbank RC	Chantelle O'Bruen
2-Nov	Sat	WPA	Table View High School	10/5	7:00	Table View high	West Coast	Lindsay
3-Nov	Sun	CGA	Soweto Marathon	42/21/10	6:00	FNB Stadium	Soweto Mar	Sello Khunou
3-Nov	Sun	KZN	PVAC Challenge	21/10	6:00	Kings Park Athletic Stadium	Phoenix V	Danny Chetty
3-Nov	Sun	WPA	The Landmarks 21km	21/6	6:00	Keurboom rd Rondebosch	WPCC AC	Ted Vickery
6-Nov	Wed	Mpu	Sasol Secunda Night race	10/5	19:00	Sasol Recreation club	Sasol MC	Abednego Sibanyoni
6-Nov	Wed	SWD	Spur to Spur 10km	10	18:00	Garden Route Mall	Outeniqua H	Deon de Jager
9-Nov	Sat	AFS	Sci Marathon	42/21/10/5	5:30	Bfn Achilles	BFN Ach	Beverley Olivier
9-Nov	Sat	AGN	Mutakalo Washu	21/10/5	6:00	Rietondale Park	Faranani AC	Victor Ramavhale
9-Nov	Sat	EPA	Transnet Red Bull Race	15/5	6:30	Transnet Uitenhage	Transnet	Freek Daniels
9-Nov	Sat	Lim	Bela Bela Marathon	42/21/10/5	5:30	Hoërskool Warmbad	Bela Bela	Neels Venter
9-Nov	Sat	Mpu	Movember	21/10/5	7:00	Kees Taljaard Middelburg	Rooies AC	Theuns Luus
9-Nov	Sat	WPA	Winelands Marathon	42/21	5:30	Eikestad primary Stellenbosch	Helderberg	Top Events
10-Nov	Sun	Bor	Lightning Fast 10K	10	7:00	Voortrekker rd - Ox str		Dillon Pretorius
10-Nov	Sun	CGA	10km	10	7:00	Chris Hani Stadium	Orange Frm	Mayford Mzozoyana
10-Nov	Sun	CGA	21km/10km/km				Alberton	
10-Nov	Sun	KZN	Save Supermarket Orion	21/10	5:30	Save Hyper Pietermaritzburg	Save Orion	Ajith Deena
10-Nov	Sun	WPA	Spartan Harriers Big Walk		6:00		Spartan H	Patrick Wonfor
14-Nov	Thu	AFS	Qwa Qwa Half Marathon	10	6:30	Charles Mopeli Qwa Qwa	Qwa Qwa AC	Jappie Monele
14-Nov	Thu	AFS	Xolile Yawa Community	5	8:30	Lerato Creche Bainsvlei	Fast Legs	Kantoor Nkoane
16-Nov	Sat	AFS	NGkerk Wesselsbron half	21	6:30	Ng Kerk Wesselsbron	Bothaville	Melanie De Bruyn
16-Nov	Sat	AGN	Tom Jenkins Challenge	21/10/5	6:00	Union Buildings	Arcadia	James Matshekga
16-Nov	Sat	Bor	Gonubie Coastal Challenge	21/10	6:00	Gonubie Sports Club		Mark Lindstrom
16-Nov	Sat	EPA	Vukani 15km race	15/5	6:00	Victoria ParkClub	Vukani M S	Wonga Mfula
16-Nov	Sat	KZN	CMIYC Women for Change	10/5	5:30		Zululand MS	Sabrina Walters
16-Nov	Sat	Mpu	Great Lake Marathon	42/21/10/5	6:00	Chrissiesmeer Lodge	Shalom MC	Petros Ndlangamandla
16-Nov	Sat	SWD	Knysna Waterfront	21/10/5	7:00	Knysna Waterfront	Knysna	Gavin Bezuidenhout
16-Nov	Sat	WPA	Edgemead 10km	10/5	6:30	Edgemead high	Edgemead AC	Liam Hendrickse
17-Nov	Sun	CGA	Soweto Big Race	21/10/5	6:30	Elkah stadium	Loop n Val	Herbet Makhale
17-Nov	Sun	KZN	Bluff Marathon	42/21/15	5:00	55 Smith Drive Bluff	Bluff AC	Lindsay Kapp
23-Nov	Sat	AFS	Cherry Race	23/5	6:30	Ficksburg P/S	Ficksburg	A. Fourie
23-Nov	Sat	AGN	Voortrekker Monument Race	21/10/5	6:00	Voortrekker Monument	VTM	Leon Bezuidenhout
23-Nov	Sat	AGN	AGN Racewalk Grand chall		6:30	Tuks Walking Track	AGN	Jaap Willemse
23-Nov	Sat	EPA	Saps races	21/10/5	6:00		Saps A C	Michael Dekker
23-Nov	Sat	KZN	Hope Challenge	21/10	6:00	Drbn U of Tech	Ethekwini	Ndokenhle Zulu
23-Nov	Sat	KZN	Sani Stagger	42/21	6:00	Premier Resort Sani Pass	Sani AC	Matt Goode
23-Nov	Sat	Lim	The Magoeba Plunge	42/15/5	6:00	Haenertsburg	Tzaneen M C	Tracey vd Dool
23-Nov	Sat	Mpu	KMI trail	21/10/5	6:00	KMI International Airport	Nelspruit	Yolanda de Villiers
23-Nov	Sat	Mpu	Elandsloof Challenge	21/10/5	7:00	Elandsloof trout farm	Middelburg	Piet Schoeman
23-Nov	Sat	WPA	Mitchells Plain 21km	21/10/5	6:00	Rocklands Mitchell's Plain	Mitch Plain	Shane Murray
24-Nov	Sun	CGA	RAC City Lodge Tough One	32	6:00	Old Parktonians Randburg	RAC	Vreni Welch
24-Nov	Sun	CGA	RAC Asics 5km dash	5	6:30	Old Parktonians Randburg	RAC	Vreni Welch
24-Nov	Sun	KZN	DHS Old Boys 10km	10	6:00	Crusaders Sports Club	Old DHS	Sean de Groot
24-Nov	Sun	SWD	Vlakte Marathon	42/21/10	5:00	Heidelberg High	Langeberg	Nico Steyn
27-Nov	Wed	WPA	Niel Joubert Plaaswedloop	10	18:15	Klein Simonsvlei Klapmuts	Sanlam AC	Robert Keynel
29-Nov	Fri	AFS	Harmony Engen Night	10/5	18:30	Griffons Stadium Welkom	Harmony st	Deon Lodder
30-Nov	Sat	AGN	Run & walk for bibles	32/21/10/5	6:00	LewendeWoord Church Clubview	ACRW	Wynand Meiring

30-Nov	Sat	EPA	Colchester 10km	10\5	7:00	Mckay Bridge Club Colchester	EPA	Michael Mbambani
30-Nov	Sat	Lim	Mzansi A C 3-in-1	21\10\5	6:00	Polokwane Cricket Grounds	Mzansi A C	Lufuno Mudau
30-Nov	Sat	Lim	Zone-2-Zone	21\5	7:30	Nkowankowa Stadium	Nkowankoa	Conride
30-Nov	Sat	Mpu	Steve Tshwete Muni	21\10\5	6:00	Hendrina	Eskom AC	Paul Bester
30-Nov	Sat	WPA	Phoenix AC 10k Challenge	10\5	7:00	CPUT Symphony Way Bellville	Phoenix AC	L Samuels
1-Dec	Sun	CGA	World Aids Day Race	21\10\5	6:30	Katlehong Sports Centre	Soul City	Arnold Ravhutulu
1-Dec	Sun	KZN	YWP Stainbank Cup	15\10	6:00	Yellowwood Park Sports Club	Yellowwood	Fred Schoon
1-Dec	Sun	SWD	Humble Gospel Community	5\3	8:00	Highgate Ostrich Oudtshoorn	Nedbank RC	Petrus Le Roux
1-Dec	Sun	WPA	Bottelary 21km Farm Run	21\10\5	6:30	Bottelary Hills	Bottelary	Rochelle Soggop
4-Dec	Wed	SWD	Love Life Run	10\3	18:00	Blue Olive Rest Wilderness	Cape MSC	Helena Ferreira
7-Dec	Sat	AGN	Skosana race	15\10\5	6:30	Kgosi Mampuru II	Nedbank	Enoch Skosana
7-Dec	Sat	Bor	Hogsback trail		8:00	Arminel Hotel Hogsback		Sharon Eldridge
7-Dec	Sat	EPA	Pe City Marathon	42\10	5:00	Lorraine Ng Kerk Marne Ave	Crusaders	Shaun Roberts
7-Dec	Sat	Lim	Mapungubwe Raod Race	21\10\5			RWFLAC	Kobie Marais
7-Dec	Sat	Mpu	DCSR Cultural Festival	10\5	6:00	Bergvlam high	Nelspruit	Yolanda de Villiers
7-Dec	Sat	SWD	Palm Tyres	21\10	7:00	Ironside Str George	Outeniqua H	Deon de Jager
7-Dec	Sat	WPA	AVBOB 15km	15	6:00	Pick 'n Pay Table View	Tygerberg	Leon Thelander
8-Dec	Sun	AGN	Mandela Walk & Run	10\5		Union Buildings	Mamelodi AC	Walter Vilakazi
8-Dec	Sun	AVT	Sedibeng Marathon	42\10\5	6:00	Dickenson Park Vereeniging	32GI AC	Frans Chauke
8-Dec	Sun	Bor	XPE 15Km	15\5	6:30	Sisa Dukashe Stadium		Alex Kambule
8-Dec	Sun	KZN	15km Christmas Challenge	15	6:00	Westville Athletic Club	Westville	Sharon Schubach
8-Dec	Sun	WPA	VWS Trail Challenge	20\10	7:30	Deer Park Cape Town	Wildfire	Daniel Kimber
11-Dec	Wed	SWD	Steeple to Steeple	10	8:00	NG Kerk Moedeerg George	Outeniqua H	Deon de Jager
13-Dec	Fri	CGA	Gauteng Striders 10km/5km	10\5	7:00	Vosloorus Stadium	Gauteng St	Boyce Joko
14-Dec	Sat	AGN	The Combat Run	21\10\5	6:00	Gerotek Test Facilities	Titans/Arms	Thabiso Nakin
14-Dec	Sat	Bor	Jingle Bells Fun Run		8:00	Gonubie Sports Club		Mark Lindstrom
14-Dec	Sat	EPA	Baywest Mall 10km race	10\5	6:00	Baywest Mall	Charlo A C	Eusentha Pillay
14-Dec	Sat	NWN	ANWN 5km Fun Run/Walk	5		Olympia Park Stadium		ANWN
14-Dec	Sat	SWD	Somerson	21\10	6:00	Diaz Beach Mossel Bay	Mossel Bay	Paulus Allart
14-Dec	Sat	WPA	Velocity 21km	21\10	6:00	Atlantis Multi Purpose	Velocity AC	Mario Philander
15-Dec	Sun	KZN	The Big Hill Run	21\10	6:00	Sugar Rush Park Ballito	Dolphin Cst	Zeldi Mann
16-Dec	Mon	CGA	Lets colour out cancer	21\10\5	6:00	Orlando Communal Hall	Orlando	Sibongile Marutha
16-Dec	Mon	CGA	Vosloorus 10km	10\5	7:00	Vosloorus Stadium	Vosloorus R	Siphiwe Nhlapo
16-Dec	Mon	Mpu	Matjhiding Day of Recon	21\10\5	6:00	Matjhiding Taxi Rank	Siyabuswa	Joseph Skosana
16-Dec	Mon	SWD	Knysna Nite Race	10\5	18:00	Knysna Marathon Clubhouse	Knysna	Gavin Bezuidenhout
16-Dec	Mon	SWD	Edens Streetmiles	1.6		Oudtshoorn	Oudtshoorn	Dave vd Walt
16-Dec	Mon	WPA	Reconciliation Day 10k	10\4	7:00	NY 49 Stadium Gugulethu	Gugs	Themba Shoko
17-Dec	Tue	SWD	Nite Race		18:00	Correct Service Mossel Bay	Mossel Bay	Paulus Allart
18-Dec	Wed	SWD	Edens Streetmiles	1.6		George	Oudtshoorn	Dave vd Walt
18-Dec	Wed	WPA	Growthpoint Sundowner 10k	10	18:15	V & A Waterfront Cape Town	E Kraaifont	William Swartbooi
20-Dec	Fri	SWD	Edens Streetmiles	1.6		Hartenbos	Oudtshoorn	Dave vd Walt
21-Dec	Sat	EPA	Drommedaris Furnish Run	10\5	7:00	Drommedaris Furn Jeffrey Bay	Kouga MSC	Corrie Coetzee
21-Dec	Sat	SWD	Great Brak Total Moordkui	15\4	7:30	VGK Church Greatbrak River	Hartenbos	Johan Viljoen
26-Dec	Thu	Mpu	Siyabuswa Boxing day run	21\10\5	6:00	Univ Mpumalanga Campus	Siyabuswa	Legasa Tlometsane
26-Dec	Thu	SWD	Elroy Gelant Development	8\5	18:00	Mission str Pacaltsdorp	Rainbow AC	Sidwell Okober
26-Dec	Thu	WPA	Tokai Manor House 16km	16\8	6:30	Maths ScienceTech Tokai	Southern St	Graham Ford
31-Dec	Tue	AGN	Old Year's Race	10\5	17:00	Rietondale Park	Arcadia	James Matshekga
31-Dec	Tue	AVT	Nedbank Ou Jaar's Race	10\5	18:00	Kollegepark Primary	Nedbank	Dawid Jordaan

31-Dec	Tue	SWD	Oujaarsdraffie	10\4	6:00	Sandriver rd Hartenbos	Hartenbos	Johan Viljoen
31-Dec	Tue	WPA	Runner's Memorial Race 8k	8	18:30	Mouille Point Lighthouse	Edgemead AC	Liam Hendrickse

Tel
082 5724169
083 6275326
084 4435010
073 9052231
083 8585857
078 5729938
076 4224486
083 2843781
082 8042923
083 6513836
063 9344857
083 4534843
082 4913194
083 6335784
083 4033145
073 3215442
083 5129640
072 2650141
084 9226817
082 4480727
084 6650910
072 1492674
072 2139594
083 2809798
073 5614912
083 5319417
072 2586902
061 8011713
082 4434193
084 5844112
078 3958489
079 1750023
082 3727093
083 2767483
081 4012361
073 4704444
074 1390550
074 1390550
082 9240234
061 0697384
082 8590801
083 3353846
083 6308729
072 2226843
083 6300440
083 2560241
084 4606454
082 6446422
072 7910378
082 9408830
083 2965953
079 5250302
084 2542468
072 1967861
082 4740399
083 3507839
083 4774780

071 8953183
082 8270068
082 4877290
082 6547555
079 4928420
021 5117130
013 7649200
083 4033145
021 5117130
078 0917200
082 8084301
061 4732334
082 8539144
071 8776608
084 6076314
083 6308729
072 5634131
082 9970783
082 9213330
079 8447156
083 8216952
072 2954175
082 3205169
082 8774890
072 1492674
082 3329448
082 8021352
083 2764561
076 9488483
072 2954175
084 6195126
011 5680922
082 7777630
073 2254146
082 4575675
082 4756974
072 5732501
073 3083127
082 5634573
082 5634573
071 8953183
082 8228992
082 8379037
072 9636090
082 5615429
082 4402294
082 5634573
082 5558157
082 5634573
082 7733603
082 4433777
082 4976607
082 9081844

073 7113862
051 4017211
082 8964377
073 7996075
082 6346986
083 4100600
083 6361119
015 2973301
084 4163584
083 4604204
084 6076314
082 4877157
082 8256394
083 3040210
011 8732726
079 3248593
083 2520691
072 9488779
082 6436186
011 7022035
082 7734901
082 9667767
076 0859303
072 2650140
082 6884226
082 5642767
082 4671949
076 2858581
076 2858581
076 2858581
074 1776888
074 1776888
083 7081872
072 2650141
081 4874984
081 4874984
082 5301178
082 7880526
072 7910378
073 1833487
083 2661133
079 1496796
083 3353846
083 2229449
083 6434883
082 8879596
083 5500600
083 5027935
083 9996450
072 5732501
082 9970783
083 5661595
082 8539144

082 5583590
072 3910788
021 5117130
076 8791442
082 8044803
072 6109428
078 1849723
072 5732501
078 1941889
084 5010168
074 2338865
082 6436186
073 7996075
072 2769635
083 5458006
082 8975416
072 2184212
083 3245074
083 4465598
072 1492674
082 9266200
082 3748632
072 3641030
074 1390550
074 1390550
072 6790874
082 9472153
073 5945448
021 6330507
071 4730908
071 3827219
078 8047388
083 2293193
079 3610871
082 6614818
082 9667767
082 7749510
082 9512581
082 5527866
031 3129374
083 4274648
082 9081844
078 1694643
083 3183853
083 2488736
083 3055141
072 7910378
076 5939636
011 8970054
082 7895559
072 2904063
021 4183232
071 6127339
087 7420210

087 7420210
071 0050115
079 1750023
076 9252896
087 7420210
087 7420210
082 5724169
082 9667767
076 5791442
012 3274932
083 3246871
083 5129640
079 1496796
083 2287682
082 4706461
072 0676546
082 9207555
082 6988831
073 0297879
082 8000762
084 8106740
065 9046909
082 9081844
08 3788300
083 9226817
072 1492674
084 5168374
083 3261699
021 5117130
082 8228992
071 8953183
072 5662627
082 5770932
072 2572161
072 8467212
083 4534781
084 2309963
011 9173721
083 7836383
082 5311113
021 6503564
021 8219898
072 5801866
084 6285660
079 4900427
082 7880675
076 9488483
083 3992651
071 9178313
082 5724169
071 6022291
072 2954175
011 4428256
011 4428257
082 7837691

078 8946180
082 9459051
082 8258001
083 3022716
076 8348124
082 5615429
072 5732501
082 3770547
084 6442733
072 4992602
082 5724169
083 2566591
076 5939636
082 6436186
021 9522318
083 2742995
083 2309963
072 4317814
031 3129374
021 4183232
079 5010061
021 4244579
021 8219898
082 7743202
083 2661133
079 1496796
082 7361361
083 2279020
072 2954175
071 6825568
083 3505125
071 7072297
082 4764656
021 7618887
083 3767414
082 3659027
083 2843781
084 6650910
072 4789039
082 9771665
073 9584899
079 8013906
078 4450249
044 8730023
044 8730023
060 9669067
072 4992602
082 5724169
076 1954832
083 6500642

082 8289120
076 1954832
072 4640041
084 0457877
083 5027935
079 1805347
071 8953183
083 4145938
083 3353846
074 4342332
082 4480727
082 7701143
073 4709842
011 7022035
081 4874984
072 4992602
081 3260405
073 7996075
084 5168374
044 8730023
084 2477170
072 2769635
031 7633103
072 6334799
074 8994164
084 6275326
081 4073267
082 6546645
082 5634573
072 2101127
072 2101127
082 8488589
076 4022528
072 2101127
083 5014136
082 8003178
060 2523247
041 3742818
072 2226843
078 0917200
011 5680922
061 4363967
082 9794466
072 7910378
082 9459051
012 3274931
083 2293193
082 6547555
076 7379732
082 6988831
076 9488483
081 3974235
082 3052440

071 8202197
082 7308320
083 6308729
084 0313212
082 9909470
083 2991775
063 9344857
084 5524323
083 3767414
072 3927558
082 9970783
078 2205763
082 8029612
084 3921061
082 6101147
082 7895559
082 9667767
083 7733603
083 2661133
083 2369275
072 7776105
074 0416591
082 7996785
083 2597581
082 7799407
078 2816981
082 6741373
082 8471680
083 6308729
082 4264455
081 5315299
072 7910378
072 6018189
083 4624400
074 1390550
083 6304255
033 8976932
078 1561499
084 6183513
021 5117130
071 4730908
082 9213330
082 9405453
073 7113862
083 6330331
083 6285660
084 6065601
072 7910378
083 3507839
071 0556183
076 1233421
072 2954175
084 6195126
079 8447156

082 4535437
073 4693662
083 3749502
082 4165488
072 5732501
082 9909470
083 4774780
071 8953183
085 9226817
082 9909470
073 9906349
082 3775598
072 3355842
072 1492674
083 3353846
082 9207555
073 3131668
076 9488483
082 5527866
083 5700554
084 6033155
082 8216952
083 6308729
082 7847491
082 8829496
073 1833487
082 3260405
079 1496796
083 6973333
083 4140019
072 5732501
082 5469306
082 5751826
021 8219898
083 2709601
073 7996075
073 7996075
083 3260848
083 3093847
083 2709601
083 2709601
082 8752378
083 6308729
072 2586902
079 8731706
083 7743202
065 9046909
082 7490413
082 7880675
012 2522626
083 3767414
021 9522318
072 1289030
082 4659065
071 3925530
083 3108519
076 2830942

083 4827183
082 5745323
082 9970783
071 8956798
072 2954175
082 9909470
076 6821286
072 7910378
072 9989640
083 3022784
082 9512581
087 0970011
071 8776608
076 1808853
073 6873372
079 3610871
082 9667767
080 9789339
083 3040210
083 2843781
083 3209331
073 6541652
083 7081872
072 4992602
072 3910788
083 3507839
072 5634131
072 1492674
082 8228992
083 4851408
073 7113862
076 5791442
079 1750023
082 9226817
083 7404689
071 6127339
072 7316225
084 5168374
082 8021352
082 2023593
083 2560241
079 1958768
083 7836363
083 2523250
083 3767392
082 9667767
083 4610741
072 4992602
072 4992602
079 1750023
083 7836363
071 3805801
082 4667031
082 8539144
079 4900427

072 8412051
082 8021352
084 6076314
084 4033400
082 3987148
082 4241716
072 9150854
083 2904743
071 9890215
072 4503481
083 7038670
079 4968445
072 1248115
082 9266200
082 4912854
073 3083127
072 4992602
082 8886672
082 8964366
084 5702544
084 5702544
072 2739440
072 2572161
083 3353846
072 7910378
082 9408830
076 5791442
083 5133024
082 4480727
011 9173721
082 3383111
073 4955521
082 8882307
082 4110107
082 8752378
082 9667767
083 3767414
083 2643307
082 7758196
072 4992602
072 4992602
082 9512581
082 8539144
083 3078818
066 2237616
082 5615429
072 5732501
083 3112962
083 4774780
082 6317410
083 5549912
082 7777630

082 4756974
072 4992602
082 8000762
081 4592297
061 8011713
083 6300440
082 2622568
076 3992143
079 1496796
084 6076314
072 6758887
084 2887987
082 6836530
084 0457877
076 1957289
082 3329448
083 4534781
071 8953183
083 3659027
074 4942861
082 6523518
083 6308729
021 5117130
073 7996075
076 2793482
083 6592732
084 5282855
073 7113862
079 8731706
073 1833487
084 5661595
082 5530949
083 3254870
072 9636090
074 0416591
083 5027935
072 3927558
072 5563678
083 6253386
073 8086189
083 3260405
083 2661133
083 3327866
072 2218784
072 9073818
083 9680902
084 6076314
072 7910378
071 8709148
011 4428256
011 4428255
083 2158067
083 2263091
082 4740399
082 9213330
082 7787327

079 1496796
063 9344857
082 7361361
082 9667767
081 3189310
079 1354566
083 3844053
071 0556183
061 1017739
076 5939636
082 8258001
083 2843781
082 7111341
082 5615429
084 6076314
083 4534781
083 9996450
013 3274932
078 5729938
074 1390550
082 4141783
078 0992770
083 4534781
082 8652398
082 5530949
084 6650910
073 4125440
072 2541880
071 4220953
078 4450249
083 2488736
072 6789596
083 5027935
082 7734901
082 4764656
073 4125440
082 7734901
084 2477170
082 7734901
073 9052231
082 9408830
079 4374705
078 3958489
082 4459824
082 5661595
082 3641954

082 9408830
072 3927558