

2009 Provincial Events Fixtures (Incorp. National Fixtures)								
Date		Name of Event	Venue	Category (TF/CC/RR)	Distance (if Road Running)	Organised by (name of club)	Email Address	Province
1-Jan	01-01	New Years Run/Walk	Botanical Gardens	RR & W	5 & 10	Run/Walk for Life		AGN
1-Jan	01-01	NSRI Beach Run	Diaz Strand - Mossel Bay	RR	5 & 15	Hartenbos Drawers		ASWD
3-Jan	01-03	Philadeiffa Gardens	Tuine High School	RR & W	5 & 10	Fit 2000		AGN
3-Jan	01-03	Builders Express	Builders Express - George	RR	15	Rainbow AC		ASWD
3-Jan	01-03	Woodlands Dairy	Main Beach, Jeffreys Bay	RR	5 & 15	Jeffreys Bay AC		EPA
3-Jan	01-03	Poppy Run	Seaside Shopping Centre, Big Bay	RR	15	Hewat	ctfestivalofrunning@eject.co.za	WPA
4-Jan	01-04	Varsity Kudus	West Campus, Wits	RR	15	Kudus	alecjobert@telkomsa.net	CGA
6-Jan	01-06	Sasol Nite	Sasol Recreation club	RR	10	Sasol		AMPU
9-Jan	01-09	Big Blue Festival Nite Race	Kleinmond Beach Front	RR	5 & 10	Hangklip AC	races@hangklipathletics.co.za	BOLA
10-Jan	01-10	ACE	Derdepoort Resort	RR & W	10 & 21.1	ACE		AGN
10-Jan	01-10	League 1 (All ages Group (league 1)	Olympia Park Stadium	TF		ANWN		ANWN
10-Jan	01-10	CTM	CTM - George	RR	10	Outeniqua Harriers		ASWD
10-Jan	01-10	CGA TF All Age Groups	Ruimsig Stadium	TF		CGA	cgauteng@intekom.co.za	CGA
10-Jan	01-10	Despatch	Despatch Sports Centre	RR	5 & 10	Despatch AC		EPA
11-Jan	01-11	Dischem	Bedford Virgin Active	RR	5 & 21.1	Bedfordview	helena.lopes@dhl.com	CGA
11-Jan	01-11	Ronnie Davel	Laddsworth Primary School- Hilton	RR&W	16	Hilton Harriers	sally@icfr.unp.ac.za	KZNA
11-Jan	01-11	Weber Wentzel Bay to Bay	Camps Bay	RR	2x15 relay & 30	AAC	aacinfo@ananzi.co.za	WPA
13-Jan	01-13	Collision 6	Parow	TF		WPA	wpathletics@iafrica.com	WPA
14-Jan	01-14	Kovsie 1st Years competition	Pellesspark Bloemfontein	TF		UFS	prinsldb.rd@mail.uovs.ac.za	AFS
14-Jan	01-14	Berg & Dal Nite Race	Key West Krugersdorp	RR	5 & 15	Krugersdorp RR	liffjelding@telkomsa.net	CGA
16-Jan	01-16	Wilgehof P/S House meet	AFS Stadium Bloemfontein	TF		Wilgehof P/S	wilgehof@mjvnet.co.za	AFS
16-Jan	01-16	Grey House meet - RW	AFS Stadium Bloemfontein	TF		Grey College S/S	piet@grey.fs.school.za	AFS
16-Jan	01-16	Youth, Junior, Senior League 1	Kings Park Athletics Stadium	TF		KZN Athletics	kzn@athletics.org.za	KZNA
17-Jan	01-17	Henneman Never give up	Henneman Community Hall	RR	5 & 10 & 21.1	Riebeeckstad Harriers	elmarie.fourie@sanlam.co.za	AFS
17-Jan	01-17	AGN Youth, Junior and Senior League 1	PILDITCH/ABSA TUKS STADIUM	TF		TUKS		AGN
17-Jan	01-17	Nedbank Matha Series 1	Tshwane	RR	5 & 21.1	AGN		AGN
17-Jan	01-17	Rainbow	Machadodorp	RR	15 & 21	Rainbow		AMPU
17-Jan	01-17	CGA TF All Age Groups	Ruimsig Stadium	TF		CGA	cgauteng@intekom.co.za	CGA
17-Jan	01-17	Marina Salt	Bluewater Bay Prim School	RR	5 & 15	Bluewater Bay AC		EPA
17-Jan	01-17	Track and Field Open Meeting	Gelvandale Stadium	TF		EPA		EPA
17-Jan	01-17	20km walk	Belville	TF		WPA	wpathletics@iafrica.com	WPA
17-Jan	01-17	Hohenhort	Constantia	RR	15	Pinelands	michael.mortley@standardbank.co.za	WPA
18-Jan	01-18	Bobbies	Arthur Block Stadium	RR	10 & 21.1	SAPG	gpcommunitieserv@saps.org.za	CGA
18-Jan	01-18	Halfway Scottburgh	Scottburgh Country Club	RR	21.1	Scottburgh Athletic Club	bphlips@oldmutualifa.com	KZNA
18-Jan	01-18	Alex Wasps	Long Market Girl's School- Pietermaritzburg	RR	21.1	Alex Wasps A.C.		KZNA
19-Jan	01-19	Grey House meet	AFS Stadium Bloemfontein	TF		Grey College S/S	piet@grey.fs.school.za	AFS
19-Jan	01-19	BEAC / AFS Odd Events - Coaches Choice	AFS Stadium Bloemfontein	TF		AFS T&F Commission & BEAC	afs@athletics.org.za jprdup@mntloaded.co.za	AFS
19 Jan & 3 Feb	01-19	D4 Primary Schools Cluster Competition	PILDITCH	TF		AGN		AGN
20-Jan	01-20	Kids & Youth Athletics	Bloemfontein	T ID & Dev		AFS Kids & Youth Athletics		AFS
21-Jan	01-21	Sentraal House meeting	AFS Stadium Bloemfontein	TF		Sentraal S/S	mail@sentraal.co.za	AFS
21-Jan	01-21	Bfn Striders Road Race	Langenhovenpark Jan Spies Ln	RR	4,5 & 10	Bloemfontein Striders		AFS
21-Jan	01-21	Powerade Nite	Clubhouse	RR	10 & 15	Nelspruit		AMPU
21-Jan	01-21	Eskom Nite	Eskom Clubhouse	RR	4,9 & 10	Eskom		AMPU
21-Jan	01-21	Kempton Night Race	Kempton Park	RR	5 & 15	Kempton Road	phjacobs@gibb.co.za	CGA
21-Jan	01-21	Brackenfell	Brackenfell High School	RR	10	Brackenfell		WPA
22-Jan	01-22	Fichardpark S/S House	AFS Stadium Bloemfontein	TF		Fichardpark S/S	fichp.ss/fichpos@park.co.za	AFS
23-Jan	01-23	Yellow Pages Series 1	Potchefstroom	TF		ACNW		ACNW
23-Jan	01-23	Navalsig S/S House meet	AFS Stadium Bloemfontein	TF		Navalsig S/S		AFS
23-Jan	01-23	Fonteine P/S Invitation	Sasolburg	TF		Fonteine P/S		AFS
24-Jan	01-24	Motheo / Xhariep S/S District 1 competition	AFS Stadium Bloemfontein	TF		Motheo S/S	corrie@schoolink.co.za piet@grey.fs.school.za	AFS
24-Jan	01-24	HTS Sasolburg Invitation	Sasolburg	TF		HTS Sasolburg		AFS
24-Jan	01-24	AGN Youth, Junior and Senior League 2	ABSA TUKS STADIUM	TF		AGN		AGN

Date		Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
				(TF/CC/RR)	(if Road Running)	(name of club)		
24-Jan	01-24	George Claasen	Menlyn Shopping Mall	RR&W	10 & 21.1	PMC		AGN
24-Jan	01-24	Primary/Secondary Schools	Regions	TF		J. Smit		AGW
24-Jan	01-24	Boulders	Mara junction	RR	25	Onderberg		AMPU
24-Jan	01-24	Volksrust 3-in-1	Hoerskool Volksrust	RR	10 & 21.1 & 32	Volksrust		AMPU
24-Jan	01-24	De Zeekoe	De Zeekoe Guest Farm - Oudtshoorn	RR	10 & 21.1	Run / Walk for Life		ASWD
24-Jan	01-24	CGA TF All Age Groups	Germiston Stadium	TF		CGA	cgaufeng@intekom.co.za	CGA
24-Jan	01-24	Historic Run	PE College (Heath Park)	RR	5 & 10	X-Cel AC		EPA
24-Jan	01-24	Track and Field Open Meeting	Westbourne Oval	TF		EPA		EPA
24-Jan	01-24	Youth, Junior, Senior League 2	Kings Park Athletics Stadium	TF		KZN Athletics	kzn@athletics.org.za	KZNA
24-Jan	01-24	The David Rattray Memorial Isandlwana Rorkes Drift	Isandlwana Interpretive Centre	RR	21.1	Biggarsberg Athletic Club	george.groenewald@dcs.gov.za	KZNA
24-Jan	01-24	Soutpansberg Mountain Race	Clubhouse	RR	9 & 21.1	Soutpansberg A C		LIMA
24-Jan	01-24	Red Hill	Fish Hoek Sports Grounds	RR	36 & 42.2	Fish Hoek	race@fishhoekac.com	WPA
24-Jan	01-24	WPA Masters Clive Truter	Parow	T&F		WPA	wpathletics@iafrica.com	WPA
25-Jan	01-25	Johnson Crane	Old Benonians Club	RR	5 & 21.1	Benoni Harriers	secretary@benoniharriers.co.za	CGA
27-Jan	01-27	Leeuwspruit P/S Invitation	Sasolburg	TF		Leeuwspruit P/S		AFS
27-Jan	01-27	Collision 7	Parow	TF		WPA	wpathletics@iafrica.com	WPA
28-Jan	01-28	Bizhub Night Serie	PMSC Sportgrounds	RR&W	5 & 10	PMMC		AGN
28-Jan	01-28	Track and Field Meeting	Gelvandale Stadium	TF		EPA		EPA
28-Jan	01-28	Dan Luyt	Durbanville Library	RR	15	Belville	martins@eclipse.co.za	WPA
30-Jan	01-30	Stewards & Lloyds Louis Botha S/S Invite Meet OR	AFS Stadium Bloemfontein	TF		Louis Botha S/S		AFS
30-Jan	01-30	Vaalpark P/S Invitation	Sasolburg	TF		Vaalpark P/S		AFS
30-Jan	01-30	Dr Malan School Invitation	Meyerton	TF		Dr Malan School		AFS
30-Jan	01-30	Yellow Pages Series II	Tshwane	TF		AGN		AGN
30-Jan	01-30	Primary/Secondary Schools	Regions	TF		J. Smit		AGW
31-Jan	01-31	Motheo / Xhariep S/S District 2 competition	AFS Stadium Bloemfontein	TF		Motheo S/S	corrie@schoolink.co.za	AFS
31-Jan	01-31	Mielie Marathon	HTS Welkom	RR	10 & 21.1 & 42.2	Welkom Striders	paul.barnes@yebo.co.za	AFS
31-Jan	01-31	Bedelia Champion of Champions Invitational Meet	Bedelia P/S Welkom	TF		Bedelia P/S	jdplessis@sbuys.co.za	AFS
31-Jan	01-31	Agape	Adelaars Sportgrounds	RR&W	5 & 10 & 21.1 & 32	AGAPE		AGN
31-Jan	01-31	Middelburg 5-in-1	Kees Taljaardt stadion	RR	10 & 15 & 21.1 & 32 & 42	Middelburg		AMPU
31-Jan	01-31	CGA TF All Age Groups	Germiston Stadium	TF		CGA	cgaufeng@intekom.co.za	CGA
31-Jan	01-31	Herald/Remax Friendly City Marathon	Holmeleigh Farm	RR	42.2	Achilles AC		EPA
31-Jan	01-31	Youth, Junior, Senior League 3	Chatsworth Athletics Stadium	TF		KZN Athletics	kzn@athletics.org.za	KZNA
31-Jan	01-31	Inter High (2 nd Date)	Polokwane	TF		Noorderland H S		LIMA
31-Jan	01-31	WPA Junior Open Meeting	Belville	TF		WPA	wpathletics@iafrica.com	WPA
1-Feb	02-01	Glassfit	Ruimsig Stadium	RR	21.1 & 42.2	GRRR		CGA
1-Feb	02-01	Kearsney Striders	Kearsney College- Bothas Hill	RR	21.1	Kearsney Striders	chezsea@iafrica.com	KZNA
1-Feb	02-01	Sparkport Challenge	Outside Sparkport Pharmacy, Sparks	RR		Sydenham Sports Club		KZNA
1-Feb	02-01	Kloof Nek Classic	Camps Bay High School	RR	21.1	Fit 2001 (WP)	aradley@pnp.co.za	WPA
2-Feb	02-02	Kovsie Inter Hostel Competition	Pellicspark Bloemfontein	TF		UFS	prinsltdb.rd@mail.uovs.ac.za	AFS
3/4-Feb	02-03	Inter Schools	Polokwane	TF		Ivypark Laerskool		LIMA
4-Feb	02-04	Motheo / Xhariep P/S Zone C competition	AFS Stadium Bloemfontein	TF		Motheo P/S	dupreez@fichies.co.za	AFS
4-Feb	02-04	Hyundai Pretoria Nite Race	SAPS College Pta-West	RR&W	5 & 10	PPMC		AGN
4 & 12 Feb	02-04	D4 Secondary Schools Cluster Competition	PILDITCH	TF				AGN
4-Feb	02-04	Ferrochrome Nite	Kees Taljaardt Stadion	RR	4 & 10	Midack		AMPU
4-Feb	02-04	1 Hour Meeting	Da' Josaphat Stadium, Paarl	TF		Paarl AC		BOLA
4-Feb	02-04	Noordheuwel Monster	Khosa Sports Club	RR	5 & 15	Khosa	Estelle@orthodontics.co.za	CGA
5-Feb	02-05	Motheo / Xhariep P/S Zone A competition	AFS Stadium Bloemfontein	TF		Motheo P/S	dupreez@fichies.co.za	AFS
6-Feb	02-06	Motheo / Xhariep P/S Zone B competition	AFS Stadium Bloemfontein	TF		Motheo P/S	dupreez@fichies.co.za	AFS
6-Feb	02-06	Yellow Pages - Series III	Kings Park Athletics Stadium	TF		KZNA	kzn@athletics.org.za	KZNA
6-Feb	02-06	Combined Events	Belville	TF		WPA	wpathletics@iafrica.com	WPA
6-Feb	02-06	MTBS	Belville	TF		WPA	wpathletics@iafrica.com	WPA
7-Feb	02-07	SASOL Marathon	DP de Villiers Stadium Sasolburg	RR	10 & 21.1 & 42.2	Sasolburg AC		AFS
7-Feb	02-07	Motheo / Xhariep S/S District 3 competition	AFS Stadium Bloemfontein	TF		Motheo S/S	corrie@schoolink.co.za	AFS
7-Feb	02-07	AGN Youth, Junior and Senior League 3	PILDITCH	TF	League 3	AGN Office		AGN
7-Feb	02-07	McCarthy Toyota	Rietondale Park	RR&W	10 & 21.1	Magnolia	Hank Bezuidenhout	AGN

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7-Feb	02-07	Primary/Secondary Schools	Regions	TF		J. Smit		AGW
7-Feb	02-07	Sasol	Sasol Recreation club	RR	21,1 & 42,2	Sasol		AMPU
7-Feb	02-07	Wesbank Valentine's Run	Wesbank Primary School - Oudtshoorn	RR	5 & 10 & 21,1	Run / Walk for Life		ASWD
7-Feb	02-07	Prison to Prison Road Race	Worcester Gevangenis	RR	6 & 21,1	Brandvlei Cor. Services	Wiseman.soni@dcs.gov.za	BOLA
7-Feb	02-07	Club Chairpersons Meeting	Venue TBC	TF		Boland Athletics	bolandathletics@sun.ac.za	BOLA
7-Feb	02-07	CGA Womens Meeting	Germiston Stadium	TF		CGA	cgauleng@intekom.co.za	CGA
7-Feb	02-07	Cassies	Verkenner Primary School	RR	5 & 15	Nedbank AC		EPA
7-Feb	02-07	NMMU League Meeting	NMMU Stadium	TF		NMMU AC		EPA
7-Feb	02-07	Inter High (1 st Date)	Polokwane	TF		Noorderland H S		LIMA
7-Feb	02-07	Combined Events + Open Meeting	Belville	TF		WPA	wpathletics@iafrica.com	WPA
7-Feb	02-07	Lion of Africa	Technology, Firgrove Road, Tokai	RR	21,1	Spartan Harriers		WPA
7-Feb	02-07	Phillip Rabinowitz	Academy for Maths, Science and Tech	RW	10	Spartan Harriers		WPA
8-Feb	02-08	Brooks Striders	Springs Rugby Club	RR	5 & 15 & 32	Brooks Str	prambyurqh@yahoo.com	CGA
8-Feb	02-08	Nedbank Durban City Marathon incorp SA Champs	Durban	RR	5 & 42,2	KZNA		KZNA
9-Feb	02-09	BEAC 120 min League	AFS Stadium Bloemfontein	TF		AFS T&F Commission & BEAC	afs@athletics.org.za jrdup@mntloaded.co.za	AFS
11-Feb	02-11	Fichardpark P/S Invitation	AFS Stadium Bloemfontein	TF		Fichardpark P/S	dupreez@fichies.co.za	AFS
11-Feb	02-11	SPAR Lantern	Agricultural Research Council	RR&W	5 & 10	Irene		AGN
11-Feb	02-11	Valentyns Nite	Secunda High School	RR	10	Secunda		AMPU
11-Feb	02-11	Traditional Athletics Meeting	Dal Josaphat Stadium, Paarl	TF		Boland HS Schools Athletics	bolhsath@gmail.com	BOLA
11-Feb	02-11	Half League	Parow	TF		WPA	wpathletics@iafrica.com	WPA
11-Feb	02-11	Thomas Mbiza	Navy Swimming Pool, Simon's Town	RR	10	Thomas Mbiza	majoitainment@yahoo.co.uk	WPA
13-Feb	02-13	Harmony Striders Valentines Night Race	Welkom Square	RR	10	Harmony Striders		AFS
13/14 Feb	02-13	AFS Senior, Junior & Youth T&F Championships	AFS Stadium Bloemfontein	TF		AFS	fsa@athletics.org.za	AFS
13/14 Feb	02-13	D4 Primary Schools District Championships	PILDITCH	TF		AGN		AGN
13-Feb	02-13	ASWD Youth / Junior / Senior T&F Champs	De Jager Stadium - Oudtshoorn	TF		Athletics SWD		ASWD
13-Feb	02-13	Model Sport Valentine Night Race	Mountain Mill Mall, Worcester	RR	5 & 10	Worcester AC	worcloudgieters@mweb.co.za	BOLA
13-Feb	02-13	Valentines Night Race	Randburg Central Sports Complex	RR&W	10	Randburg Harriers	randburgharriers@wbs.co.za	CGA
13/14-Feb	02-13	Provincial Track & Field Championships	NMMU Stadium	TF		EPA		EPA
14-Feb	02-14	Kloppers Adidas Festival of Running	Bln Achilles Sport Centre	RR	10 & 21,1 & 42,2	Nedbank RC Bln Achilles	bloemachilles@gmail.com	AFS
14-Feb	02-14	Planet Roelies Valentines RR	AHS Kroonstad	RR	4 & 10 & 21,1	Syngenta MC		AFS
14-Feb	02-14	Fezile Dabi P/S Championship	Sasolburg	TF		Fezile Dabi P/S		AFS
14-Feb	02-14	Bronkhorstspuit	Die Draai Bronkhorstspuit	RR&W	10 & 32	Bronkhorstspuit MC		AGN
14-Feb	02-14	Provincial Senior Track & Field Championships	PILDITCH/ABSA TUKS STADIUM	TF		AGN		AGN
14-Feb	02-14	Hartswater Top 20	Hartswater	TF		P. Steenkamp		AGW
14-Feb	02-14	Youth and Junior Championships	Olympia Park Stadium	TF		ANWN		ANWN
14-Feb	02-14	Platinum Marathon	Omaramba, buffelspoort	RR	20 & 40	Koster marathon		ANWN
14-Feb	02-14	Karoo National Park	Karoo National Park - Beaufort West	RR	10 & 21,1	Beaufort West Runners		ASWD
14-Feb	02-14	Outeniqua Wheelchair Challenge	George Tourist Resort - George	RR	5 & 10 & 21,1 & 42,2	Disabled Road Race Foundation		ASWD
14-Feb	02-14	Community Project - T+F League	Dal Josaphat Stadium, Paarl	TF		Athletics Alive	Freddie.Neff@dcs.gov.za	BOLA
14-Feb	02-14	Swartrivier Genadendal Road Race	L. R. Schmidt PS	RR	21,1	Genadendal AC	gesot@telkomsa.net	BOLA
14-Feb	02-14	CGA Snr TF Champs	Germiston Stadium	TF		CGA	cgauleng@intekom.co.za	CGA
14-Feb	02-14	Metlife Plaza/Valentines Run	Metlife Plaza	RR	5 & 10	Achilles AC		EPA
14-Feb	02-14	Vryheid Athletic Club	Cecil Ammett Sports Grounds Vryheid	RR	21,1	Vryheid Athletic Club	ingridkusek@internext.co.za	KZNA
14-Feb	02-14	KZN Snr and Masters Champs	Kings Park Athletics Stadium	TF		KZN Athletics	kzn@athletics.org.za	KZNA
14-Feb	02-14	Lima Provincial Snr Championships	Polokwane	TF		LIMA		LIMA
14-Feb	02-14	Susman Meeting + League	Parow	TF		WPA	wpathletics@iafrica.com	WPA
14-Feb	02-14	Top Form Road Race	Vygieskraal	RR	5 & 10	Top Form	pschouw@kingsley.co.za	WPA
15-Feb	02-15	Pick & Pay	Saheti School	RR	5 & 21,1 & 42,2	Jeppe	jeppegondam@mweb.co.za	CGA
15-Feb	02-15	NIMAS Challenge	Hillcrest Sports Club - Hillcrest	??		Hillcrest Villagers	alison@diverstech.co.za	KZNA
16-Feb	02-16	Kids & Youth Athletics TID & Dev	Zastron	TF		AFS Kids & Youth Athletics		AFS
16/17 Feb	02-16	D4 Secondary Schools Cluster Competition	PILDITCH	TF				AGN
17-Feb	02-17	Half League	Belville	TF		WPA	wpathletics@iafrica.com	WPA
18-Feb	02-18	BEAC 180 min League	AFS Stadium Bloemfontein	TF		AFS T&F Commission & BEAC	afs@athletics.org.za jrdup@mntloaded.co.za	AFS
18-Feb	02-18	Diamantveld Invitation	D.H.S	TF		J. Smit		AGW
18-Feb	02-18	Van Wettens Nite	Lowveld Country Club	RR	4,9 & 10	LVCC		AMPU

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18-Feb	02-18	1 Hour Meeting	Dal Josaphat Stadium, Paarl	TF		Paarl AC	brandonathletics@yahoo.com	BOLA
18-Feb	02-18	Stragglers - Allens Race	Stragglers Sports Complex	RR	10	Stragglers	mammoo@absamail.co.za	WPA
19-Feb	02-19	Outeniqua Harriers Business Relay	Outeniqua High School - George	RR	6*2Kkm Relay	Outeniqua Harriers		ASWD
19-Feb	02-19	4M All Girls T+F Meeting	Dal Josaphat Stadium, Paarl	TF		Paarl Girls High School	sport@paarlgirlshigh.org.za	BOLA
19/20/21-Feb	02-19	WPA Senior & Masters Championships	Bellville	TF		WPA	wpathletics@iafrica.com	WPA
20-Feb	02-20	Sentraal Top 20 meeting	AFS Stadium Bloemfontein	TF		Sentraal S/S	mail@sentraal.co.za	AFS
20/21 Feb	02-20	Fezile Dabi S/S Championship	Sasolburg	TF		Fezile Dabi S/S		AFS
20/21 Feb	02-20	D4 Secondary Schools District Championships	PILDITCH	TF				AGN
20-Feb	02-20	Yellow Pages Series IV	Port Elizabeth	TF		EPA		EPA
21-Feb	02-21	Motheo / Xhariep P/S Championship	AFS Stadium Bloemfontein	TF		Motheo P/S	dupreez@fichies.co.za	AFS
21-Feb	02-21	FS P/S District Competitions	Various Districts	TF		FS P/S Districts		AFS
21-Feb	02-21	Dairy Bell	BIn Bowls grounds Unie Ln	RR	10 & 32	Bloemfontein Striders		AFS
21-Feb	02-21	Winburg Vasbyt	Winburg Town Hall	RR	10 & 20	Harmony Striders		AFS
21-Feb	02-21	Bielie Mielie Road Race	Swimming Pool Reitz	RR	4 & 10 & 21,1	OD Striders	moogelegen@webmail.co.za	AFS
21-Feb	02-21	AGN Youth, Junior and Senior League 4	PILDITCH/ABSA TUKS STADIUM	TF		AGN		AGN
21-Feb	02-21	Tuks	LC de Villiers Sport Grounds	RR&W	10 & 21,1	Tuks AC		AGN
21-Feb	02-21	Pixley Kgalagadi, Francis B (AGW Schools)	Regions	TF		J. Smit		AGW
21-Feb	02-21	Assegai	Piet Relief Primary	RR	21,1 & 42,2	Assegai		AMPU
21-Feb	02-21	Mafikeng	Tusk, Mmabatho	RR	21,1 & 42,2	Mafikeng road		ANWN
21-Feb	02-21	Coca-Cola	Plantasie Road - George	RR	5 & 10	Garden Route AC		ASWD
21-Feb	02-21	Western Cape LSEN Track and Field Champs	TBA - Boland	TF		LSEN		ASWD
21-Feb	02-21	Oude Molen Elgin Road Race	Oude Molen Distillery, Grabouw	RR	5 & 10 & 21,1	Elgin/Grabouw AC	urend@groenberg.wcape.school.za	BOLA
21-Feb	02-21	Boland HS Reg Champs	Various	TF		Boland HS Athletics	bolhsath@gmail.com	BOLA
21-Feb	02-21	Boland Senior T+F Champs	Coetzenburg Stadium	TF		Boland Athletics	fkariem@pgwc.gov.za	BOLA
21-Feb	02-21	Boland PS Championships	TBC	TF		Boland PS Schools Athletics	wips@intekom.co.za	BOLA
21-Feb	02-21	CGA TF All Age Groups	Germiston Stadium	TF		CGA	cgauleng@intekom.co.za	CGA
21-Feb	02-21	GM Bay Ultra	Hobie Beach	RR	5 & 10 & 50	Body Concept AC		EPA
21-Feb	02-21	Youth, Junior, Senior League 4	Kings Park Athletic Stadium	TF		KZN Athletics	kzn@athletics.org.za	KZNA
21-Feb	02-21	Pegasus 4 in 1	SA Breweries	RR	5 & 10 & 21,1 & 42,2	Polokwane A C		LIMA
22-Feb	02-22	Pirates	Greenside	RR	21,1	Pirates	piratesclub@global.co.za	CGA
22-Feb	02-22	Formula 1 Bluff Meats	Bluff Meat Shopping Centre North Co	??		Formula 1 Bluff Meats	acsport@telkomsa.net	KZNA
22-Feb	02-22	DB Enterprises- run/ walk	Eitty Park Sport Ground - Ladysmith	RR&W	10	Jabulani Athletic Club		KZNA
22-Feb	02-22	Mondi run/ walk	Bay Hall - Richardsbay	RR&W	10 & 21,1	CANON Richardsbay Athletic Club	wayne.crouch@transnet.net	KZNA
22-Feb	02-22	Puma Peninsula Fun Run	Simon's Town Sports Field	RR	8 & 21,1 & 42,2	Celtic Harriers	info@topevents.co.za	WPA
23-Feb	02-23	Kovsie Relay Meeting	Pellesspark Bloemfontein	TF		UFS	prinsldr.rd@mail.uovs.ac.za	AFS
25-Feb	02-25	Bizhub Night Serie	PMSC Sportgrounds	RR&W	5 & 10	PMMC		AGN
25-Feb	02-25	Panorama	Panorama School	RR	10	Coaldust		AMPU
25-Feb	02-25	Gino's Night Race	Coetzenburg	RR	10	Mattes AC	lebp@sun.ac.za	BOLA
25-Feb	02-25	Alberton Nite Race	Alberton	RR	10 & 15	Alberton Road	chairman@albertonroadrunners.co.za	CGA
25-Feb	02-25	Track and Field Meeting	Westbourne Oval	TF		EPA		EPA
27/28 Feb	02-27	Motheo / Xhariep S/S Championship	AFS Stadium Bloemfontein	TF		Motheo S/S	corrie@schoolink.co.za	AFS
27-Feb	02-27	Infantry School Congo	Military Sport Club House - Oudtshoorn	RR	5	Military Sport Club		ASWD
27/28 Feb	02-27	Boland Jnr and HS T+F Champs	Coetzenburg Stadium	TF		Boland Athletics	fkariem@pgwc.gov.za	BOLA
27-Feb	02-27	Yellow Pages Series V	Stellenbosch	TF		BOLA		BOLA
27/28 Feb	02-27	KZN Youth and Junior Championships	Kings Park Athletics	TF		KZN Athletics	kzn@athletics.org.za	KZNA
28-Feb	02-28	FS S/S District Competitions	Various Districts	TF		FS S/S Districts		AFS
28-Feb	02-28	Sterkfontein	Sterkfontein Dam	RR	25	Harrismith MC	p.g.dutoit@amanzi.co.za	AFS
28-Feb	02-28	Free State P/S Championship	Sasolburg	TF		Motheo P/S	dupreez@fichies.co.za	AFS
28-Feb	02-28	Clover	Bethlehem	TF				AFS
28-Feb	02-28	Provincial Youth/Junior Track & Field Champs	PILDITCH	TF		AGN		AGN
28-Feb	02-28	Deloitte Pretoria Marathon	Hoffmeyer Park Lynnwood	RR&W	10 & 21,1 & 42,2	Phobians		AGN
28-Feb	02-28	Youth, Junior & Senior	De Beers	TF		P.Wax		AGW
28-Feb	02-28	Big Hole	Newton	RR	21,1 & 42,2	J. Naborn		AGW
28-Feb	02-28	Matla	Matla mine	RR	5 & 10 & 21,1 & 42,2	Matla		AMPU
28-Feb	02-28	Senior Provincial Championship	Olympia Park stadium	TF		ANWN		ANWN

Date		Name of Event	Venue	Category (TF/CC/RR)	Distance (if Road Running)	Organised by (name of club)	Email Address	Province
28-Feb	02-28	Infantry School Congo (ASWD 42.2km Champs)	SANDF, Park Road - Oudtshoorn	RR	21.1 & 42.2	Military Sport Club		ASWD
28-Feb	02-28	Parmalat Breede River Challenge	Riggton River Farm	RR	5 & 10 & 21.1	Bonnievale AC	henus.crafford@parmalat.co.za	BOLA
28-Feb	02-28	CGA Youth / Jnr TF Champs	Germiston Stadium	TF		CGA	cgaufeng@intekom.co.za	CGA
28-Feb	02-28	Aqartz Challenge	Seaview Community Hall	RR	24	PEAAC		EPA
28-Feb	02-28	Battlefields 5-in-1	Newcastle Swimming Pool- Newcastle	RR	??	Newcastle Harriers	anel12@telkomsa.net	KZNA
28-Feb	02-28	Lima Provincial Youth & Jnr Champs	Polokwane	TF		LIMA		LIMA
28-Feb	02-28	Koeberg	Koeberg Nature Reserve	RR	5 & 15	Eskom Gijimas	vandykk@hosaf.co.za	WPA
28-Feb	02-28	Zonal Champs Schools	Belville	TF		WPA	wpaathletics@iafrica.com	WPA
1-Mar	03-01	The Amazing Race	Correctional - Modderbee	RR	5 & 10	Daveyton Hearts	sbhekzin@webmail.co.za	CGA
1-Mar	03-01	Newlands run/ walk	Hoy Park	RR&W	21.1 & 42.2	Newlands Athletic Club	mrgrjr@mweb.co.za	KZNA
1-Mar	03-01	Jive Big Walk	Greenpoint Track	RW	10	Non WPA	theke@mweb.co.za	WPA
2-Mar	03-02	Collison 8	Belville	TF		WPA	wpaathletics@iafrica.com	WPA
3-Mar	03-03	Open Meeting	Dal Josefaf	TF		WPA	wpaathletics@iafrica.com	WPA
4-Mar	03-04	Eskom Wellness	Eskom Clubhouse	RR	4.9 & 10	Eskom		AMPU
4-Mar	03-04	Men's Health Lighthouse	Mouille Point Lighthouse, Green Point	RR	10	AAC	aacinfo@ananzi.co.za	WPA
5-Mar	03-05	JP Moragan Corporate Relay	Wanderers	RR	Relay	CGA Challenge	Francesca.parrini@yahoo.com	CGA
6/7 Mar	03-06	FS Secondary Schools Championship	Sasolburg	TF		FS Secondary Schools		AFS
6 Mar	03-06	Yellow Pages Series VI Final	Germiston	TF		CGA		CGA
6/7 Mar	03-06	Provincial Schools Primary Champs	Kings Park Athletics Stadium	TF		KZN Athletics	kzn@athletics.org.za	KZNA
6-Mar	03-06	WPA Junior & Schools Championships	Belville	TF		WPA	wpaathletics@iafrica.com	WPA
7-Mar	03-07	Round Running	Grootvlei Bfn	RR	10 & 21.1	Correctional/S G/Vlei MC	maki.kofhwane@dcs.gov.za	AFS
7-Mar	03-07	Surrender Hill	Clarens Square	RR	5 & 10 & 21.1 & 42.2	Bethlehem MC	eblerk@xsinet.co.za	AFS
7-Mar	03-07	Akasia 3 in1	Gerrit Maritz High School	RR&W	10 & 21.1 & 42.2	Akasia M C		AGN
7-Mar	03-07	N.Cape P&S Schools	De Beers	TF		J. Smit		AGW
7-Mar	03-07	PWC Fast 3-in-1	Sabie Road	RR	10 & 21.1 & 42.2	Nelspruit		AMPU
7-Mar	03-07	Palm Tyres	Palm Tyres - George	RR	10	Rainbow AC		ASWD
7-Mar	03-07	WC PS & HS Champs	TBC	TF		Boland PS Schools Athletics	wips@intekom.co.za	BOLA
7-Mar	03-07	MKB Swartland Road Race	Moorreesburg	RR	10 & 21.1	Altech Swartland AC	basil@mkb.co.za	BOLA
7-Mar	03-07	Sportmans Warehouse	William Moffett Retail Park	RR	5 & 15	Raleigh AC		EPA
7-Mar	03-07	Tarentaal Trio	Naboomspruit	RR	10 & 21.1 & 42.2	Naboomspruit MC		LIMA
7-Mar	03-07	Constantia Village	Constantia Village	RR	15	VOB	vobsec@mweb.co.za	WPA
8-Mar	03-08	Township Marathon	Eldorado Park Stadium	RR&W	15 & 42.2	Pegasus	imorris@mweb.co.za	CGA
8-Mar	03-08	Checkout Challenge	Verulam Recreation Ground	RR	27	Checkout Verulam Falcons	darktrjee@telkom.net	KZNA
8-Mar	03-08	The Umgeni Water Marathon	Midmar Dam - Howick	RR	42.2	Collegians Harriers	bumard@futurenet.co.za	KZNA
8-Mar	03-08	Zululand Ultra Marathon	Gqikazet Sports Ground	RR	??	Nongoma Athletic Club		KZNA
9-Mar	03-09	Kids & Youth Athletics TID & Dev	Sasolburg	TF		AFS Kids & Youth Athletics		AFS
11-Mar	03-11	Correctional Services Road Race	Paarl, Faure Street Stadium	RR	10	Boland Cor. Services AC	Wiseman.soni@dcs.gov.za	BOLA
13/14 Mar	03-13	LESEN National Championship	Sasolburg	TF		LESEN Schools		AFS
13/14 Mar	03-13	Yello Pages SA Senior T&F Championship	Stellenbosch	TF		BOLA		BOLA
14-Mar	03-14	Free State OFM Great Run & FS 21,1km Champs	Central Park Stateway Welkom	RR	5 & 21.1 & 42.2	Riebeeckstad Harriers	theresa@lejwe.co.za	AFS
14-Mar	03-14	Mahem Road Race	Memel Boerevereniging Terrein	RR	4,9 & 26	Warden MC		AFS
14-Mar	03-14	AGN Masters Championships	PILDITCH	TF				AGN
14-Mar	03-14	Sunrise Monster	Harlequins Club Groenkloof	RR&W	10 & 32	Harlequins		AGN
14-Mar	03-14	Jan Kemp	Jan Kempdorp	RR	21,1	F. Nel		AGW
14-Mar	03-14	Kosmos 3-in-1	Lake Umuzi Waterfront	RR	10 & 21.1 & 42.2	Secunda		AMPU
14-Mar	03-14	Lowveld Memorial	Lowveld Country club	RR	21,1	LVCC		AMPU
14-Mar	03-14	Old Mutual Om Die Dam	Schoemansville primary school	RR	20 & 50	Haartebeespoort		ANWN
14-Mar	03-14	Great Brakriver	Vorentoe Primary - Great Brakriver	RR	5 & 10 & 21.1	Mossel Bay Harriers		ASWD
14-Mar	03-14	Muldersvlei Vineyard Run	Muldersvlei Wine Estate	RR	10	Anna Foundation	benniestander@webmail.co.za	BOLA
14-Mar	03-14	Rainbow Chicken Road Race	Worcester Health & Fitness Gym	RR	10 & 21.1	Worcester AC	worclloodletters@mweb.co.za	BOLA
14-Mar	03-14	Spar Bruijnshoogte	Somerset East	RR	5 & 25 & 50	Somerset East AC		EPA
14-Mar	03-14	Remax Foskor Open Pit	Phalaborwa	RR	10 & 21.1	Phalaborwa R R		LIMA
14-Mar	03-14	Weskus Marathon	Langebaan	RR	5 & 21.1 & 42.2	Langebaan Strandlopers	vermondup@worldonline.co.za	WPA
15-Mar	03-15	Orange Farm	Chris Hani Stadium	RR	5 & 10 & 21.1	Orange Farm	mayfordm@wbw.co.za	CGA
15-Mar	03-15	Postnet Weekend Witness Maritzburg Marathon	Natal Carbineers- Pietermaritzburg	RR	42,2	Natal Carbineers	office@aghall.co.za	KZNA

Date		Name of Event	Venue	Category (TF/CC/RR)	Distance (if Road Running)	Organised by (name of club)	Email Address	Province
15-Mar	03-15	UCT Memorial	Middle Campus, UCT	RR	10	UCT	athletics@sportsclubs.uct.ac.za	WPA
17-Mar	03-17	Half League	Parow	TF		WPA	wpathletics@iafrica.com	WPA
18-Mar	03-18	Track and Field Meeting	Westbourne Oval	TF		EPA		EPA
19-Mar	03-19	Prestige Womens meeting	ABSA TUKS STADIUM	TF				AGN
19/20/21 Mar	03-19	SASA (Primary Schools) Track and Field Champs	Polokwane	TF				LIMA
20-21 Mar	03-20	Provincial Schools Secondary Champs	Kings Park Athletics Stadium	TF				KZNA
21-Mar	03-21	Motho Development	Bloemfontein (TBC)	RR	5 & 10	Motho Dev AC		AFS
21-Mar	03-21	Campus to Campus Road Race	Goldfields FET Welkom	RR	16	Goldfields FET College	markontso@goldfieldscollege.edu.fs	AFS
21-Mar	03-21	Right to Run	Sunnypark Sunnyside	RR&W	5 & 10 & 21,1	Arcadia		AGN
21-Mar	03-21	Diamant Marathon	Kimberley	RR	42,2	D. v Vuuren		AGW
21-Mar	03-21	Goldi	Show grounds	RR	10 & 21,1 & 42,2	Standerton		AMPU
21-Mar	03-21	Elandsvallei	Waterval Boven	RR	10 & 21,1 & 42,2	Ngodwana		AMPU
21-Mar	03-21	Pretoria Badge om-die Berg	Haartebeespoort high school	RR	10 & 20	Haartebeespoort		ANWN
21-Mar	03-21	Tortoise Tuff Challenge (ASWD Walk Champs)	Sedgefield Primary School	RR&W	5 & 10 & 30	Sedgefield Striders		ASWD
21-Mar	03-21	Worc East Farm Road Race	Overhex, Worcester	RR	15	Worcester AC	welgevind@breede.co.za	BOLA
21-Mar	03-21	CGA XC Development League	Vosloorus	CC		CGA	cgauteng@inlekom.co.za	CGA
21-Mar	03-21	Lake Farm Charity Run	Lake Farm Centre	RR	10 & 25	Achilles AC		EPA
21-Mar	03-21	Top Ten Interclub	Stellenbosch	TF				WPA
22-Mar	03-22	Stadium to Stadium	Germiston Stadium	RR	15	Katlehong	fontunale.mosheqone@standardbank.co.za	CGA
22-Mar	03-22	Nedbank JOHANNESBURG City Marathon	Johannesburg	RR	10 & 42,2	CGA		CGA
22-Mar	03-22	Boxer Superstores Stella Royal	Stella Sport Club	??		Stella Athletic Club	sher@merbeda.com	KZNA
22-Mar	03-22	Glenryck Tygerberg	Parow Athletic Track, Parow North	RR	30	Tygerberg Northlink	benriealmelo@telkomsa.net	WPA
24-Mar	03-24	Half League	Bellville	TF		WPA	wpathletics@iafrica.com	WPA
24-Mar	03-24	International Congress of Health	CBD, Cape Town	RR	10	WPA	wpathletics@iafrica.com	WPA
25-Mar	03-25	Bizhub nite Serie	Thaba Tshwane	RR&W	5 & 10	PMMC		AGN
26/27/28-Mar	03-26	SASA (Secondary Schools) T&F Champs	Durban	TF				KZNA
28-Mar	03-28	Gold Fields	Havmia Club	RR	10	Goldfields AC		AFS
28-Mar	03-28	Denel	Kentron Irene	RR&W	10 & 21,1	Kentron		AGN
28/29-Mar	03-28	Yellow Pages SA Youth / Junior T&F Champs	Tshwane	TF				AGN
28-Mar	03-28	Long Tom	Sable	RR	21,1 & 56	Trust		AMPU
28-Mar	03-28	Wilderness Eden AC	Wilderness Common - Wilderness	RR	10	Eden AC		ASWD
28-Mar	03-28	Boland Masters	Hermanus HS	TF		Whalers AC	leobenning@lantic.net	BOLA
28-Mar	03-28	Breede River Vineyard Challenge	Rigton River Farm	RR	21	Bonnievale AC	Henus.Crafford@pamalal.co.za	BOLA
28-Mar	03-28	Kleinmond/Perdekop Road Race	Laerskool Kleinmond	RR	5 & 10 & 21,1	Hangklip AC	aces@hangklipathletics.co.za	BOLA
28-Mar	03-28	West Coast Fun Walk	Velddrift	RW	20	Salkoraine AC	martha@telkomsa.net	BOLA
28-Mar	03-28	Kouqa Kus	Humansdorp	RR	5 & 21,1	Humansdorp AC		EPA
28-Mar	03-28	Marakele National Parks	Thabazimbi	RR	5 & 20 & 42,2	Thabazimbi M C		LIMA
28-Mar	03-28	Fairbridge Mall	Fairbridge Mall, Brackenfell	RR&W	10 & 21,1	Nedbank	jacques.vanheerden@dcs.gov.za	WPA
28-Mar	03-28	IAAF World Cross Country Championship	Amman JORDAN (TBC)	CC		IAAF		
29-Mar	03-29	George Archer 6 Day Circuit Race	Hekpoort	RR	??	JHAC	jhac@mweb.co.za	CGA
29-Mar	03-29	Jackie Gibson	Klipriversberg Rec Centre	RR	21,1 & 42,2	JHAC	jhac@mweb.co.za	CGA
29-Mar	03-29	Willie Mtolo	Lshee Park Pinetown	RR	21,1	Willie Mtolo A.C.		KZNA
29-Mar	03-29	Arthur Cresswell Memorial Marathon	Bergville Farmers Hall- Bergville	RR	??	Ladysmith Athletic Club		KZNA
1-Apr	04-01	Track and Field Meeting	NMMU Stadium	TF		NMMU AC		EPA
3-Apr	04-03	George Archer 12 Hour Circuit Race	Hekpoort	RR	12H	JHAC	jhac@mweb.co.za	CGA
4-Apr	04-04	Mazda Zoom - Zoom	Ford Recreation Centre	RR&W	15	Mazda		AGN
4-Apr	04-04	Konica Minolta	Kimberley	RR	??	G. Kruger		AGW
4-Apr	04-04	Nedbank MATHA Series 2	Kayamazane	RR	5 & 21,1	AMPU		AMPU
4-Apr	04-04	Lewis Stores (KKNK)	Wesbank Primary - Oudtshoorn	RR	10 & 21,1	Oudtshoorn AAC		ASWD
4-Apr	04-04	BA Annual General Meeting	Venue TBC	TF		Boland Athletics	bolandathletics@sun.ac.za	BOLA
4-Apr	04-04	Umhlobo Wenene	Kings Beach	RR	5 & 10	St Albans AC		EPA
4-Apr	04-04	Land of Legends	Thohoyando Stadium	RR	21,1 & 42,2	Soutpansberg A C		LIMA
4-Apr	04-04	Pinelands 6x6 relay	Lower Oval, Pinelands	RR	6'6		info@pinelandsathleticclub.co.za	WPA
4-Apr	04-04	SASSU Championships	Bellville	TF		WPA/SASSU	wpathletics@iafrica.com	WPA
5-Apr	04-05	Rand Road Warriors	Horwoods Farm Edenvale	RR	5 & 21,1 & 42,2	RRW	chris1@netactive.co.za	CGA

Date		Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
				(TF/CC/RR)	(if Road Running)	(name of club)		
5-Apr	04-05	Slow Mag	Benoni Northerns	RR	5 & 21,1 & 42,2	BN	madge@bnac.co.za	CGA
5-Apr	04-05	Midlands Meander Marathon	Clifton School Nottingham Rd	RR	??	Howick Athletic Club		KZNA
5-Apr	04-05	Exxaro uMhlathuze	Addison Park - Empangeni	RR	21,1 & 42,2	uMhlathuze Athletic Club	empangeni@eraunique.co.za	KZNA
5-Apr	04-05	Oasis Crescent Challenge		??		Oasis Crescent Sporting Club	blalrawat@yahoo.com	KZNA
5-Apr	04-05	SPAR Women's Race	Belville Stadium, (Tygervally)	RR	5 & 10	WPA	wpathletics@iafrica.com	WPA
7-Apr	04-07	Tuks Prestige jumps meeting	TUKS	TF		TUKS		AGN
10/11 Apr	04-10	National Schools Secondary Champs	Kings Park Athletics Stadium	TF		KZN Athletics	kzn@athletics.org.za	KZNA
10-Apr	04-10	Two Oceans Fun Runs	UCT Sports Fields	RR	5	Two Oceans	entries@twooceansmarathon.org.za	WPA
11-Apr	04-11	Cross Country League	Douglas	CC		W. Botha		AGW
11-Apr	04-11	CGA XC Development League	Eikah Stadium	TF		CGA	cgaufeng@intekom.co.za	CGA
11-Apr	04-11	Cash & Carry Liquorland- Easter Ultra	PaulPetersburg Country Club	RR	??	Vryheid Athletic Club	ingridkuse@internext.co.za	KZNA
11-Apr	04-11	Two Oceans	UCT Sports Fields	RR	21 & 56	Two Oceans	entries@twooceansmarathon.org.za	WPA
12-Apr	04-12	Wings Challenge	Fairvale Senior Sec	RR	21,1	Wings A.C.		KZNA
13-Apr	04-13	Family Day Run/Walk	NG Church Lynnwood Ridge	RR&W	5 & 10	Run/Walk for Life		AGN
14-Apr	04-14	Tuks Prestige throws meeting	ABSA TUKS STADIUM	TF				AGN
16-18 Apr	04-16	Food Festival Jaco De Wet	AFS Stadium Bloemfontein	??		JPR DU PLESSIS	jprdup@mtloaded.co.za	AFS
18-Apr	04-18	NG Kerk Wonderwater	NG Kerk, Keiskama st, Sasolburg	RR	10 & 21,1	Sasolburg AC	pretoriusd@absamail.co.za	AFS
18-Apr	04-18	Wildsfees Road Race	Willem Pretorius Game Reserve	RR	10 & 42,2	Syngenta MC	brummerd@telkomsa.net frkkie@blouskool.co.za	AFS
18-Apr	04-18	Lesedi RR	Zamdela Stadium	RR	4 & 15	Zamdela AC	thabo.wolf@sasol.com	AFS
18-Apr	04-18	Take Five Relay	Comwall Hill College	RR	5*5	Faranani AC		AGN
18-Apr	04-18	Cross Country Event	Eersterust	CC				AGN
18-Apr	04-18	Cross Country League	Newton	CC		L. Marthinus		AGW
18-Apr	04-18	Loskop	Municipal Offices	RR	21,1 & 50	Middelburg		AMPU
18-Apr	04-18	Athletics SWD / Mossel Bay Harriers XC League	Correctional Services - Mossel Bay	CC		Mossel Bay Harriers		ASWD
18-Apr	04-18	Clover Settlers Ultra Marathon	PJ Olivier High School/Ghs	RR	60	Kowie Striders		EPA
18-Apr	04-18	50km Race Walk Champs	NMR Avenue	RW	50	KZN Athletics	kzn@athletics.org.za	KZNA
18-Apr	04-18	Marken 3 in 1	Marken	RR	5 & 21,1 & 32	Exxoro A C		LIMA
18-Apr	04-18	Telkom Challenge	Peninsula Technikon, Bellville	RR&W	5 & 10	Telkom	Samuelle@telkom.co.za	WPA
19-Apr	04-19	Callies Comrades Legends	Gemiston Stadium	RR	15 & 32	GCH	gch@gemistoncallies.co.za	CGA
19-Apr	04-19	Lamontville	SJ Smith Stadium (Wema)	RR	10	Lamontville A.C.	kmakelo@sanlam4u.co.za	KZNA
19-Apr	04-19	King Cetshwayo Marathon	Phumulani Farm	RR	??	Ulundi A.C.		KZNA
19-Apr	04-19	Cavanagh Marathon	Boat Club Wagendrift Dam Escourt	RR	42,2	Escourt Athletic Club	alan.jennings@pamgolding.co.za	KZNA
20-24 Apr	04-20	RAW Africa Mountain Running	Hermanus to Stellenbosch	RR	250	Boland Athletics	joan@naseba.com	BOLA
25-Apr	04-25	Ultimag SA Truck Bodies 4-in-1	Bfn Achilles Sport Centre	RR	64 & 42,1 & 10	Nedbank RC Bfn Achilles	bloemachilles@gmail.com	AFS
25-Apr	04-25	Exarro Race	Laudium Soccer Grounds	RR&W	10 & 21,1	Exarro	Winsten Fischer	AGN
25-Apr	04-25	Cross Country Event	Erasmus High School BHS	CC				AGN
25-Apr	04-25	Half Marathon C/Ships	De Beers	RR	21,1	P. Wax		AGW
25-Apr	04-25	Sportsman Warehouse	Sportsman Warehouse	RR	10 & 21,1	Nelspruit		AMPU
25-Apr	04-25	Witbank 3-in-1	Witbank Dam	RR	10 & 21,1	Coaldust		AMPU
25-Apr	04-25	Nedbank Outeniqua (ASWD Trials)	George Sport Club - George	RR	21,1 & 42,2	Outeniqua Harriers		ASWD
25-Apr	04-25	CGA XC League 1	Kagiso	CC		CGA	cgaufeng@intekom.co.za	CGA
25-Apr	04-25	Kromberg & Schubert	Despatch Sport Grounds	RR	5 & 15	Muirite Striders		EPA
25-Apr	04-25	League 1		CC		LIMA		LIMA
25-Apr	04-25	Rola Motor Group 21 Classic	Somerset College, Somerset West	RR	5 & 10 & 21,1	Strand	lj@telkomsa.net	WPA
26-Apr	04-26	Colgate	Boksburg Stadium	RR	15 & 32	Boksburg	boksac@mweb.co.za	CGA
26-Apr	04-26	Cradle of Humankind	Olde Conf Centre	RR	5 & 10 & 21,1	Kruggers Road	lffielinda@telkomsa.net	CGA
26-Apr	04-26	Chatsworth Freedom Marathon	Chatsworth Stadium	RR	42,2	Chatsworth A.C.		KZNA
27-Apr	04-27	5x3km Cross Country Relay	Paarl	CC		Athletics Alive	Freddie.Neff@dcs.gov.za	BOLA
27-Apr	04-27	Pniel Freedom Race	Drakenstein Correctional Service	RR	10 & 21,1	Correctional Services	pnielchurch@telkomsa.net	BOLA
27-Apr	04-27	Mandela Road to Freedom	Grand Parade, Cape Town	RR	10 & 27	Durbac	inklassen@parliament.gov.za	WPA
28-Apr	04-28	Tusa Tusano Series I	Heidedal (Venue TBC)	RR	5	Tusa Tusano Nedbank R.C. Partnership	bloemachilles@gmail.com	AFS
1-May	05-01	Tusa Tusano Series II	Mangaung (Venue TBC)	RR	5	Tusa Tusano Nedbank R.C. Partnership	bloemachilles@gmail.com	AFS
1-May	05-01	T raumeel Wally Hayward	Swartkop High School	RR&W	10 & 21,1 & 42,2	Alpha Centurion		AGN
1/2 May	05-01	SA Masters Championships	PILDITCH	TF				AGN
1-May	05-01	Safari Wellington (Boland 21,1km Champs)	Hugenote High School	RR&W	5 & 10 & 21,1	Wellington AC	info@topevents.co.za	BOLA

Date		Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
				(TF/CC/RR)	(if Road Running)	(name of club)		
1-May	05-01	Sowetan Big Walk	Mapeta Sports Center	RW	5 & 15	Loop 'n Val		CGA
1-May	05-01	Spar Mens Race	Kings Beach	RR	5 & 10	Spar Walmer AC		EPA
1-May	05-01	VAC Challenge	Verulam Recreation Ground	??	??	Verulam A.C.		KZNA
1-May	05-01	Spar Road Races	Spar	RR	10 & 21.1	Phalaborwa RR		LIMA
2-May	05-02	Pomelopele Tombstone & Funeral Services	Pomelopele	RR	4 & 5 & 10	Blackmountain Harriers		AFS
2-May	05-02	Galeshewe	Galeshewe	RR	10	Galeshewe		AGW
2-May	05-02	Bethal Steinmuller	Jim v Tonder skool	RR	10 & 21.1	Bethal		AMPU
2-May	05-02	Two Lagoons	Karatarall/Lightley's - Knysna	RR	32 & 65	Knysna Marathon Club		ASWD
2-May	05-02	Spar Ladies Race	Kings Beach	RR	5 & 10	EPA		EPA
2-May	05-02	Old Mutual Balele Mountain Challenge	Utrecht Country Club			Newcastle Harriers	anel12@telkomsa.net	KZNA
2-May	05-02	Spur Race	Savannah Centre	RR	5 & 10	Polokwane A C		LIMA
2-May	05-02	Cross Country Relay	Pinelands High School	CC		WPA CC	elsaoliver@absamail.co.za	WPA
3-May	05-03	Checkout Marathon	Verulam Recreation Ground	RR	21.1 & 42.2	Checkout Verulam Falcons AC	darferree@telkom.net	KZNA
3-May	05-03	Swift Half Marathon	Hulamin Ground Camps Drift- PMB	RR	21.1		alex.anthony@hulamin.co.za	KZNA
3-May	05-03	WPA Junior & Schools Championships	Bellville	TF		WPA	wpathletics@iafrica.com	WPA
9-May	05-09	Stirling Light Glen	Circle A Pretorius & Wilcocks Bfn	RR	21.1	Nedbank RC Bfn Achilles	bloemachilles@gmail.com	AFS
9-May	05-09	Zio-Road Race	Flavius Mareka College Sasolburg	RR	10	Sasolburg AC	pollie.massyn@sasol.com	AFS
9-May	05-09	Jackie Mekler Memorial	Dsc Thaba Tshwane	RR&W	5 & 10 & 25 & 50	PMMC		AGN
9-May	05-09	Cross Country Event	Lynette St 160 Klinerpark	CC		Transnet AC GN		AGN
9-May	05-09	Cross Country League	Kathu	CC		C. van Blerk		AGW
9-May	05-09	Selati	Malelane Buteklub	RR	10 & 21.1	Onderberg		AMPU
9-May	05-09	Business connexion	Sasol Recreation club	RR	15 & 30 & 45 & 60	Sasol		AMPU
9-May	05-09	Take 5 Team Relay		RR	5*5	Haartebeespoort		ANWN
9-May	05-09	Bojanala	Mogwase	RR	5 & 10 & 21.1	ANWN		ANWN
9-May	05-09	Mossel Bay Mail	Heiderand - Mossel Bay	RR	5 & 15	Hartenbos Drawers		ASWD
9-May	05-09	Hermanus Wheelers/Runners Race	Old Harbour, Hermanus	RR	10	Whalers AC	kcoetzee@intekom.co.za	BOLA
9-May	05-09	League 1	Worcester	CC		Worcester AC		BOLA
9-May	05-09	CGA XC League 2	Delta Park	CC		CGA	cgaufeng@intekom.co.za	CGA
9-May	05-09	Andre van Collier Memorial	Portuguese Club	RR	5 & 21.1	Elite AC		EPA
9-May	05-09	League 2		CC		LIMA		LIMA
9-May	05-09	Warmbad / Nylstroom	Nylstroom	RR	26	Nylstroom MC		LIMA
9-May	05-09	1st Cross Country League	UCT	CC		WPA CC	elsaoliver@absamail.co.za	WPA
9-May	05-09	Race Walking Int Club Championships	Youngsfield	RW	10 & 20 & 30	WPA	swalters@absamail.co.za	WPA
10-May	05-10	Panorama	TBA	RR	10 & 21.1	Panorama	trobson@telkomsa.net	CGA
10-May	05-10	Diepkloof	UJ (Soweto Campus)	RR	5 & 10 & 22	Diepkloof	mehlape@telkom.net	CGA
10-May	05-10	Mondi Rotatrim Challenge	Cyril Geoghan Cycling Stadium	RR	??	Savages Athletics Club	dave@fas-sa.co.za	KZNA
10-May	05-10	Milkwood	Soetwater Recr Area, Kommetjie	RR	10 & 21.1	Harfield Harriers	carl@rarewoods.co.za	WPA
16-May	05-16	National Business Relay Challenge	Pellicpark UFS Bloemfontein	RR	7*6	Nedbank RC Bfn Achilles	bloemachilles@gmail.com	AFS
16-May	05-16	Transnet Rail Eng	Lynette St 160 Klinerpark	RR&W	10 & 21.1	Transnet AC GN		AGN
16-May	05-16	Cross Country Event	Ga-Mothakga (Atteridgeville)	CC		Ubumba		AGN
16-May	05-16	Sudwala	Sudwala Lodge	RR	21.1	Legogote		AMPU
16-May	05-16	Swartberg Pass	Swartberg Pass - Prince Albert	RR	5 & 10 & 21.1	Zwartberg Runners		ASWD
16-May	05-16	League 2	Ceres	CC		Ceres AC		BOLA
16-May	05-16	Asics Xtreme Mountain Race	Avalon Springs, Montagu	RR	10 & 17	Montagu AC	iphan@scheepersrus.co.za	BOLA
16-May	05-16	CGA XC League 3	Tsakane-Faranani Sports Complex	CC		CGA	cgaufeng@intekom.co.za	CGA
16-May	05-16	Sunridge Village Shopping Complex	Sunridge Village	RR	5 & 10	PEAAC		EPA
16-May	05-16	Build It	Camperdown SAPS	RR	21.1	Eskom Gijimas		KZNA
16-May	05-16	2nd Cross Country League	UWC	CC		WPA CC	elsaoliver@absamail.co.za	WPA
16-May	05-16	Puma Development Fun Run	Langa Sports Complex	RR	??	WPA	wpathletics@iafrica.com	WPA
17-May	05-17	Gauteng Striders	High School Roseveltd Park	RR	5 & 21.1	Gauteng Striders	nimrodvanto@yahoo.com	CGA
17-May	05-17	RBM	Bay Hall Richards Bay	??	??	CANON Richards Bay Athletic Club	wayne.crouch@transnet.net	KZNA
17-May	05-17	Starling Plumbers 3 in 1	Mount Edgecombe Recr Grounds	??	??	Woodview Athletic Club	info@starlingplumbers.co.za	KZNA
17-May	05-17	Plexus	Durbanville Athletic Club	RR&W	5 & 10 & 21.1	Durbac	lnklassen@parliament.gov.za	WPA
18-May	05-18	Kids & Youth Athletics TID & Dev	Bethlehem	TF		AFS Kids & Youth Athletics		AFS
22-May	05-22	Trial 1	Robertson	CC		Robertson AC		BOLA

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23-May	05-23	Brooklyn Square	Brooklyn Square Shopping Centre	RR&W	10 & 21.1	PMC		AGN
23-May	05-23	Cross Country Event	Fountains Valley	CC		AS Eagles		AGN
23-May	05-23	Athletics SWD / Rainbow AC XC League	Olympia School - Pacaltsdorp	CC		Rainbow AC		ASWD
23-May	05-23	Cross Country League 1	Strelitzia Dam	CC		EPA		EPA
23-May	05-23	League 3		CC		LIMA		LIMA
23-May	05-23	Darling	Darling Primary School	RR	5 & 10 & 21,1	Darling A C	mary@toucancape.co.za	WPA
24-May	05-24	COMRADES MARATHON	Pietermaritzburg City Hall	RR	89	Comrades Marathon Association	info@comrades.com	KZNA
30-May	05-30	Claude Sterley Throwers Meeting	PILDITCH	TF				AGN
30-May	05-30	ASA Cross Country Challenge I	Witbank	CC		AMPU		AMPU
30-May	05-30	League 1	Karee Krans	CC		ANWN		ANWN
30-May	05-30	George Habelgaam Memorial (ASWD Trails)	Sao Bras Secondary - Mossel Bay	RR	5 & 10	Mossel Bay Harriers		ASWD
30-May	05-30	League 3	Wellington	CC		Wellington AC		BOLA
30-May	05-30	APL Cartons De Doorns	De Doorns Sportsfield	RR	10 & 21.1	Hex Vallei AC	admin@touwsrivps.wcape.school.za	BOLA
30-May	05-30	Cross Country League 2	Varsvlei	CC		EPA		EPA
30-May	05-30	League 4		CC		LIMA		LIMA
30-May	05-30	UWC	UWC Campus	RR&W	10	UWC	jwalters@uwc.ac.za	WPA
31-May	05-31	Table Mountain	Constantia Nek	RR	16	VOB	yobsec@mweb.co.za	WPA
6-Jun	06-06	Free State 10km Championships	Schoemanspark	RR	5 & 10	Transnet AC	david.koloane@transnet.net	AFS
6-Jun	06-06	Muller Potgieter Memorial	Quagga Sentrum Pta-Wes	RR&W	15	VTM		AGN
6-Jun	06-06	Cross Country Event	TUT Soshanguve	CC		Monaco AC		AGN
6-Jun	06-06	Cross Country League	Douglas	CC		W. Botha		AGW
6-Jun	06-06	Seweweekspoort	Santo Farm - Seweweekspoort	RR	10 & 21.1	Run / Walk for Life		ASWD
6-Jun	06-06	Miles of Smiles Road Race (BOLA 10km Champs)	Robertson Winery, Robertson	RR	10 & 21,1	Robertson AC	johboo@langebergsek.wcape.school.za	BOLA
6-Jun	06-06	Boland Correctional Services	Dal Josaphat Stadion	RR	21,1	Correctional Services AC	Wiseman.soni@dcs.gov.za	BOLA
6-Jun	06-06	Trial 2	Stellenbosch	CC		Mates AC		BOLA
6-Jun	06-06	Club Chairpersons Meeting	Venue TBC	??		Boland Athletics	bolandathletics@sun.ac.za	BOLA
6-Jun	06-06	Connies Run/Walk	Connie Mulder Centre	RR&W	10	Connies	maatskaplik@conniemulder.co.za	CGA
6-Jun	06-06	CGA XC League 4	Arthur Bloch Park	CC		CGA	cgauteng@intekom.co.za	CGA
6-Jun	06-06	Cross Country League 3	Strelitzia Dam	CC		EPA		EPA
6-Jun	06-06	Mr Price Lindani Mbele Challenge	Luthuli Sport Ground eMathulini	RR	10	Thubalethu A.C.	thakut@webmail.co.za	KZNA
6-Jun	06-06	League 5		CC		LIMA		LIMA
6-Jun	06-06	3th Cross Country League		CC		WPA CC	elsaoliver@absamail.co.za	WPA
7-Jun	06-07	RAC	Old Parktonians	RR&W	10	RAC		CGA
7-Jun	06-07	East Coast Big Walk	Sun Coast Casino	RW	??	Forest Hills Athletic lub		KZNA
13-Jun	06-13	Run for Hope	Silver Oaks Crossing Centre	RR&W	6,5 & 9,5 & 15	Run & Walk for Life		AGN
13-Jun	06-13	Cross Country Event	LC de Villiers	CC		Tuke		AGN
13-Jun	06-13	ASWD Race Walking Trials	Tiffanies Tavern - Sedgfield	RW	5 & 10	Sedgfield Striders		ASWD
13-Jun	06-13	Coke Race	Peter Mokaba Stadium	RR	5 & 10 & 21,1	Polokwane A C		LIMA
13-Jun	06-13	Khayelitsha Development	Khayelitsha Rugby Club	RR	10	WPA	wpathletics@iafrica.com	WPA
14-Jun	06-14	4th Cross Country League		CC		WPA CC	elsaoliver@absamail.co.za	WPA
16-Jun	06-16	Tusa Tusano Series III	Thaba Nchu (Venue TBC)	RR	5	Tusa Tusano Newbank RC Partnersnip	bloemachilles@gmail.com	AFS
20-Jun	06-20	Claude Sterley Throwers Meeting	PILDITCH	TF				AGN
20-Jun	06-20	Cross Country Event	Innovation Hub	CC		Enduro		AGN
20-Jun	06-20	Fanie Booysen Icebreaker	Laerskool Garfontein	RR&W	5 & 10	Arete		AGN
20-Jun	06-20	Interprovincial	Rustenburg	CC		ANWN		ANWN
20-Jun	06-20	Napier	Napier High School	RR	21,1	Bredasdorp AC	info@voetafrika.org.za	BOLA
20-Jun	06-20	CGA XC League 5	Chris Hani Stadium	CC		CGA	cgauteng@intekom.co.za	CGA
20-Jun	06-20	Trailer Hyper Time Challenge	Kirkwood Tennis Club	RR	5 & 17	Raleigh AC		EPA
20-Jun	06-20	5th Cross Country League	Koebeg	CC		WPA CC	elsaoliver@absamail.co.za	WPA
20-Jun	06-20	Mamre	Mamre Primary School	RR	15	Mamre	pjullies@webmail.co.za	WPA
27-Jun	06-27	Heroes of Attridgeville	Ga Mothaka Resort	RR&W	5 & 10 & 21,1	Juluka Diggers RRC		AGN
27-Jun	06-27	Cross Country Event	Magnolia Trim Park	CC		Modiba Gold		AGN
27-Jun	06-27	Outeniqua Harriers Development Fun Run	TBA - Pacaltsdorp	RR	5	Outeniqua Harriers		ASWD
27-Jun	06-27	Cross Country League 4	Varsvlei	CC		EPA		EPA
27-Jun	06-27	Eersterivier	Stratford Primary School	RR&W	5 & 10 & 15	Eersterivier	gpekeur@pgwc.gov.za	WPA

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				(TF/CC/RR)	(if Road Running)	(name of club)		
28-Jun	06-28	Ebony	Eikah Stadium	RR	5 & 10	Ebony	shots@telkomsa.net	CGA
28 Jun - 8 Aug	06-28	World Masters Championships	Lathi, FINLAND	TF		IAAF		
4-Jul	07-04	Brooklyn July	Brooklyn Primary School	RR & W	5,5 & 11	Events Coord		AGN
4-Jul	07-04	Hall's	Hall's Gateway	RR	10 & 21,1	LVCC		AMPU
4-Jul	07-04	CGA XC League 6	Summit College	CC		CGA	cgauteng@intekom.co.za	CGA
4-Jul	07-04	Nedbank MATHA Series 3 - SA 21,1km CHAMPS	Motherwell, PORT ELIZABETH	RR	5 & 21,1	EPA		EPA
4-Jul	07-04	Spookhill	Beaumont School, Somerset West	RR	15	Helderberg Harriers	hugoh@arc.agric.za	WPA
5-Jul	07-05	SA 50km Race Walking Champs & Interprovincial	SANDF, Park Road - Oudtshoorn	RW	50	ASWD		ASWD
5-Jul	07-05	Roodepoort Northgate	Northgate	RR	5 & 10	Roodepoort	cecilia.havenga@computershare.co.za	CGA
5-Jul	07-05	Queensburgh	Queensburgh Sports Club Bowker Rd	RR	10	Queensburgh Harriers	deswight@polka.co.za	KZNA
08-12 Jul	07-08	12th IAAF World Youth Championship	Bressanone ITALY	TF		IAAF		
11-Jul	07-11	10 Km Championships	De Beers	RR	10	P. Wax		AGW
11-Jul	07-11	League 2	Lichtenberg	CC		ANWN		ANWN
11-Jul	07-11	Pick 'n Pay / Cape Time Knysna Forest	The Giebe - Knysna	RR	5 & 21,1 & 42,2	Knysna Marathon Club		ASWD
11-Jul	07-11	Freedom Run / Long Walk	Drakenstein Correctional Service	RR&W	10 & 15	Correctional Services AC	Wiseman.soni@dcs.gov.za	BOLA
11-Jul	07-11	MTN Game Park	Cecil Emmett Sport Ground- Vryheid	??		Vryheid Athletic Club	ingridkuse@interext.co.za	KZNA
12-Jul	07-12	Pirates Walk & Run	Pirates Club Greenside	RR&W	10	Pirates	piratesclub@global.co.za	CGA
12-Jul	07-12	Sardine Half Marathon	TBA	RR	21,1	South Coast Striders	crisspies@gmail.com	KZNA
12-Jul	07-12	RCS Guguletu	Green Point	RR	10	Guguletu	TanyaSchouw@woolworths.co.za	WPA
18-Jul	07-18	Springbok Vasbyt	Voortrekker Monument	RR&W	13 & 21,1	VTM		AGN
18-Jul	07-18	Cross Country Event	Irene	CC		Irene		AGN
18-Jul	07-18	Richkim Engineering	Midack Klubhuis	RR	4,9 & 10 & 20	Midack		AMPU
18-Jul	07-18	Old Mutual Mountain Race	Rustenburg kloof	RR	5 & 25	Rustenburg marathon		ANWN
18-Jul	07-18	Ebenharts (Portees)	Ebenharts Restaurant - Calitzdorp	RR	10 & 21,1	Run / Walk for Life		ASWD
18-Jul	07-18	Athletics SWD / Nedbank Running Club XC League	TBA - Thembalethu	CC		Nedbank Running Club		ASWD
18-Jul	07-18	Worcester Voorsieners Hospice	Worcester Voorsieners/Durban st	RR	5 & 10 & 21,1	Worcester AC	fkarriem@pgwc.gov.za	BOLA
18-Jul	07-18	League 4	Grabouw	CC		Elgin Grabouw AC		BOLA
18-Jul	07-18	CGA XC League 7	Eikah Stadium	CC		CGA	cgauteng@intekom.co.za	CGA
18-Jul	07-18	Sechaba Medical Solutions	Aberdare Sports Fields	RR	5 & 10	New Balance AC		EPA
18-Jul	07-18	Mfuli Mountain Challenge	Mfuli Game Farm Empangeni	??		Mhlatuze Athletic Club	empangeni@eraunique.co.za	KZNA
18-Jul	07-18	6th Cross Country League		CC		WPA CC	elsaoliver@absamail.co.za	WPA
19-Jul	07-19	Breakthru & Leppan Beech	Midrand H.School	RR	5 & 15	Breakthru Midrand	scotipen@netlab.co.za	CGA
19-Jul	07-19	Forest	Forest Hills Sports Club	RR	10	Forest Hills Athletic Club	hpaul@stmmarys.kzn.school.za	KZNA
19-Jul	07-19	Elsies River	Pentech Bellville Pen University of T	RR	10	Elsies River	parlab@mcgind.co.za	WPA
25-Jul	07-25	New Balance Trail	Fountains Valley	RR&W	15	New Balance		AGN
25-Jul	07-25	Cross Country Event	Fountains Valley	CC		New Balance		AGN
25-Jul	07-25	League 3	Zeenust	CC		ANWN		ANWN
25-Jul	07-25	Top Gear Sport/Cheese Festival (ASWD Champs)	TBA - George	RR	10	Outeniqua Harriers		ASWD
25-Jul	07-25	Cape Winelands Road Race	Dwars River Sport Complex	RR	5 & 15	Dwars River AC	chendon@pioneerfoods.co.za	BOLA
25-Jul	07-25	Trial 3	Priel	CC		Dwarsrivier AC		BOLA
25-Jul	07-25	Clover Milk Run	Kings Beach	RR	5 & 10	PEAAC		EPA
25-Jul	07-25	Foskor	Namakgale	RR	10 & 21,1	Foskor Athletic Club		LIMA
25-Jul	07-25	League 6		CC		LIMA		LIMA
25-Jul	07-25	Ravensmead	Florida Park Sports Ground	RR&W	15	Ravensmead		WPA
26-Jul	07-26	702 Walk The Talk	Marksparq	RW	5 & 8 & 21,1 & 42,2	Fit 2000		CGA
26-Jul	07-26	Ladies Spar - Durban	Sahara Kingsmead Cricket Stadium	RR&W	5 & 10	KZN Athletics	kzn@athletics.org.za	KZNA
26-Jul	07-26	Mtontwane Eco Walk	Mtontwane Game Farm Estcourt	RW	??	Estcourt Athletic Club		KZNA
26-Jul	07-26	RBCT Charity Relay Run		RR	??	Zululand Multi Sport Club	jeanette@beesink.co.za	KZNA
26-Jul	07-26	7th Cross Country League		CC		WPA CC	elsaoliver@absamail.co.za	WPA
28-Jul	07-28	World Masters Championships	Lathi, FINLAND	T&F		IAAF		
31-Jul	07-31	Welkom, Medi-Clinic Eskom Gijimas FS	Welkom Medi-Clinic	RR	5 & 10	Eskom Gijimas FS	jdplexis@sbuys.co.za	AFS
31-Jul	07-31	Cross Country Event	SCHOOLS	CC				AGN
1-Aug	08-01	AFS Cross Country Championships	Schoemanspark / UFS (TBC)	CC		AFS	fsa@athletics.org.za	AFS
1-Aug	08-01	Skukuzza	Skukuzza staff village	RR	10 & 21,1	Kruger Park		AMPU
1-Aug	08-01	Athletics SWD Champs & SWDUSSA xC Trials	TBA	CC		Athletics SWD & SWDUSSA		ASWD

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1-Aug	08-01	Boland Cross Country Champs	Riebeeck West	CC		Swartland		BOLA
1-Aug	08-01	PPC Riebeeck Berg Road Races	PPC, Riebeeck Wes	RR	10 & 21,1 & 42,2	Altech Swartland AC	vlokhennie@intekom.co.za	BOLA
1-Aug	08-01	CGA XC League 8	Alberton Dam	CC		CGA	cgauteng@intekom.co.za	CGA
1-Aug	08-01	Heartbreak Hill	Italian Club, Charlo	RR	5 & 21,1	Charlo AC		EPA
1-Aug	08-01	Donkey's Pass Mountain Challenge	Dunable Farm	??	??	Newcastle Harriers	anel12@telkomsa.net	KZNA
1-Aug	08-01	The Longest Day	Collegians Club	??	??	Collegians Harriers	bumard@futurenet.co.za	KZNA
1-Aug	08-01	Bela Bela	Bela Bela (Warmbad)	RR	5 & 10 & 21,1	Run & Walk for Life		LIMA
1-Aug	08-01	8th Cross Country League		CC		WPA CC	elsaoliver@absamail.co.za	WPA
2-Aug	08-02	Northgate	Randburg	RR	10 & 21,1	Randburg Harriers	randburgharriers@wbs.co.za	CGA
2-Aug	08-02	Value Prop Orion Challenge	Protea Sports Centre Raisethorpe	??	??	Orion Athletic Club	ajithdeena@hotmail.com	KZNA
2-Aug	08-02	Pinelands	Lower Oval, Pinelands	RR	5 & 10	Pinelands	psloete@pawc.wcape.gov.za	WPA
8-Aug	08-08	Castle Walk Womens Day	Castle Walk Shopping Cntr	RR&W	5 & 10	Prestige SC		AGN
8-Aug	08-08	AGN CROSS COUNTRY CHAMPS	LC de Villiers Tuks	CC		Tuks		AGN
8-Aug	08-08	Cross Country Champs	De Beers	CC		L. Marthinus		AGW
8-Aug	08-08	Kaftan	Komatipoort rugbyklub	RR	10 & 21,1	Onderberg		AMPU
8-Aug	08-08	Botshabelo Challenge	Botshabelo	RR	10 & 21,1	Middelburg		AMPU
8-Aug	08-08	Queen Mother	Royal Bafokeng sports palace	RR	10 & 21,1	ANWN		ANWN
8-Aug	08-08	League 4	Haarlembeespoort	CC		ANWN		ANWN
8-Aug	08-08	Totalsports Ladies Race	Stellenbosch (Die Braak)	RR	10	Boland Athletics	info@topevents.co.za	BOLA
8-Aug	08-08	CGA Cross Country Champs	Westonaria	CC		CGA	cgauteng@intekom.co.za	CGA
8-Aug	08-08	EP Cross Country Champs	St Albans Prisons	CC		EPA		EPA
8-Aug	08-08	League 7		CC		LIMA		LIMA
8-Aug	08-08	Weir Warman Maroela	Phalaborwa	RR	5 & 10	Phalaborwa R R		LIMA
9-Aug	08-09	Womens Day Fun Run	Bfn Achilles Sport Centre	RR	5	Nedbank RC Bfn Achilles	bloemachilles@gmail.com	AFS
9-Aug	08-09	Alberton	Alberton	RR	10 & 21,1	Alberton Road	chairman@albertonroadrunners.co.za	CGA
9-Aug	08-09	Ladies Race	Roosevelt High School Emmerentia	RR&W	5 & 10	Zonkizizwe	neovslerato@gmail.com	CGA
9-Aug	08-09	Women's Day Ladies	Chatsworth	RR	10	Chartworth A.C.		KZNA
9-Aug	08-09	Bonitas Women's Day Classic	Bellville Stadium	RR	5 & 10	Edgemead	committee@edgemeadrunners.co.za	WPA
10-Aug	08-10	Kids & Youth Athletics TID & Dev	Kroonstad	TF		AFS Kids & Youth Athletics		AFS
10-Aug	08-10	Women Day Challenge	Queens Mall - Oudtshoorn	RR	10	Run / Walk for Life		ASWD
10-Aug	08-10	Morningside One Miler	TBA	??		Morningside	edutoit@telkomsa.net	CGA
15-Aug	08-15	Marcel vant Slot Memorial	Hoffmeyer Park Lynnwood	RR&W	15	Phobians		AGN
15-Aug	08-15	PetroSA	Santos Caravan Park - Mossel Bay	RR	5 & 10 & 21,1 & 42,2	Mossel Bay Harriers		ASWD
15-Aug	08-15	Muskadel Road Race	Laerskool Montagu	RR	10 & 21,1	Montagu AC	drieberge@lando.co.za	BOLA
15-Aug	08-15	Paarberg Mountain Race	Noord-End PS, Paarl	RR	10 & 21,1	Paarl AC	shreenpaulse@yahoo.com	BOLA
15-Aug	08-15	PG Glass Mountain Drive	Albany Sports Club	RR	21,1	Albany RR		EPA
15-Aug	08-15	Mtubatuba Challenge	Kwamsane Sport Ground	RR	10	Mtubatuba A.C		KZNA
15-Aug	08-15	The Witness Capital Climb	Pietermaritzburg City Hall	??		Midlands Athletic Club	anthony.morrison@kznhlth.gov.za	KZNA
15-Aug	08-15	Lima Provincial XC Championships		CC		LIMA		LIMA
15-Aug	08-15	WP Cross Country Championships		CC		WPA CC	elsaoliver@absamail.co.za	WPA
15-23 Aug	08-15	12 th IAAF World Championships	Berlin, Germany	TF		IAAF		
16-Aug	08-16	Old Eds	Old Eds Club	RR	10 & 21	Old Eds	mwoldeds@mweb.co.za	CGA
16-Aug	08-16	Mtunzini Bush Run	Mtunzini Town Hall	??		Mtunzini Athletic Club	paum@richeauto.co.za	KZNA
16-Aug	08-16	Merewent	Dhubri Rd Merewent	RR	10	Merewent Athletic Club	pat@multiship.co.za	KZNA
16-Aug	08-16	John Korasie / Thomas Mbiza Memorial	Navy Sports Field, Simon's Town	RR&W	5 & 10 & 30	Defence	chris.dooner@sanavy.co.za	WPA
19-Aug	08-19	Kovsie Hostel CC Championship	Tennis Courts UFS	CC		UFS	prinsldb.rd@mail.uovs.ac.za	AFS
21-Aug	08-21	Tuffer Puffer	V&A to Cape Point to V&A	RR	160	Fish Hoek	race@fishhoekac.com	WPA
22-Aug	08-22	SPAR Ladies Race	LC de Villiers Tuks	RR&W	5 & 10	Tuks		AGN
22-Aug	08-22	Dawn 2 Dusk	Akasia High School	RR	80 / 12h	Akasia		AGN
22-Aug	08-22	Great Train Race	Emalaheni Station	RR	28 & Relay			AMPU
22-Aug	08-22	ANWN Championships	Rustenburg	CC		ANWN		ANWN
22-Aug	08-22	Swellendam	Swellendam Show Grounds	RR	5 & 21,1	Langeberg AC		ASWD
22-Aug	08-22	Fynbos Road Race	Ouplaas Primary School	RR	21,1	Bredasdorp AC	info@voetafrika.org.za	BOLA
22-Aug	08-22	Itec	Hobie Beach	RR	5 & 10	Body Concept AC		EPA
22-Aug	08-22	Dumbe Mountain Race	Pauplietersburg Country Club	RR	??	Vryheid Athletic Club	ingridkusel@internxt.co.za	KZNA

Date		Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
				(TF/CC/RR)	(if Road Running)	(name of club)		
22-Aug	08-22	Sub Youth and Primary Schools League 1	Kings Park Stadium	TF		KZN Athletics	kzn@athletics.org.za	KZNA
22-Aug	08-22	ASA Challenge 2	New Castle	CC		KZN A		LIMA
22-Aug	08-22	Atlantis	Atlantis	RR	15	Atlantis	desmond.arendse@capetown.gov.za	WPA
22-Aug	08-22	Puffer	Cape Point to V&A	RR	80	Fish Hoek	race@fishhoek.ac.com	WPA
23-Aug	08-23	Vodacom	Vodaworld	RR	10 & 21,1	Powerade	fasnet@icon.co.za	CGA
23-Aug	08-23	Nongoma Build It	Gqikazi FET Main Gate Nongoma	RR	21,1	Nongoma Athletic Club		KZNA
23-Aug	08-23	Gaterite Ultra Challenge	Verulam Recreation Ground	??	??	Verulam Athletic Club		KZNA
23-Aug	08-23	Blisters for Bread Walks	Green Point Track	RW	??	Top Events	info@topevents.co.za	WPA
26-Aug	08-26	Heritage Marathon	Olympia Park Stadium	RR	5 & 10 & 42,2	ANWN		ANWN
29-Aug	08-29	Windmill Casino	Windmill Casino	RR	3 & 10	Bloemfontein Striders		AFS
29-Aug	08-29	Real Lions/Free State Bursary Fund Road Race	Welkom (TBC)	RR	42,2	Real Lions		AFS
29-Aug	08-29	Lente Wilge Marathon	NG Kerk Frankfort	RR	10 & 21,1 & 42,2	Sasolburg AC		AFS
29-Aug	08-29	Hyundai Odd One	Pretoria Police College	RR&W	4,8 & 16	PPMC		AGN
29-Aug	08-29	Gariep	Prates	RR	5 & 10 & 21,1	J. Naborn		AGW
29-Aug	08-29	Delmas 4-in-1		RR	5 & 10 & 21,1 & 42,2	Delmas		AMPU
29-Aug	08-29	Saasveld	Saasveld Sport Grounds - George	RR	21,1	Outeniqua Harriers		ASWD
29-Aug	08-29	Nedbank MATHA Series 4 & SA 10km CHAMPS	Stellenbosch	RR	5 & 10	BOLA		BOLA
29-Aug	08-29	AF General/Trophy Palace	Despatch Sports Centre	RR	5 & 10	Despatch AC		EPA
29-Aug	08-29	Sub Youth and Primary Schools League 2	Richards Bay	TF		KZN Athletics	kzn@athletics.org.za	KZNA
30-Aug	08-30	Joe Stutzen / Matthews Motsharatu	Wanderers	RR	10 & 21,1	Wanderers	Francesca.parrini@yahoo.com	CGA
30-Aug	08-30	The Spares Shop	Addison Park Empangeni	RR&W	10 & 21,1	uMhathuze Athletic Club		KZNA
30-Aug	08-30	Don Lock Memorial	Brookside, Landsdowne Rd, Claremont	RR	5 & 8	Celtic Harriers	mwceltic@mweb.co.za	WPA
2-Sep	09-02	Duvha Nite	Eskom Clubhouse	RR	4,9 & 10	Eskom		AMPU
2-Sep	09-02	Track and Field Meeting	Gelvandale Stadium	TF		EPA		EPA
4-Sep	09-04	Harmony Spring Night Race	Welkom Square	RR	10	Harmony Striders		AFS
4-Sep	09-04	100 miler	Ruimsig	RR	160	GRRRC		CGA
4-Sep	09-04	Midlands 100 Miler	Winterton Country Club	RR	160	Natal Carbineers	gffice@aghal.co.za	KZNA
5-Sep	09-05	Nedbank MATHA Series 5	Bloemfontein	RR	5 & 21,1	AFS		AFS
5-Sep	09-05	Spirit of Flight	AFB Swartkops	RR&W	5 & 10	PMMC		AGN
5-Sep	09-05	AGN Sub Youth and Youth League 1	PILDITCH	TF		AGN Office		AGN
5-Sep	09-05	Rudamans	Kaapsche Hoop road	RR	10	Nelspruit		AMPU
5-Sep	09-05	Rustenburg Multi Sport	Rustenburg Kloof Resort	RR	5 & 10	Rustenburg		ANWN
5-Sep	09-05	Beaufort West Municipality	Rustdene Sport Grounds	RR	21,1	Spoonet (SWD) AC		ASWD
5-Sep	09-05	Riebeeck Kasteel Road race	Riebeeck Kasteel	RR	10 & 21,1	Riebeeck Vallei AC		BOLA
5-Sep	09-05	Muirite	Muir College, Uitenhage	RR	5 & 10 & 42,2	Muirite Striders		EPA
5-Sep	09-05	Sub Youth and Primary Schools League 3	Newcastle	TF		KZN Athletics	kzn@athletics.org.za	KZNA
5-Sep	09-05	Two Countries	Musina	RR	10 & 21,1 & 42,2	Soutpansberg A C		LIMA
5-Sep	09-05	Lemoen Bloeiisel	Grobiersdal	RR	5 & 10 & 21,1 & 32	Loskopvallei M C		LIMA
5-Sep	09-05	Citrusdal	Citrusdal	RR	21	Nedbank	jacques.vanheerden@dcs.gov.za	WPA
6-Sep	09-06	City2City	Tshwane - Jhb	RR	21,1 & 50	CGA	cgaufeng@intelekom.co.za	CGA
6-Sep	09-06	The Duke of York	Carwin Heights Farm Manderston	??	??	Collegians Harriers	burnard@futurenet.co.za	KZNA
6-Sep	09-06	Satori Camel Run 10 miler Classic	Noordhoek Sportsfields	RR	16,1	Satori	satoris@mweb.co.za	WPA
7-Sep	09-07	Kids & Youth Athletics TID & Dev	Welkom	TF		AFS Kids & Youth Athletics		AFS
9-Sep	09-09	Thaba Nchu Mountain Race	Maria Moroka park	RR&W	4 & 5 & 10	Blackmountain Harriers		AFS
12-Sep	09-12	FS Masters Championships	AFS Satdium Bloemfontein	TF		FS Masters		AFS
12-Sep	09-12	Coca-Cola Allan Ferguson Round Naval Hill	Hamilton Park Bloemfontein	RR	4 & 10	Nedbank RC Bfn Achilles	bloemachilles@gmail.com	AFS
12-Sep	09-12	Eunice RR	Eunice School	RR	10	UFS A/C	prinsldb.rd@mail.uovs.ac.za	AFS
12-Sep	09-12	South African Cross Country Championships	Pretoria	CC		AGN		AGN
12-Sep	09-12	Om-die-Dammetjie	Wiklip Dam	RR	10 & 21,1	LVCC		AMPU
12-Sep	09-12	Apollo	Secunda High School	RR	10 & 21,1	Secunda		AMPU
12-Sep	09-12	SAPS Race Against Crime	Herbertsdale Primary - Herbertsdale	RR&W	5 & 15 & 21,1	Mossel Bay Harriers		ASWD
12-Sep	09-12	Hexkoel Orchard PS Road Race	Orchard PS	RR	10	Correctional Services AC	Admin@orchardps.wcape.school.za	BOLA
12-Sep	09-12	Kogelberg Mountain Race	Pringle Bay Central	RR	17	Hangklip AC	fkriige@overstrand.gov.za	BOLA
12-Sep	09-12	Track and Field Meeting	Westbourne Oval	TF		EPA		EPA
12-Sep	09-12	Wildside Adventure	The Willows	RR	15	Achilles AC		EPA

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				(TF/CC/RR)	(if Road Running)	(name of club)		
12-Sep	09-12	Mpati Mountain Race	King Edward Park Dundee	RR	??	Biggarsberg Athletic Club		KZNA
12-Sep	09-12	Sub Youth and Primary Schools League 4	Ladysmith	TF		KZN Athletics	kzn@athletics.org.za	KZNA
12-Sep	09-12	Bike and Tekkie Challenge	Majile Forrest, Cnr Van Riebeeckshof	RR	5 & 10	New Balance	newbalanceclub@mweb.co.za	WPA
12-Sep	09-12	Cross country 6x5	Athletic Track, Parow North	CC		Tygerberg Northlink	benniealmelo@telkomsa.net	WPA
12-Sep	09-12	Race Walking Grand Prix	Youngsfield	RW	10 & 20	WPA	swalters@absamail.co.za	WPA
13-Sep	09-13	Citizen/Gerald Fox Memorial	JHB Zoo	RR&W	5 & 10 & 21,1	Rockies	info@rockies.co.za	CGA
13-Sep	09-13	Spar Ladies Pietermaritzburg	The Oval Alexander Park	RR&W	??	Natal Carbineers	office@qaghal.co.za	KZNA
13-Sep	09-13	Vusi Nxumalo Half Marathon	Ulundi Regional Stadium	RR	21,1	Ulundi A.C.		KZNA
13-Sep	09-13	SAPS Striders	Kings Park Athletic Stadium	??	??	SAPS Striders		KZNA
13-Sep	09-13	Brackenfell		RR	21,1	Brackenfell	tolkenm@telkomsa.net	WPA
16-Sep	09-16	Track and Field Meeting	Gelvandale Stadium	TF		EPA		EPA
18-Sep	09-18	Flamingo Night Race	Flamingo Printers	RR	10	Welkom Striders	paul.barnes@yabo.co.za	AFS
19-Sep	09-19	Vic Theron's & Webber's Lentedraffie	Bfn Achilles Sport Centre	RR	10	Nedbank RC Bfn Achilles	bloemachilles@gmail.com	AFS
19-Sep	09-19	CSIR Road Race	CSIR Conference Centre	RR&W	10 & 21,1	CSIR		AGN
19-Sep	09-19	AGN Youth, Junior and Senior League 5	ABSA TUKS STADIUM	TF	League 5	Tuks		AGN
19-Sep	09-19	Collisen Electrical	Olifants River Lodge	RR	4,7 & 10 & 21,1	Midack		AMPU
19-Sep	09-19	Andries Steyn Memorial	Buffels Bay Car Park	RR&W	10 & 21,1	Sedgefield Striders		ASWD
19-Sep	09-19	Adam Kok	Paarl	RR	5 & 15	Athletics Alive	Freddie.Neff@dcs.gov.za	BOLA
19-Sep	09-19	Charlo Tuff	Charlo Primary School	RR	5 & 10	PEAAC		EPA
19-Sep	09-19	Sub Youth and Primary Schools League 5	PM Burg	TF		KZN Athletics	kzn@athletics.org.za	KZNA
20-Sep	09-20	ADT Fred Morrison	Germiston Stadium	RR	15	GCH	gch@gemistoncallies.co.za	CGA
20-Sep	09-20	Beds for Africa	Crusaders Club Durban North	??	??	Athletics North		KZNA
20-Sep	09-20	Nedbank City of Cape Town Marathon	Grand Parade, Cape Town	RR	10 & 42,2	WPA	wpathletics@iafrica.com	WPA
21-Sep	09-21	Jonkershoek Road Race	Maties Stellenbosch	RR	21,1	Maties AC	joep@sun.ac.za	BOLA
23-Sep	09-23	Bainskloof Pass Ultra Marathon	Wellington	RR	10 & 21,1 & 84,4	Wellington AC	hentas@absamail.co.za	BOLA
23-Sep	09-23	Track and Field Meeting	Westbourne Oval	TF		EPA		EPA
24-Sep	09-24	Tusa Tusano Series IV	Botshabelo (Venue TBC)	RR	5	Tusa Tusano Nedbank RC Partnership	bloemachilles@gmail.com	AFS
24-Sep	09-24	Leani Nursery	Leani Nursery - Great Brakriver	RR	5 & 15	Hartenbos Drawers		ASWD
24-Sep	09-24	Florida Flat One	Florida	RR	5 & 10 & 21,1	Florida		CGA
24-Sep	09-24	Beachcomber - Race Against Crime	Strandfontein Sportsfield	RR&W	5 & 10 & 15	Stragglers	mammoo@absamail.co.za	WPA
25-Sep	09-25	Run / Walk for Life 3 Day Challenge	Langenhoven Gimnasium - Oudtshoof	RR&W	10	Run / Walk for Life		ASWD
25-Sep	09-25	SASA (Primary & Secondary Schools) XC Champs	Kimberley	CC		SWDUSSA Cross Country		ASWD
26-Sep	09-26	Old Mutual Group Scheme RR	SAPD Riebeeckstad	RR	4 & 10	SAPS NFS	gmball@absamail.co.za	AFS
26-Sep	09-26	McCarthy Volkswagen/Audi	Rietondale Park Rietondale	RR&W	5 & 10 & 21,1	ACR + Mamelodi AC		AGN
26-Sep	09-26	AGN Sub Youth and Youth League 2	PILDITCH	TF		AGN Office		AGN
26-Sep	09-26	Fast & Flat	De Beers	RR	50	J. Naborn		AGW
26-Sep	09-26	Karoo Ultra	Laingsburg Municipality	RR	80	Laingsburg AC		ASWD
26-Sep	09-26	Plettenberg Bay AC	Plett Rugby Club	RR	5 & 21,1	Plettenberg Bay AC		ASWD
26-Sep	09-26	Run / Walk for Life 3 Day Challenge	Langenhoven Gimnasium - Oudtshoof	RR&W	10	Run / Walk for Life		ASWD
26-Sep	09-26	Total Walvis Road race	HS Hermanus	RR	21,1	Whalers AC	mmiline@thadmin.co.za	BOLA
26-Sep	09-26	Bauer Classic	Caledonian Football Club	RR	5 & 10	Madiba Bay AC		EPA
26-Sep	09-26	Ithala Escarpment Challenge	Ntshondwe Main Camp, Ithala Game R	??	??	Vryheid Athletic Club	ingridkusei@internext.co.za	KZNA
26-Sep	09-26	Sub Youth and Primary Schools League 6	Kings Park Athletic Stadium	TF		KZN Athletics	kzn@athletics.org.za	KZNA
26-Sep	09-26	Cape Town 100 Miler/100Km & Relays	Three Anchor Bay	RR	160 & 100 & 10*10 & 10	Hewat	ctfestivalofrunning@eject.co.za	WPA
27-Sep	09-27	Macufe Sprint	Bloemfontein (Venue TBC)	RR	5 & 10	Tusa Tusano Nedbank RC Partnership	bloemachilles@gmail.com	AFS
27-Sep	09-27	Run / Walk for Life 3 Day Challenge	Langenhoven Gimnasium - Oudtshoof	RR&W	10	Run / Walk for Life		ASWD
27-Sep	09-27	Carnival	Carnival City	RR	5 & 10 & 21,1	Carnival City	marius_botha@multivacs.com	CGA
27-Sep	09-27	Daxina	Lenasia South Civic Centre	RR	5 & 10 & 21,1	Daxina	venop@absa.co.za	CGA
27-Sep	09-27	Ethekwini 4-in-1 Event (KZN 42,2km Champs)	Kings Park Athletic Stadium	RR	??	KZN Athletics	kzn@athletics.org.za	KZNA
27-Sep	09-27	Cape Town Classic	Three Anchor Bay	RR	21,1	Hewat	ctfestivalofrunning@eject.co.za	WPA
2-Oct	10-02	Boland Masters Road Race	Paarl Shopping Mall	RR	10	Boland Masters	lbeukes@pawc.wcape.gov.za	BOLA
3-Oct	10-03	Harrismith Bergwedloop	Harrismith Sport Stadium	RR	15	Harrismith MC	p.g.dutoli@amanzi.co.za	AFS
3-Oct	10-03	Business Relay	Rietondale Park	RR&W	21,1 & 42,2	Magnolia		AGN
3-Oct	10-03	GW Co-op	Kimberley	RR	21,1	A. Muller		AGW
3-Oct	10-03	Bruce Crookes	Eskom Clubhouse	RR	4,9 & 10 & 21,1	Eskom		AMPU

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3-Oct	10-03	League 2 (All ages Group)	Olympia Park Stadium	TF		ANWN		ANWN
3-Oct	10-03	Derby Erfenis Fees Wedloop	Derby auction kraals	RR	20	Koster marathon		ANWN
3-Oct	10-03	Kanniedood Nite Race	Nico Brummer Primary - Beaufort West	RR	5 & 10	Beaufort West Runners		ASWD
3-Oct	10-03	Boland Masters Road Race	Paarl Shopping Mall	RR	21,1	Boland Masters	jbeukes@pawc.wcape.gov.za	BOLA
3-Oct	10-03	Voet van Afrika Road Race (BOLA 42,2 Champs)	Bredasdorp Sport Complex		10 & 21,1 & 42,2	Bredasdorp AC	info@voetafrika.org.za	BOLA
3-Oct	10-03	Coetzberg Series	Stellenbosch	??		Boland Athletics	bolandathletics@sun.ac.za	BOLA
3-Oct	10-03	Willard Batteries	Gelvandale Swimming Pool	RR	5 & 15	Willard Batteries AC		EPA
3-Oct	10-03	Track and Field Meeting	Gelvandale Stadium	TF		EPA		EPA
3-Oct	10-03	ABI Hamilton Nite Race	Ladysmith Sport Club Klipbank	RR	??	Ladysmith Athletic Club		KZNA
3-Oct	10-03	Nedbank Matha – Series 6	Polokwane	RR	5 & 21,1			LIMA
3-Oct	10-03	CapeGate	Cape Gate Centre	RR	5 & 10	Nedbank	jacques.vanheerden@dcs.gov.za	WPA
4-Oct	10-04	Rainbow	Barnard Stadium, Kempton	RR	5 & 15	Rainbow	ghnm@byversetv.co.za	CGA
4-Oct	10-04	Afrisam	Ruimsig Stadium	RR	10 & 21,1	GRRRC		CGA
4-Oct	10-04	Mahindra Thorntree Challenge	St Charles College Pietermaritzburg	??		Saints Athletic Club	eversont@ukzn.ac.za	KZNA
4-Oct	10-04	IAAF World Half Marathon Championship (TBC)		RR	21,1	IAAF		
7-Oct	10-07	Standerton Nite	Show Grounds	RR	10	Standerton		AMPU
7-Oct	10-07	Prima Bande	Prima Tyres, Bellville	RR	10	Bellville	jcmarnewick@uwc.ac.za	WPA
9-Oct	10-09	Berg en Dal	Berg en Dal NG Kerk	RR	10			AFS
9-Oct	10-09	Deetlifs Nite Race	Deetlifs Estate, Rawsonville	RR	5 & 10	Worcester AC	info@deetlifs.com	BOLA
10-Oct	10-10	Mycospor Parys River Jol	Parys SC	RR	10 & 25	Koepel M Club	high@parys.co.za	AFS
10-Oct	10-10	Grey College - OMS Clover meet	AFS Stadium Bloemfontein	TF		Grey / Oranje	piet@grey.fs.school.za	AFS
10-Oct	10-10	Old Mutual Golden Gate	Glen Reenen Camping Site	RR	5 & 10 & 21,1	Bethlehem MC	eblerk@xsinet.co.za	AFS
10-Oct	10-10	MacChamberlain - Capital Classic	HPC Tuks	RR&W	10 & 21,1	Alpha Centurion/Phobians		AGN
10-Oct	10-10	AGN Sub Youth and Youth League 3	PILDITCH	TF		AGN Office		AGN
10-Oct	10-10	Talent ID C/Ships	De Beers	TF		J. Smit		AGW
10-Oct	10-10	Kalahari Marathon	Kathu	RR	42,2	J. Schoeman		AGW
10-Oct	10-10	God's Window	Municipality , Graskop	RR	10 & 21,1	Legogote		AMPU
10-Oct	10-10	Kromberg & Schuberg Road Race	High School Brits	RR	5 & 15	Brits road race		ANWN
10-Oct	10-10	Heather Park Super Spar	Heatherpark Super Spar - George	RR	10	Nedbank Running Club		ASWD
10-Oct	10-10	Boland Masters Road Race	Paarl Shopping Mall	RR	10	Boland Masters	bruiners.pleter@dcs.gov.za	BOLA
10-Oct	10-10	Coetzberg Series	Stellenbosch	??		Boland Athletics	bolandathletics@sun.ac.za	BOLA
10-Oct	10-10	Ebenezer	Ebenezer Centre, Algoa Park	RR	5 & 10	Ebenezer AC		EPA
10-Oct	10-10	Track and Field Meeting	NMMU Stadium	TF		NMMU AC		EPA
10-Oct	10-10	KZN Sub Youth and Primary School Champs	Kings Park Athletics Stadium	TF		KZN Athletics	kzn@athletics.org.za	KZNA
11-Oct	10-11	Spar Ladies Race	Old Parktonians	RR&W	5 & 10	CGA	cgaufeng@intekom.co.za	CGA
11-Oct	10-11	Owabahle Women's Challenge	KwaGqikazi College	RR	10	Owabahle Athletic Club		KZNA
11-Oct	10-11	Sugar Coast	Outspan Ground Tongaat	RR	21,1	Tongaath Panthers	milleriummail@telkomsa.net	KZNA
11-Oct	10-11	OUTsurance 94.5 KFM Gun Run	Hamiltons Rugby Club, Green Point	RR	5 & 10 & 21,1	AAC	aacinfo@ananzi.co.za	WPA
14-Oct	10-14	JF Secondary School House	AFS Stadium Bloemfontein	TF		JF Sec School	millie@j.co.za	AFS
14-Oct	10-14	Waypoint Nite	Secunda High School	RR	10	Secunda		AMPU
14-Oct	10-14	Overberg Agri Prestige Meeting	Overberg HS, Caledon	TF		Overberg HS	cma@mailbox.co.za	BOLA
14-Oct	10-14	Coetzberg Series	Stellenbosch	TF		Boland Athletics	bolandathletics@sun.ac.za	BOLA
15-Oct	10-15	Lamprecht & Meyer Business Relay	Spur - Oudtshoorn	RR	6*2 Relay	Oudtshoorn AAC		ASWD
16/17 Oct	10-16	Paarl Athletics Invitational	Dal Josaphat Stadium	TF		Paarl AC	Hendry@coldharvest.co.za	BOLA
17-Oct	10-17	JF Primary School Invite	AFS Stadium Bloemfontein	TF		JF Prim School		AFS
17-Oct	10-17	Bloemwater	Pellesspark Bloemfontein	RR	10	UFS	prinsldb.rd@mail.uovs.ac.za	AFS
17-Oct	10-17	AGN Youth, Junior and Senior League 6	ABSA TUKS STADIUM	TF		TUKS		AGN
17-Oct	10-17	Woodlands Boulevard	Woodlands Shopping Centre	RR&W	10 & 21,1	Enduro		AGN
17-Oct	10-17	AGW,AFS,NWC Interprov.	De Beers	TF		J. Smit		AGW
17-Oct	10-17	Transnet	Kimberley	RR	21,1	D. Phillipson		AGW
17-Oct	10-17	Meliringspoort (ASWD 21.1km Champs)	Kimberley	RR	10 & 21,1	De Rust Striders		ASWD
17-Oct	10-17	Van Loveren Wine on the river	Van Loveren Wine Estate	RR	10	Bonnievale AC	Henus.Crafford@pamalat.co.za	BOLA
17-Oct	10-17	Ceres Fruit Juices Road Race	Ceres / Mitchells Pass	RR	10 & 21,1	Ceres AC	lionel.ceres@telkomsa.net	BOLA
17-Oct	10-17	SMS Direct	Port Alfred Country Club	RR	27	Kowie Striders		EPA
17-Oct	10-17	Track and Field Meeting	Westbourne Oval	TF		EPA		EPA

Date		Name of Event	Venue	Category (TF/CC/RR)	Distance (if Road Running)	Organised by (name of club)	Email Address	Province
17-Oct	10-17	Bayside	Bay Hall Richards Bay	RR	15	CANON Richards Bay Athletic Club	wayne.crouch@transnet.net	KZNA
17-Oct	10-17	Youth, Junior, Senior League 1	Kings Park Athletics Stadium	TF		KZN Athletics	kznathletics.org.za	KZNA
17-Oct	10-17	Maris Lengton Memorial Meeting	Peter Mokaba Stadium	TF		Tom Naude T H S		LIMA
17-Oct	10-17	Road to the Vineyard	Pick 'n Pay Shopping Centre Soneike	RR	10	Blue Downs	patrick@burhose.co.za	WPA
18-Oct	10-18	Brotherhood	South Gate Mall	RR	5 & 15	Brotherhood		CGA
18-Oct	10-18	Chatsworth	Chatsworth Stadium	RR	21,1	Chatsworth Athletic Club		KZNA
18-Oct	10-18	GO RED for WOMEN SA	Blue Route Centre, Tokai	RR	??	Heart Foundation	adeliah@heartfoundation.co.za	WPA
21-Oct	10-21	Geronimo Spur Nite Race	TBA - George	RR	10	Outeniqua Harriers		ASWD
21-Oct	10-21	Germiston	Germiston Stadium	RR	15	Katehlong	fontunate.moshegone@standardbank.co.za	CGA
21-Oct	10-21	Silver Queen	Air Force Base Ysterplaat	RR	??	Defence	chris.dooner@sanavy.co.za	WPA
23-Oct	10-23	Parmalat Paul Roos T+F Invitation	Stellenbosch	TF		Boland High Schools	jpvrmeu@per.wcape.school.za	BOLA
23-Oct	10-23	Hyundai Night Race	Peter Mokaba Stadium	RR	5 & 10	Polokwane A C		LIMA
24-Oct	10-24	Pride in Tyres	Navil Hill Unie Ln	RR	10	Bloemfontein Striders		AFS
24-Oct	10-24	JF Secondary School Invite	AFS Stadium Bloemfontein	TF		JF Sec School	millie@jf.co.za	AFS
24-Oct	10-24	Engen to Engen	Jason Rd Riebeeckstad	RR	5 & 10 & 21,1	Riebeeckstad Harriers	henryd@matjhabeng.co.za	AFS
24-Oct	10-24	Tuks Alumni	AFB Waterkloof	RR&W	5 & 10 & 21,1	Tuks Alumni		AGN
24-Oct	10-24	AGN Sub Youth and Youth League 4	PILDITCH	TF	League 4	AGN Office		AGN
24-Oct	10-24	Zeerust Bosveld Bergwedloop	Lerskool Zeerust	RR	5 & 20	Zeerust marathon		ANWN
24-Oct	10-24	SWD Masters Track and Field Championships	De Jager Stadium - Oudtshoorn	TF		SWD Masters Association		ASWD
24-Oct	10-24	Tradouwsapas	Southern Cape Winery - Barrydale	RR	21,1	Langeberg AC		ASWD
24-Oct	10-24	Santam/Overberg Agri Top 10 T+F	Bredasdorp HS	TF		Boland High Schools	brdhw@telkomsa.net	BOLA
24-Oct	10-24	Kagiso	Mohlakeng Stadium	RR	5 & 10	Kagiso	nthalle@mweb.co.za	CGA
24-Oct	10-24	CalteX/Algoa FM Big Walk for Cansa	EP Rugby Stadium	RW	??	Elite AC		EPA
24-Oct	10-24	Track and Field Meeting	Westbourne Oval	TF		EPA		EPA
24-Oct	10-24	Nite Race	Newcastle Swimming Pool	RR	??	Newcastle Harriers		KZNA
24-Oct	10-24	Youth, Junior, Senior League 2	Richardsbay	TF		KZN Athletics	kznathletics.org.za	KZNA
24-Oct	10-24	Tonevale Game Farm Empangeni	uMhlatuze Athletic Club	??	??	uMhlatuze Athletic Club		KZNA
24-Oct	10-24	Classic	Radloff Park, Somerset West	RR	5 & 10	Strand	ljb@telkomsa.net	WPA
25-Oct	10-25	Sportsmans Warehouse	East Rand Value Mall	RR	5 & 15	Boksburg	boksac@mweb.co.za	CGA
25-Oct	10-25	Ethekwini Township to Township Marathon	King Zwelithini Stadium	RR	??	Umlazi AC incorp. Chesterville & KwaMashu		KZNA
25-Oct	10-25	Constantia Valley Grape Run	Constantia	RR	21,1	VOB	vobsec@mweb.co.za	WPA
26-Oct	10-26	Kovsie T&F Championship	Pellicspark Bloemfontein	TF		UFS	prinsldb.rd@mail.uovs.ac.za	AFS
28-Oct	10-28	Coetzburg 1 hour run	Maties Stellenbosch	??		Maties AC	ioep@sun.ac.za	BOLA
28-Oct	10-28	Old Mutual	Old Mutual Sports Grounds, Pinelands	RR	10	Old Mutual	om05694@oldmutual.com	WPA
30-Oct	10-30	Night Race	Correctional Service Grounds Bfn	RR	5 & 15	Correctional Services AC		AFS
30-Oct	10-30	Reach for a Dream 100 Myler/24 Hours		RR	160 / 24h	Coaldust		AMPU
31-Oct	10-31	Prisma Comms Ericson Meeting	PILDITCH	TF				AGN
31-Oct	10-31	Hunters Challenge	Maritimo Clubhouse	RR&W	10 & 21,1	Maritimo MC		AGN
31-Oct	10-31	Mac Steel	Kimberley	RR	10 & 21,1	G. Kruger		AGW
31-Oct	10-31	On Tap Neighbour Relay	Riverside Caravan Park - Little Brakrivier	RR	5*10	Hartenbos Drawers		ASWD
31-Oct	10-31	ENGEN Top Junior 10 T+F Meet	Moorreesburg HS	TF		Boland High Schools	hoof@dirkieuys.co.za	BOLA
31-Oct	10-31	Zuurberg Inn Mountain Race	Zuurberg Hotel	RR	??	Achilles		EPA
31-Oct	10-31	Builders Warehouse	Builders Warehouse	RR	5 & 10 & 27	Raleigh AC		EPA
31-Oct	10-31	Youth, Junior, Senior League 3	Newcastle	TF		KZN Athletics	kznathletics.org.za	KZNA
31-Oct	10-31	Run & Walk for Life	Noorderland Hoërskool	RR&W	5 & 10	Run & Walk for Life		LIMA
31-Oct	10-31	Isostar	Tokai Forest	RR	15	Foresters	gavin@delispices.co.za	WPA
31-Oct	10-31	Olifants River Rittellees	Vredendal	RR	5 & 10	ORAK	gerrie@kingsleyemail.co.za	WPA
1-Nov	11-01	League 3 (All ages Group)	Olympia Park Stadium	TF		ANWN		ANWN
1-Nov	11-01	Nedbank SOWETO Marathon	Soweto	RR	5 & 10 & 20 & 42,2	CGA		CGA
1-Nov	11-01	Venk Pac Challenge	Verulam Recreation Ground	RR	15	Checkout Verulam Falcons	kpersad@tpss.co.za	KZNA
4-Nov	11-04	Eskom	Parow Rugby Stadium	RR	10	Eskom Gijimas	vandykk@hosaf.co.za	WPA
6-Nov	11-06	Kruispad Night Road Race and Fun Walk	Brandwag Volksskool Odendaalsrus	RR&W	4,5 & 10	OD Striders	ferdie.viljoen@hamony.co.za	AFS
7-Nov	11-07	SASOL Summer race	DP de Villiers St Sasolburg	RR	10	Sasolburg AC	dolf.binneman@sasol.com	AFS
7-Nov	11-07	Nike	Loch Logan Waterfront	RR	10	Nedbank RC Bfn Achilles	bloemachilles@gmail.com	AFS
7-Nov	11-07	Sub Youth and Youth AGN Championships	PILDITCH	TF		AGN Office		AGN

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7-Nov	11-07	Liquifruit Irene	Agricultural Centre Irene	RR&W	5 & 10 & 21.1	Irene		AGN
7-Nov	11-07	Naborn Construction	Kimberley	RR	10 & 21.1	J. Naborn		AGW
7-Nov	11-07	Kaapsche Hoop	Kaapsche Hoop Road	RR	10 & 21.1 & 42.2	Nelspruit		AMPU
7-Nov	11-07	Pick n Pay Rustenburg Nite Race	Olympia park stadium	RR	5 & 10	Rustenburg marathon		ANWN
7-Nov	11-07	Dyasons	Dyasons - George	RR	10	Rainbow AC		ASWD
7-Nov	11-07	Paarl Athletics Invitational	Dal Josaphat Stadium	TF		Paarl AC	hendry@coldharvest.co.za	BOLA
7-Nov	11-07	Club Chairpersons Meeting	Venue TBC	??		Boland Athletics	bolandathletics@sun.ac.za	BOLA
7-Nov	11-07	Dwars Rivier Valley Road race	Dwarsrivier Sport Complex	RR	10 & 21.1	Dwars Rivier AC	chendon@pioneerfoods.co.za	BOLA
7-Nov	11-07	Bay To Bay Challenge	Jeffreys Bay - PE	RR	50 & 100 & Relay	EP Athletics		EPA
7-Nov	11-07	Youth, Junior, Senior League 4	Kings Park Athletics Stadium	TF		KZN Athletics	kzn@athletics.org.za	KZNA
7-8 Nov	11-07	Longest Night 12 hour race	Kings Park Athletics Stadium	??	12h	Verulam Athletic Club		KZNA
7-Nov	11-07	International Realtors-West Coast AC	Seaside Village SCentre, Big Bay	RR	21.1	West Coast	alancg@telkomsa.net	WPA
8-Nov	11-08	Paul Ras	Springs Rugby	RR	5 & 10 & 21.1	Brooks Striders	ptrambyurqh@yahoo.com	CGA
8-Nov	11-08	Sportsmans Warehouse	Princess Crossing Shopping Cen	RR	5 & 10	Roodepoort	cecilia.havenga@computershare.co.za	CGA
8-Nov	11-08	Bluff	Fynnland Combined Sports Club	RR	15 & 21.1 & 35	Bluff Athletic Club		KZNA
8-Nov	11-08	FOSKOR	Bay Hall Richards Bay	??	??	CANON Richards Bay Athletic Stadium		KZNA
8-Nov	11-08	Discovery Cape Times Big Walk	Various	RW	Various	Spartan Harriers	dkirbs@eject.co.za	WPA
11-Nov	11-11	Frans Moolman	Secunda High School	RR	10	Secunda		AMPU
14-Nov	11-14	AGW Marathon Championships	De Beers	RR	??	AGW		AGW
14-Nov	11-14	Calderys Refractory	Midack Clubhouse	RR	4.9 & 10 & 21.1	Midack		AMPU
14-Nov	11-14	Lichtenberg Diamante Wedloop	Lichtenberg Laerskool	RR	10 & 20	Lichtenberg marathon		ANWN
14-Nov	11-14	Heather Park Super Spar	Heatherpark Super Spar - George	RR	21.1	Nedbank Running Club		ASWD
14-Nov	11-14	New Balance	Kings Beach	RR	5 & 10	New Balance AC		EPA
14-Nov	11-14	Eastems	Aristea Primary School, Kraalfontein	RR&W	5 & 10	Eastems/Kraalfontein	arvir@telkomsa.net	WPA
15-Nov	11-15	Transnet Port Terminals Stella Tribute No to Violence	Stella Sport Club Durban	??	??	Stella Athletics Club	sher@merbeda.com	KZNA
15-Nov	11-15	Edendale	Wadley Stadium Edendale	RR	10	Comrades Marathon Association	info@comrades.com	KZNA
15-Nov	11-15	The Landmarks	WP CC Keurboom Road	RR	6 & 21.1	WPCC	members@wpcc.co.za	WPA
18-Nov	11-18	BEAC Openings League	AFS Stadium Bloemfontein	TF		AFS T&F Commission & BEAC	afs@athletics.org.za jprdup@mmloaded.co.za	AFS
18-Nov	11-18	Austin Jordan Night Race	Benoni	RR	15	BN	madge@bnac.co.za	CGA
21-Nov	11-21	Cherry Race	Ficksburg Primary School	RR	23	Ficksburg MC		AFS
21-Nov	11-21	Sub Youth and Youth Inter Provincial Champs	PILDITCH	TF		AGN Office		AGN
21-Nov	11-21	Tom Jenkins	Union Buildings	RR&W	5 & 10 & 21.1	Arcadia		AGN
21-Nov	11-21	Knysna Heads	Knysna Marathon Club - Knysna	RR	5 & 10 & 21.1	Knysna Marathon Club		ASWD
21-Nov	11-21	Moreson Franschhoek Road Race	Hugenote Monument	RR	21.1	Franschhoek AC	twarken@hotmail.com	BOLA
21-Nov	11-21	MTN 'Yellow Community' Race	Malabar Community Hall	RR	5 & 10	Malabar AC		EPA
21-Nov	11-21	Winelands	Markotter Sports Grounds, Stellenbos	RR	21.1 & 42.2	Helderberg Harriers	hugh@arc.agric.za	WPA
22-Nov	11-22	RAC - Tough One	Old Parks	RR	5 & 32	RAC		CGA
22-Nov	11-22	Thompsons Tasty Meats	Newcentre Sport Complex Newlands	??	??	Newlands Striders	sanasa@telkomsa.net	KZNA
24-Nov	11-24	Twilight Run	Founder's Garden, Cape Town	RR	??	Spartan Harriers		WPA
25-Nov	11-25	Niel Joubert Farm Race	Niel Joubert Farm, near Klapmuts	CC??	13	Sanlam	ChristiaanRudolf.Pieters@capetown.gov.za	WPA
28-Nov	11-28	Thaba Nchu Mountain Race	Maria Moroka Park	RR	4 & 5 & 10	Blackmountain Harriers		AFS
28-Nov	11-28	Montana Crossing	Montana Crossing Centre	RR&W	10 & 21.1	Fit 2000		AGN
28-Nov	11-28	Die Vlakie (ASWD Trials)	Panorama Farm, Soutpan - Heidelberg	RR	21.1 & 42.2	Langeberg AC		ASWD
28-Nov	11-28	ATKV	Portuguese Club	RR	5 & 15	Spar Walmer AC		EPA
28-Nov	11-28	Sani Staggar	Sani Pass Hotel Lesotho Border Post	RR	??	Sani Athletic Club	pcrawley@africa.com	KZNA
28-Nov	11-28	Phil Pansegrouw Brooks	Belville Stadium	RR&W	10 & 21.1	Belville	jcmarnewick@uwc.ac.za	WPA
29-Nov	11-29	Soul City	Wits Main Campus	RR	10 & 21.1	Soul City Sports	colin@soulcity.org.za	CGA
29-Nov	11-29	Heatonville	Addison Park Empangeni	??	??	uMhluhuzwe Athletics Club	empangeni@eraunique.co.za	KZNA
2-Dec	12-02	Metropolitan Road Race	Parc du Cap, Bellville	RR	10	Metropolitan	Kenny-Janjies@t-systems.co.za	WPA
4-Dec	12-04	Summer Series	Betty'sbaai	RR	5 & 10	Hangklip AC	racess@hangklipathletics.co.za	BOLA
04-06 Dec	12-04	SALGA-KZN Games	TBA	??		KZN Athletics		KZNA
5-Dec	12-05	Themba Sunrise	TBA	RR&W	5 & 10	Themba Sunrise		AGN
5-Dec	12-05	Velskoen / Klein Vellie	Eden Motel - Little Brakriver	RR&W	5 & 10 & 32	Hartenbos Drawers		ASWD
5-Dec	12-05	Montpellier Estate Road Race	Montpellier Estate	RR&W	10 & 21.1	Tulbach AC	admin@montrouge.wcape.schools.za	BOLA
5-Dec	12-05	Hangklip Road Race	Betty's Bay	RR	21.1	Hangklip AC	racess@hangklipathletics.co.za	BOLA

Date		Name of Event	Venue	Category	Distance	Organised by	Email Address	Province
				(TF/CC/RR)	(if Road Running)	(name of club)		
5-Dec	12-05	Aspen Pharmacare PE City Marathon	Lorraine Primary School	RR	10 & 42.2	Crusaders AC		EPA
5-Dec	12-05	Run/Walk for Life New Balance	Radioff Park, Somerset West	RR&W	4 & 10 & 21.1	Run/Walk For Life	runwalk@intekom.co.za	WPA
6-Dec	12-06	Katehong	Huntersfield	RR	10 & 21.1	Katehong	fontunate.moshegone@standardbank.co.za	CGA
6-Dec	12-06	Mafika	Vosloorus	RR	5 & 10	Mafika	langamnce@yahoo.com	CGA
6-Dec	12-06	Beangman Stainbank Cup	Yellowwood Park Sport Club Field	??	??	Yellowwood Park AC	freds@sa-shipyards.co.za	KZNA
9-Dec	12-09	Simonsvlei Road Race	Simonsvlei Wine Cellar	RR	10	Paarl AC	shireenpaulse@yahoo.com	BOLA
11-Dec	12-11	10km Summer Series	Pringlebaai	RR	5 & 10	Hangklip AC	aces@hangklipathletics.co.za	BOLA
12-Dec	12-12	Magersfontein	Kimberley	RR	10 & 25	D. v Vuuren		AGW
12-Dec	12-12	Palm Tyres	Palm Tyres - George	RR	21.1	Outeniqua Harriers		ASWD
12-Dec	12-12	Despatch	Despatch Sports Centre	RR	5 & 10	Despatch AC		EPA
12-Dec	12-12	AVBOB	Pick 'n Pay SCentre Table View	RR	15	Tygerberg Northlink	benniealmelo@telkomsa.net	WPA
13-Dec	12-13	Illovo Sugar Christmas Challenge	Westville Athletic Club Westville	??	??	Westville Athletic Club	adriani@iafnca.com	KZNA
14-Dec	12-14	Track and Field Meeting	Mmabana	TF		Blackmountain Harriers		AFS
16-Dec	12-16	Knysna Marathon Club	Knysna Marathon Club - Knysna	RR	5 & 10	Knysna Marathon Club		ASWD
16-Dec	12-16	Essops Supermarket Mile	Paarl	??	1 Mile	Athletics Alive	Freddie.Neff@dcs.gov.za	BOLA
16-Dec	12-16	Malcolm X	Vosloorus Stadium	RR	10	Malcolm X	jmolo@joburg.org.za	CGA
16-Dec	12-16	Kwazulu Waegers Summer Holiday Run/Walk	Bergville Primary School Bergville	??	??	Estcourt Athletics Club	alan.jennings@namgoldring.co.za	KZNA
16-Dec	12-16	RCS Guguletu Reconciliation Day	Guguletu Sports Complex cnr NY1 & 1	RR	10	Guguletu	TanyaSchouw@woolworths.co.za	WPA
18-Dec	12-18	Summer Series	Kleinmond Lagoon		5 & 10	Hangklip AC	aces@hangklipathletics.co.za	BOLA
19-Dec	12-19	Somerson	Diaz Beach - Mossel Bay	RR	3 & 10 & 21.1	Mossel Bay Harriers		ASWD
19-Dec	12-19	Whalers Road Race	Onrus Strand	RR	10	Whalers AC	carina@ceqela.co.za	BOLA
19-Dec	12-19	Mitchells Plain	West Gate Mall Mitchells Plain	RR&W	10 & 21.1	Mitchells Plain Titans	lascheepers@uwc.ac.za	WPA
20-Dec	12-20	Stop Abuse	Dinabe Stadium, Daveyton	RR	10	Daveyton Hearts	sbhekzin@webmail.co.za	CGA
20-Dec	12-20	Calder Sulin	Kings Park Athletics Stadium	??	??			KZNA
21-Dec	12-21	Gleniqua Properties	TBA - Gientana	RR	10	Outeniqua Harriers		ASWD
22-Dec	12-22	Mitchells Brewery Sundowner	Mitchells Brewery, V&A Waterfront	RR	10	Fit 2001 (WP)	aradley@pnp.co.za	WPA
23-Dec	12-23	Moordkuil	Friemersheim Sport Grounds	RR	5 & 15	Hartenbos Drawwers		ASWD
26-Dec	12-26	Old Years Race	RietondalePark	RR&W	5 & 10	Arcadia		AGN
26-Dec	12-26	Coreen Fourie - Eco Avontuur	St. Blaize, Point Cave - Mossel Bay	RR	5	Hartenbos Drawwers		ASWD
26-Dec	12-26	Engen	Engen, Knysna Road - George	RR	10	Nedbank Running Club		ASWD
26-Dec	12-26	Struisbaai Strand Marathon	Struisbaai	RR	21,1 & 42,2	Bredasdorp AC	wikushanekom@absamail.co.za	BOLA
26-Dec	12-26	Tokai Manor House	Tokai Forest	RR	16	Southern Striders	peter.powell@capetown.gov.za	WPA
28-Dec	12-28	Garden Route Casino Nite Race	Amphitheatre - Hartenbos	RR	5 & 10	Mossel Bay Harriers		ASWD
31-Dec	12-31	Dangerpoint Road Race	Hoofstraat, Gansbaai	RR	21,1	Whalers AC	kolnel@mweb.co.za	BOLA
31-Dec	12-31	Brooks Runner's Memorial	Mouille Point	RR	??	Edgemead	committee@edgemeadrunners.co.za	WPA