

Western Province Fixture List 2018 (Final)

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PRE ENTER
6-Jan-17	Sat	Hohenort 15km	15	6:00	Alphen Centre, Constantia Main Road Alphen	Pinelands AC	Jerome Merton	083 280 9798	jerome.merton@gmail.com	
7-Jan-18	Sun	Two Oceans Training run 1			N1 City					
13-Jan-18	Sat	Half League 1A	T/F	12:30	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
14-Jan-18	Sun	Nutribullet Bay to Bay 30 km	30	5:30	Maiden's Cove, Camps Bay	Top Form AC	Top Events	021 511 7130	info@topevents.co.za	Yes
	Sun	Nutribullet Bay to Bay 15km	15	7:30	Maiden's Cove, Camps Bay	Top Form AC	Top Events	021 511 7130	info@topevents.co.za	Yes
14-Jan-18	Sun	Cape Summer Trail Series # 1 of 4	8/12	7:30	Lebanon Forest, Elgin Valley	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
17-Jan-18	Wed	Jointease Dan Luyt 15 km	15	18:30	Durbanville Race Course	Bellville AC	Carlo Zylstra	083 453 3433	030774m@shoprite.co.za	
20-Jan-18	Sat	Beachcomber 15 km	15	6:30	Strandfontein Pavilion Spine Rd	Stragglers AC	Allen Barnes	083 858 5857	allenb006@gmail.com	
	Sat	Beachcomber 10 km Walk	10 W	6:45	Strandfontein Pavilion Spine Rd	Stragglers AC	Allen Barnes	083 858 5857	allenb006@gmail.com	
	Sat	Beachcomber Fun Run	4	7:30	Strandfontein Pavilion Spine Rd	Stragglers AC	Allen Barnes	083 858 5857	allenb006@gmail.com	
20-Jan-18	Sat	Half League 1B	T/F	12:30	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
21-Jan-18	Sun	Two Oceans Training run 2			Green Point Park					
23-Jan-18	Tues	Cape Summer Trail Series # 2 of 4	8/12	19:00	Kirstenbosch Gardens	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
27-Jan-18	Sat	STBB Red Hill Marathon	42,2	5:30	Silverglades sport complex Fish Hoek	Fish Hoek AC	Andy Campbell	083 457 6656	race@fishhoekac.com	
		STBB Red Hill Classic	36	5:30	Silverglades sport complex Fish Hoek	Fish Hoek AC	Andy Campbell	083 457 6656	race@fishhoekac.com	
		Bay Primary Red Hill Fun Run	5	7:00	Silverglades sport complex Fish Hoek	Bay Primary School	Bev Mackintosh	082 412 1571	bev@bayprimary.ac.za	Yes and on Day
26-Jan-18	Fri	Combined Events + 10000m	T/F	18:00	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
27-Jan-18	Sat	Open meeting and Combined Events	T/F	9:00	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
31-Jan-18	Wed	Brackenfell 10 km	10	18:20	Brackenfell High School	Brackenfell AC	Leon Visser	072 222 6843	letries@yahoo.com	
		Brackenfell Fun Run	5	18:30	Brackenfell High School	Brackenfell AC	Leon Visser	072 222 6843	letries@yahoo.com	
3-Feb-18	Sat	Spartan Harriers Firgrove Challenge 21.1 km	21,1	5:45	Academy for Mathematics Science & Technology, Tokai	Spartan Harriers AC	Top Events	021 511 7130	info@topevents.co.za	Yes
	Sat	Spartan Harriers Firgrove Challenge 10 km	10	5:50	Academy for Mathematics Science & Technology, Tokai	Spartan Harriers AC	Top Events	021 511 7130	info@topevents.co.za	Yes
	Sat	Philip Rabinowitz 10 km Walk	10 W	6:10	Academy for Mathematics Science & Technology, Tokai	Spartan Harriers AC	Top Events	021 511 7130	info@topevents.co.za	Yes
	Sat	Spartan Harriers Fun Run / Walk	6	7:00	Academy for Mathematics Science & Technology, Tokai	Spartan Harriers AC	Top Events	021 511 7130	info@topevents.co.za	Yes
3-Feb-18	Sat	WPA Junior League	T/F	8:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
4-Feb-18	Sun	Two Oceans Training run 3			Muizenberg					
7-Feb-18	Wed	Sanlam 10km	10	18:00	Sanlam Head Office	Sanlam AC	Robert Keynel	082 474 0399	bobbvk@vodamail.co.za	
	Wed	Sanlam Fun Run	5	18:00	Sanlam Head Office	Sanlam AC	Robert Keynel	082 474 0399	bobbvk@vodamail.co.za	
7-Feb-18	Wed	Cape Summer Trail Series # 3 of 4	8/12	19:30	Meerendal Wine Estate	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
10-Feb-18	Sat	Top Form 10 km Road Race	10	6:30	Turfhall Park Sports Stadium	Top Form AC	Alistair Kannemeyer	083 403 3145	askannemeyer@gmail.com	
	Sat	Top Form 10 km Walk	10 W	6:40	Turfhall Park Sports Stadium	Top Form AC	Alistair Kannemeyer	083 403 3145	askannemeyer@gmail.com	
	Sat	Top Form 5 km Fun Run	5	7:00	Turfhall Park Sports Stadium	Top Form AC	Alistair Kannemeyer	083 403 3145	askannemeyer@gmail.com	
10-Feb-18	Sat	WPA League 2	T/F	12:30	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
11-Feb-18	Sun	Two Oceans Training run 4			Constantia Nek					
10-Feb-18	Sat	27 for Freedom	27/10	7:00	Drakenstein Prison Services	Boland Correctional Services	Top Events	021 511 7130	info@topevents.co.za	
17-Feb-18	Sat	WPA Interclub's & Race Walking Grand Prix 1	20 W	7:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
	Sat	WPA Interclub's & Race Walking Grand Prix 1	10 W	8:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
	Sat	WPA Race Walking Development (5km, 3km & 1km)	Various	10:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
11-Feb-17	Sat	Masters Meeting 3	T/F	12:30	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
18-Feb-18	Sun	Cape Peninsula Marathon + WPA 42.2km Championship	42,2	5:15	Green Point to Simon's Town	Celtic Harriers AC	Hilton Kearns	082 475 6974	kearns@vodamail.co.za	Yes
	Sun	Cape Peninsula Half Marathon	21,1	7:00	Bergvliet to Simon's Town	Celtic Harriers AC	Hilton Kearns	082 475 6974	kearns@vodamail.co.za	Yes
21-Feb-18	Wed	ATC Summer Sunset Team Time Trial	4 x 3	18:15	Green Point Cricket Club	ATC Running	Gert Wilkins	073 308 3127	admin@atcmultisport.co.za	
24-Feb-18	Sat	Old Mutual 10 km	10	6:00	Mutual Park Pinelands	Old Mutual AC	Russell Peters	072 320 5342	rpeters2@oldmutual.com	
	Sat	Old Mutual Fun Run	5	6:00	Mutual Park Pinelands	Old Mutual AC	Ismail Ahmed	082 453 8314	mipahmed45@gmail.com	
24-Feb-18	Sat	WPA League 3	T/F	9:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
24-Feb-18	Sat	Cango 42.2 + 21.1km	Var		Oudtshoorn	Military Sport Club - Odn	Richard Hughes	082 563 4573	hughesrichard2014@gmail.com	
25-Feb-18	Sun	ABAX Investments Milkwood Half Marathon	21,1	6:30	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Richard Sutton	082 643 6186	indo@milkwoodrun.co.za	Yes
	Sun	ABAX Investments Milkwood 10km	10	7:10	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Richard Sutton	082 643 6186	indo@milkwoodrun.co.za	Yes
	Sun	ABAX Investments Milkwood Fun Run	5	7:30	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Richard Sutton	082 643 6186	indo@milkwoodrun.co.za	Yes
25-Feb-18	Sun	Cape Summer Trail Series # 4 of 4	8/12	7:30	Oak Valley Elgin Valley	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
	Sun	Trail Series Elgin Valley XL	25	19:30	Oak Valley Elgin Valley	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
25-Feb-18	Sun	Sunshine D Polar Ice 10km Big Walk	Var	7:30	Greenpoint Track		Race Office	021 637 1607	bigwalk10@mweb.co.za	
2-Mar-18	Fri	WPA Senior Champs	T/F	8:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
3-Mar-18	Sat	WPA Senior Champs	T/F	8:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
3-Mar-18	Sat	Century City 10 km Express	10	7:00	Central Park, Century City	Century City AC	Tutum Sieni	082 825 6394	tutum@centurycity.co.za	Yes and on Day
3-Mar-18	Sat	Silvermine Mountain XL	34/ Relay	6:00	Silvermine Nature Reserve	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
4-Mar-18	Sun	Tygerberg 30 km	30	6:00	Parow Athletic Track, Parow North	Tygerberg Northlink AC	Leon Thelander	083 999 6450	leonthelander2@gmail.com	
4-Mar-18	Sun	Kilimanjaro Marathon	42	7:30	Tanzania	Wild Frontiers	Race Office	+27 11 702 2035	reservations@wildfrontiers.com	
7-Mar-18	Wed	Crazy Store Lighthouse 10km	10	19:00	Rocklands Beach, Sea Point Promenade	Atlantic AC	Top Events	021 511 7130	info@topevents.co.za	Yes
10-Mar-18	Sat	Constantia Village K-Way 15km	15	6:15	Alphen Hall Constantia	K-Way VOB	Charlotte Kettlewell	021 761 8887	secretary@kwayvob.co.za	Yes
	Sat	Constantia Village K-Way 15km Walk	15 W	6:25	Alphen Hall Constantia	K-Way VOB	Charlotte Kettlewell	021 761 8887	secretary@kwayvob.co.za	Yes
	Sat	Constantia Village K-Way Family Fun Run	5	6:45	Alphen Hall Constantia	K-Way VOB	Charlotte Kettlewell	021 761 8887	secretary@kwayvob.co.za	Yes
10-Mar-18	Sat	Masters Meeting 4	T/F	12:30	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
11-Mar-18	Sun	Two Oceans Training run 5			Zevenwacht Mall					
11-Mar-18	Sun	Cape Cycle Tour	Var	6:00	Cape Town					
15-Mar-18	Thur	ASA Senior Champs & SA Primary schools	T/F	12:30	TBC	ASA				
16-Mar-18	Fri	ASA Senior Champs & SA Primary schools	T/F	16:00	TBC	ASA				
17-Mar-18	Sat	ASA Senior Champs & SA Primary schools	T/F	7:00	TBC	ASA				
17-Mar-18	Sat	Laguna Mall 10km	10	8:00	Laguna Mall, Langebaan	ArcelorMittal AC	Shoneen Wendzich	083 399 2651	shoneenw@gmail.com	
	Sat	Laguna Mall 5km	5	8:00	Laguna Mall, Langebaan	ArcelorMittal AC	Shoneen Wendzich	083 399 2651	shoneenw@gmail.com	
18-Mar-18	Sun	Kloof Nek Classic 21 km	21,1	5:30	Camps Bay High School	Fit 2000 WP/ Wild Runner AC	Justin Kruger	083 263 2376	krudu@gmail.com	Yes and on Day
18-Mar-18	Sun	Cape Town Big Walk	Var	6:00	Cape Town					
21-Mar-18	Wed	Tyger Run	21,1	6:00	TBC	Durbanville AC	Top Events	021 511 7130	entnes@topevents.co.za	Yes
	Wed	Tyger Run	10	6:30	TBC	Durbanville AC	Top Events	021 511 7130	entnes@topevents.co.za	Yes

	Wed	Tyger Run	5	8:00	TBC	Durbanville AC	Top Events	021 511 7130	entries@topevents.co.za	Yes
21-Mar-18	Wed	SA High Schools	T/F	12:30	TBC	ASA				
22-Mar-18	Thur	SA High Schools	T/F	12:30	TBC	ASA				
23-Mar-18	Fri	SA High Schools	T/F	12:30	TBC	ASA				
24-Mar-18	Sat	SA High Schools	T/F	12:30	TBC	ASA				
24-Mar-18	Sat	Ravensmead 15 km	15	7:00	Florida Park, Ravensmead	Ravensmead AC	Sean Davids	083 643 4883	ravensmeadac@outlook.com	
	Sat	Ravensmead 10 km Walk	10 W	7:15	Florida Park, Ravensmead	Ravensmead AC	Sean Davids	083 643 4883	ravensmeadac@outlook.com	
	Sat	Ravensmead 5 km	5	7:30	Florida Park, Ravensmead	Ravensmead AC	Sean Davids	083 643 4883	ravensmeadac@outlook.com	
24-Mar-18	Sat	WPA League 4	T/F	12:30	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
25-Apr-18	Sun	SPAR Women's Challenge	10	7:30	Bellville Stadium	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	Yes
	Sun	SPAR Women's Challenge Walk	10 W	7:45	Bellville Stadium	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	Yes
	Sun	SPAR Women's Challenge	5	8:00	Bellville Stadium	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	Yes
25-Mar-18	Sun	Muizenberg Monster	6/10/20		Muizenberg	Energy Events		021 424 4579	info@energyevents.co.za	Yes
30-Mar-18	Fri	Old Mutual Two Oceans Trail Run	22	6:30	UCT Upper Campus Rugby Fields	Two Oceans Marathon NPC	Carol Vosloo	021 799 3040	carol@twooceansmarathon.org.za	Yes
30-Mar-18	Fri	Old Mutual Two Oceans Trail Run	10	6:30	UCT Upper Campus Rugby Fields	Two Oceans Marathon NPC	Carol Vosloo	021 799 3040	carol@twooceansmarathon.org.za	Yes
30-Mar-18	Fri	Old Mutual Two Oceans Fun Runs	Var	10:00	UCT Upper Campus Rugby Fields	Two Oceans Marathon NPC	Carol Vosloo	021 799 3040	carol@twooceansmarathon.org.za	Yes
31-Mar-18	Sat	Old Mutual Two Oceans Ultra Marathon	56	6:30	Main Road Newlands	Two Oceans Marathon NPC	Carol Vosloo	021 799 3040	carol@twooceansmarathon.org.za	Yes
	Sat	Old Mutual Two Oceans Half Marathon	21,1	5:50	Main Road Newlands	Two Oceans Marathon NPC	Carol Vosloo	021 799 3040	carol@twooceansmarathon.org.za	Yes
6-Apr-18	Fri	WPA Junior Championship	T/F	16:00	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
7-Apr-18	Sat	WPA Junior Championship	T/F	7:00	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
8-Apr-18	Sun	Central Athletics 10km Challenge	10	7:00	Newlands Cricket Stadium, Camp Ground Rd, Newlands	Central AC	Adnaan Mohamed	083 427 4648	centralathleticsclub@gmail.com	
	Sun	Central Athletics Fun Run	5	7:30	Newlands Cricket Stadium, Camp Ground Rd, Newlands	Central AC	Adnaan Mohamed	083 427 4648	centralathleticsclub@gmail.com	
13-Apr-18	Fri	WPA Masters Championship	T/F	16:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
14-Apr-18	Sat	WPA Masters Championship	T/F	7:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
14-Apr-18	Sat	Leapfrog 21km + WPA 21.1km Championship	21	7:00	Gordon's Bay Primary School, Gordon's Bay	Strand AC	Barry Muller	082 774 9510	ldbmvodadmail.co.za	Yes and on day
	Sat	Labourwise 10km	10	7:30	Gordon's Bay Primary School, Gordon's Bay	Strand AC	Max Rupert	082 566 4318	ruppermax@yahoo.com	Yes and on day
19-Apr-18	Thurs	ASA Juniors Championship	T/F		Paarl	ASA	ASA			
20-Apr-18	Fri	ASA Juniors Championship	T/F		Paarl	ASA	ASA			
21-Apr-18	Sat	ASA Juniors Championship	T/F		Paarl	ASA	ASA			
21-Apr-18	Sat	LANGEBAAN COUNTRY ESTATE Weskus Marathon	42,2	7:30	Langebaan Country Estate, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@strandlopers.co.za	Yes
	Sat	LANGEBAAN COUNTRY ESTATE Weskus Half Marathon	21,1	7:15	Langebaan Country Estate, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@strandlopers.co.za	Yes
	Sat	LANGEBAAN COUNTRY ESTATE Weskus 10km	10	7:30	Langebaan Country Estate, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@strandlopers.co.za	Yes
	Sat	LANGEBAAN COUNTRY ESTATE Weskus Fun Run	5	8:30	Langebaan Country Estate, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@strandlopers.co.za	Yes
26-Apr-18	Thurs	SA Masters Championship	T/F		Bloemfontein	ASA	ASA			
27-Apr-18	Fri	SA Masters Championship	T/F		Bloemfontein	ASA	ASA			
28-Apr-18	Sat	SA Masters Championship	T/F		Bloemfontein	ASA	ASA			
27-Apr-18	Fri	Nantes 10km	10	7:00	Vanguard Sports Complex	Nantes AC	Caroline Peters	073 029 7879	admin@nantesac.co.za	Yes and on day
27-Apr-18	Fri	Nantes 10km Walk	10 W	7:10	Vanguard Sports Complex	Nantes AC	Caroline Peters	073 029 7879	admin@nantesac.co.za	Yes and on day
27-Apr-18	Fri	Nantes 5km	5	7:30	Vanguard Sports Complex	Nantes AC	Caroline Peters	073 029 7879	admin@nantesac.co.za	Yes and on day
29-Apr-18	Sun	Voet of The Wine Route 10 km	10	7:30	Zevenwacht Mall Kulsrivier	In Touch AC	Eugene Vink	074 671 1584	egenev@webmail.co.za	
	Sun	Voet of The Wine Route Fun Run	5	7:45	Zevenwacht Mall Kulsrivier	In Touch AC	Andrew Daniels	082 318 7615	egenev@webmail.co.za	
1-May-18	Tues	Safari road race	21.1/10/5		Wellington	Wellington AC	Top Events	021 511 7130	info@topevents.co.za	Yes
6-May-18	Sun	SISSA/UCT Memorial 10 km Road Race	10	7:00	Middle Campus, UCT	UCT AC	Kerr Rogers	021 650 3564	kerr.rogers@uct.ac.za	Yes and on day
9-May-18	Wed	Mapungubwe Transfrontier Wildrun	92	8:00	International Cross Border	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
10-May-18	Thurs	Mapungubwe Transfrontier Wildrun	92	8:00	International Cross Border	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
11-May-18	Fri	Mapungubwe Transfrontier Wildrun	92	8:00	International Cross Border	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
12-May-18	Sat	Mapungubwe Transfrontier Wildrun	92	8:00	International Cross Border	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
13-May-18	Sat	Mapungubwe Transfrontier Wildrun	92	8:00	International Cross Border	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
12-May-18	Sat	WPA Interclub's & Race Walking Grand Prix 2	20 W	7:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
	Sat	WPA Interclub's & Race Walking Grand Prix 2	10 W	8:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
	Sat	WPA Race Walking Development (5km, 3km & 1km)	Various	10:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
13-May-18	Sun	Metropolitan Slave Route Challenge	21,1	7:00	Grand Parade, Cape Town	Lion of Africa Itheko Sport AC	Race Office	021 633 0507	info@slaveroute.co.za	Yes and Manual
	Sun	Metropolitan Slave Route Challenge 10km	10	7:15	Grand Parade, Cape Town	Lion of Africa Itheko Sport AC	Race Office	021 633 0507	info@slaveroute.co.za	Yes and Manual
	Sun	Metropolitan Slave Route Challenge 5km	5	7:30	Grand Parade, Cape Town	Lion of Africa Itheko Sport AC	Race Office	021 633 0507	info@slaveroute.co.za	Yes and Manual
19-May-18	Sat	Jonkershoek Mountain Challenge	22	7:00	Jonkershoek Nature Reserve	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
20-May-18	Sun	FNB Cape Town 12 onerun	12	9:00	Milnerton Beach to Cape Town	Brackenfell AC	Janine Marais	074 911 4574	Janinm818@gmail.com	
26-May-18	Sun	Cross Country League 1	CC	11:00	TBC	TBC	Candycy Hall	082 821 0841	candycyhall@gmail.com	
2-Jun-18	Sat	UWC 10 km Fast & Flat Walk	10	7:30	UWC Campus Modderdam Road Bellville	UWC	Glen Bentley	021 952 2318	gbentley@uwc.ac.za	
	Sat	UWC 10 km Fast & Flat Walk	10 W	7:40	UWC Campus Modderdam Road Bellville	UWC	Glen Bentley	021 952 2318	gbentley@uwc.ac.za	
	Sat	UWC 10 km Fast & Flat Fun Run	5	8:00	UWC Campus Modderdam Road Bellville	UWC	Glen Bentley	021 952 2318	gbentley@uwc.ac.za	
3-Jun-18	Sun	Cross Country Interclub Relay 1 (4 x 2km)	CC	11:00	TBC	TBC	Candycy Hall	082 821 0841	candycyhall@gmail.com	
3-Jun-18	Sun	Old Fisherman's Trail Challenge	22	7:00	Fishhoek to Houtbay		Richard	082 643 6186	hello@fishermanschallenge.co.za	Yes
10-Jun-17	Sun	Comrades	89		Durban					
10-Jun-18	Sat	The Beast	30/50		Newlands Forest	Energy Events		021 424 4579	info@energyevents.co.za	Yes
11-Jun-18	Mon	Richtersveld Transfrontier Wildrun	200	6:00	Al Ais	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
12-Jun-18	Tues	Richtersveld Transfrontier Wildrun	200	6:00	Al Ais	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
13-Jun-18	Wed	Richtersveld Transfrontier Wildrun	200	6:00	Al Ais	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
14-Jun-18	Thurs	Richtersveld Transfrontier Wildrun	200	6:00	Al Ais	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
15-Jun-18	Fri	Richtersveld Transfrontier Wildrun	200	6:00	Al Ais	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
16-Jun-18	Fri	Dave Spence Memorial race	10	7:30	NY 49 Stadium, Gugulethu	RCS Gugulethu AC	Thobile Ndzube	073 318 2563	GNDZUBE@yahoo.com	
	Fri	Dave Spence Memorial race	4,2	7:40	NY 49 Stadium, Gugulethu	RCS Gugulethu AC	Themba Shoko	082 476 4656	aubs2131@gmail.com	
17-Jun-18	Sun	K-Way Table Mountain 16 km	16	8:00	Constantia Nek	K-Way VOB	Charlotta Kettlewell	021 761 8887	secretary@kwayvob.co.za	Yes
17-Jun-18	Sun	Cross Country League 2	CC	11:00	TBC	TBC	Candycy Hall	082 821 0841	candycyhall@gmail.com	
17-Jun-18	Sun	Gauteng Winter Trail # 1 of 4	8/12	9:00	B'Sorah Tented Camp	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
17-Jun-18	Sun	Victoria Falls Marathon	42		Zimbabwe	Wild Frontiers	Race Office	+27 11 702 2035	reservations@wildfrontiers.com	
23-Jun-18	Sat	Mamre 21 km	21,1	8:00	Mamre Primary School	Mamre AC	Lesley Daniels	079 111 6489	Daniell.D@eskom.co.za	
	Sat	Mamre Fun Run/walk	5	8:15	Mamre Primary School	Mamre AC	Enrico Daniels	079 801 3906	Enrico.Daniels@epar.co.za	
24-Jun-18	Sun	Don Lock Memorial Run	15	8:00	Brookside	Celtic Harriers Club	H Kearns	082 475 6974	kearns@vodadmail.co.za	Yes
	Sun	Don Lock Memorial Run	8	7:15	Brookside	Celtic Harriers Club	H Kearns	082 475 6974	kearns@vodadmail.co.za	Yes
24-Jun-18	Sun	Gauteng Winter Trail # 2 of 4	8/12	9:00	Hennops River	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
30-Jun-18	Sat	Timbercity Spookhill 15km	15	8:00	Beaumont Primary School, Somerset West	Helderberg Harriers	Schalk Hoon	TBC	schalk.hoon@gmail.com	

	Sat	Timbercity Spookhill Fun Run	5	8:15	Beaumont Primary School, Somerset West	Helderberg Harriers	Schalk Hoon	TBC	schalk.hoon@gmail.com		
30-Jun-18	Sat	Orak 12 Hour Race	Var	6:00	Vredendal Sports Grounds	Orak	Gerrie Cilliers	083 650 0642	gerriecl@telkomsa.net		Only
1-Jul-18	Sun	Cross Country League 3	CC	11:00	TBC	TBC	Candycy Hall	082 821 0841	candycyhall@gmail.com		
1-Jul-18	Sun	Gauteng Winter Trail # 3 of 4	8/12	9:00	Segwari Game Ranch	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
7-Jul-18	Sat	Eersterivier 15	15	7:15	Stratford Primary School	Eersterivier AC	Gert Pekeur	074 434 2332	Gert.Pekeur@westerncape.gov.za		
	Sat	Eersterivier Walk	10 W	7:30	Stratford Primary School	Eersterivier AC	Gert Pekeur	074 434 2332	Gert.Pekeur@westerncape.gov.za		
	Sat	Eersterivier Fun Run	5	8:00	Stratford Primary School	Eersterivier AC	Gert Pekeur	074 434 2332	Gert.Pekeur@westerncape.gov.za		
7-Jul-18	Sat	Momentum Knysna Marathon	42 + 21		Knysna	Knysna Marathon Club	Marianne Brown	076 195 4832	kmc@telkomsa.net		Yes
8-Jul-18	Sun	Gauteng Winter Trail # 4 of 4	8/12	9:00	Leewenkloof	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
8-Jul-18	Sun	Gauteng Winter Trail Series XL	8/12	9:00	Leewenkloof	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
14-Jul-18	Sat	Easterns 15 km	15	7:15	Fairbridge Mall,Old Paarl Rd, Brackenfell	Easterns Kraaifontein AC	William Swartbooi	084 247 7170	willden@telkomsa.net		
	Sat	Easterns 6km Fun Run	6	7:25	Fairbridge Mall,Old Paarl Rd, Brackenfell	Easterns Kraaifontein AC	William Swartbooi	084 247 7170	willden@telkomsa.net		
14-Jul-18	Sat	Salomon Bastille Day Trail Run	15/25/35/50		Franschoek	Energy Events		021 424 4579	Info@engergyevents.co.za		Yes
15-Jul-18	Sat	Cross Country League 4	X/C	11:00	TBC	TBC	Candycy Hall	082 821 0841	candycyhall@gmail.com		
21-Jul-18	Sat	C.T. Festival 100km	100	7:00	Sea Point Pavilion	Hewat AC	Kanu Sukha	072 210 1127	4adu@vodamail.co.za		Yes and on Day
	Sat	C.T. Festival 50 km	50	7:00	Sea Point Pavilion	Hewat AC	Kanu Sukha	072 210 1127	4adu@vodamail.co.za		Yes and on Day
	Sat	C.T. Festival Team relays	5 X 5	12:00	Sea Point Pavilion	Hewat AC	Kanu Sukha	072 210 1127	4adu@vodamail.co.za		Yes and on Day
22-Jul-18	Sun	C.T. Festival 21.1km Classic	21.1	7:00	Sea Point Pavilion	Hewat AC	Kanu Sukha	072 210 1127	4adu@vodamail.co.za		Yes and on Day
22-Jul-18	Sun	Cape Winter Trail Series # 1 of 4	8/12	9:00	Paul Cluver Estate, Grabouw	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
28-Jul-18	Sat	Brackenfell 21km	21,1	7:00	Brackenfell Primary School	Brackenfell AC	Leon Visser	072 222 6843	letries@yahoo.com		
	Sat	Brackenfell Fun Run	5	7:45	Brackenfell Primary School	Brackenfell AC	Leon Visser	072 222 6843	letries@yahoo.com		
28-Jul-18	Sat	ASA 21km Championship	21		Port Elizabeth	ASA					
28-Jul-18	Sat	Hout Bay Trail Challenge	40	7:00	Hout Bay		Richard Sutton	082 643 6186	hello@houtbaychallenge.co.za		Yes
29-Jul-18	Sat	Cross Country League 5	X/C	11:00	TBC	TBC	Candycy Hall	082 821 0841	candycyhall@gmail.com		
29-Jul-18	Sun	Cape Winter Trail Series # 2 of 4	8/12	9:00	Tygerberg Nature Reserve	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
4-Aug-18	Sat	WPA Race Walking Grand Prix 3	20 W	8:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com		
	Sat	WPA Race Walking Grand Prix 3	10 W	9:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com		
	Sat	WPA Race Walking Development (5km, 3km & 1km)	Various	10:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com		
4-Aug-18	Sat	Daisy Challenge	30	7:00	Die Keldery Spruitsdriif	Namaqua AC	Renier van Greunen	027 213 3086	daisy@namaquawines.com		Yes
	Sat	Daisy Challenge	18	7:15	Die Keldery Spruitsdriif	Namaqua AC	Renier van Greunen	027 213 3086	daisy@namaquawines.com		Yes
	Sat	Daisy Challenge	5	10:00	Die Keldery Spruitsdriif	Namaqua AC	Renier van Greunen	027 213 3086	daisy@namaquawines.com		Yes
4-Aug-18	Sat	Cross Country League 6	X/C	11:00	TBC	TBC	Candycy Hall	082 821 0841	candycyhall@gmail.com		
4-Aug-18	Sat	PPC Riebeeck Berg	42 + 21 + 10		Riebeeck Berg	Swartland AC					
5-Aug-18	Sun	McKenna & Scott Pinelands 10 km Road Race	10	7:30	Lower Oval , Pinelands	Pinelands AC	Dion Stevens	082 730 8320	dionmstevens@gmail.com		
	Sun	McKenna & Scott Pinelands Fun Run	5	7:45	Lower Oval , Pinelands	Pinelands AC	Dion Stevens	082 730 8320	dionmstevens@gmail.com		
5-Aug-18	Sun	Cape Winter Trail Series # 3 of 4	8/12	9:00	Taal Monument, Paarl	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
9-Aug-18	Thur	Totalsports Women's Race	10	8:00	Grand Parade Cape Town	Edgemoed AC	Liam Hendrickse	0723927558	raceconvener@edgemoedrunners.org.za		Yes
	Thur	Totalsports Women's Race	5	8:30	Grand Parade Cape Town	Edgemoed AC	Liam Hendrickse	0723927558	raceconvener@edgemoedrunners.org.za		Yes
11-Aug-18	Sat	Atlantis 21km	21,1	8:00	Westfleur Park, Atlantis	Atlantis Harris AC	Desmond Arendse	084 392 1061	desmond.arendse@capetown.gov.za		
	Sat	Atlantis Fun Run	5	8:00	Westfleur Park, Atlantis	Atlantis Harris AC	Desmond Arendse	084 392 1061	desmond.arendse@capetown.gov.za		
11-Aug-18	Sat	Cross Country Interclub Relay 2 (4 x 2km)	X/C	11:00	TBC	TBC	Candycy Hall	082 821 0841	candycyhall@gmail.com		
11-Aug-18	Sat	Cape Winter Trail Series # 4 of 4	8/12	8:15	Kogelberg Biosphere Reserve	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
	Sat	Trail Series Kogelberg XL	24	8:30	Kogelberg Biosphere Reserve	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
	Sat	Magaliesberg Challenge	12/25/36/50		Van Gaalen Cheese Farm, Magaliesberg	Energy Events		021 424 4579	Info@engergyevents.co.za		Yes
18-Aug-18	Sat	WPA Cross Country Championship	X/C	8:00	TBC	TBC	Candycy Hall	082 821 0841	candycyhall@gmail.com		
18-Aug-18	Sat	Puffer	80	5:30	Cape Point to V&A	Fish Hoek AC	Andy Campbell	082 799 6785	puffer@fishhoekac.com		
19-Aug-18	Sun	Reutech Solutions John Korasie 30km	30	7:00	Navy Sports Field Simon's Town	Defence AC	Luqmaan Patientia	082 847 1680	luqzu@vodamail.co.za		
19-Aug-18	Sun	Helderberg Mountain Challenge	10/15/24	7:00	Helderberg Nature Reserve	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
25-Aug-18	Sat	Langebaan 21 km	21,1	8:00	Club Mykonos, Langebaan	ArcelorMittal AC	Bossie Boshoff	083 462 4400	Saldanha.sport@arcelormittal.com		
	Sat	Langebaan 10 km	10	8:00	Club Mykonos, Langebaan	ArcelorMittal AC	Bossie Boshoff	083 462 4400	Saldanha.sport@arcelormittal.com		
	Sat	Langebaan Fun Run	5	8:10	Club Mykonos, Langebaan	ArcelorMittal AC	Bossie Boshoff	083 462 4400	Saldanha.sport@arcelormittal.com		
26-Aug-18	Sun	Khayelitsha 10km	10	7:30	Mandela Park Stadium	Khayelitsha AC	Patience Nkohla	083 946 7154	khayelitshaathleticclub@gmail.com		
	Sun	Khayelitsha 10km Walk	10 W	7:30	Mandela Park Stadium	Khayelitsha AC	Patience Nkohla	083 946 7154	khayelitshaathleticclub@gmail.com		
	Sun	Khayelitsha 4km Fun Run/Walk	4	7:30	Mandela Park Stadium	Khayelitsha AC	Patience Nkohla	083 946 7154	khayelitshaathleticclub@gmail.com		
26-Aug-18	Sun	Blisters for Bread	Var	9:00	Green Point	Top Events	Top Events	021 511 7130	info@topevents.co.za		
1-Sep-18	Sat	Medihelp Tekkie Challenge	10	8:00	Jan Kriel School Kulsriver	Cape Multisport Club	Estelle Kock	073 313 1668	estelle@capemultisportclub.com		Yes and on Day
	Sat	Medihelp Tekkie Challenge	5	8:15	Jan Kriel School Kulsriver	Cape Multisport Club	Estelle Kock	073 313 1668	estelle@capemultisportclub.com		Yes and on Day
1-Sep-18	Sat	WPA Race Walking Grand Prix 4 + WPA Championship	30 W	7:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com		
	Sat	WPA Race Walking Grand Prix 4	20 W	8:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com		
	Sat	WPA Race Walking Grand Prix 4 + WPA Championship	10 W	9:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com		
	Sat	WPA Race Walking Development (5km, 3km & 1km)	Various	10:00	Youngsfield Military Base, Wetton	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com		
2-Sep-18	Sun	Satori Camel Run 16 km	16	7:30	Noordhoek Sports Field	Satori AC	Graig Farham	082 416 5488	faruq@afarica.com		Yes
2-Sep-18	Sun	Table Mountain Challenge	44		Gardens Rugby Club	Energy Events		021 424 4579	Info@engergyevents.co.za		Yes
7-Sep-18	Fri	ASA Cross Country Championship	21			ASA					
8-Sep-18	Sat	ASA Cross Country Championship	21			ASA					
9-Sep-18	Sun	Ommiedraai 10km	10	6:30	Rosmead Sports Fields	Ommiedraai AC	Waleed Samsodien	084 603 3155	ommiedraai@gmail.com		Yes and on Day
	Sun	Ommiedraai 10km Walk	10 W	6:40	Rosmead Sports Fields	Ommiedraai AC	Waleed Samsodien	084 603 3155	ommiedraai@gmail.com		Yes and on Day
	Sun	Ommiedraai 5km Fun Run	5	6:45	Rosmead Sports Fields	Ommiedraai AC	Waleed Samsodien	084 603 3155	ommiedraai@gmail.com		Yes and on Day
10-Sep-18	Mon	Wildcoast Wildrun	112	7:00	Wild Coast	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
11-Sep-18	Tues	Wildcoast Wildrun	112	7:00	Wild Coast	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
12-Sep-18	Wed	Wildcoast Wildrun	112	7:00	Wild Coast	Wildrunner		021 821 9898	info@wildrunner.co.za		Yes
15-Sep-18	Sat	UWC Street Mile	1 Mile	10:00	UWC Campus Modderdam Road Bellville	UWC	Glen Bentley	021 952 2318	gbentley@uwc.ac.za		
16-Sep-18	Sun	MSA Multi Sport 10km	10	7:00	William Herbert sports grounds	MSA Multisport AC	Nasrulla Enus	082 574 5323	maywoodbrokers@telkomsa.net		
	Sun	MSA Multi Sport 5km	5	7:00	William Herbert sports grounds	MSA Multisport AC	Nasrulla Enus	082 574 5323	maywoodbrokers@telkomsa.net		
22-Sep-18	Sat	Sanlam Relay 5 x 4.2km	4,2	9:00	Green Point	WPA	Race Organiser	083 270 9601	info@capetownmarathon.com		
	Sat	Sanlam Fun Run	4,2	11:00	Green Point	WPA	Race Organiser	083 270 9601	info@capetownmarathon.com		
22-Sep-18	Sat	Sanlam Peace Trail Run 22 + 11km	Trail	7:30	Cape Town	Wildrunner	Race Office	021 821 9898	info@wildrunner.co.za		
23-Sep-18	Sun	Sanlam Cape Town Marathon 42.2 km	42,2	7:00	Green Point	WPA	Race Organiser	083 270 9601	info@capetownmarathon.com		
	Sun	Sanlam Cape Town Marathon 10km Peace run	10	7:10	Green Point	WPA	Race Organiser	083 270 9601	info@capetownmarathon.com		
23-Sep-18	Sun	ASA 42km Championship	42		Cape Town	ASA					
29-Sep-18	Sat	Goodwood Harriers 10km	10	7:00	Tygerdal Goodwood	Goodwood Harriers	Fafa de Jager	080 978 9339	faffadejager@gmail.com		

	Sat	Goodwood Harriers 5km Fun Run	5	7:15	Tygerdal Goodwood	Goodwood Harriers	Faffa de Jager	080 978 9339	faffadejager@gmail.com	
29-Sep-18	Sat	ASA 10km Championship	10		Middelburg	ASA				
29-Sep-18	Sat	Battle up Blaauwberg Hill	8/14		Blaauwberg Nature Reserve	West Coast AC		082 855 9014	info@blaauwberghilltrail.co.za	Yes
3-Oct-18	Wed	Bakgat 10 km	10	18:15	Zone Fitness, Bellville	Bellville AC	Mike Strohman	082 491 2854	parv@telkomsa.net	
6-Oct-18	Sat	Cape Gate 21	21	6:30	Cape Gate Centre , Brackenfell	Nedbank Running Club	Robbie Lindsay	082 202 3593	nedbankcl@gmail.com	Maybe
	Sat	Cape Gate 10	10	7:00	Cape Gate Centre , Brackenfell	Nedbank Running Club	Robbie Lindsay	082 202 3593	nedbankcl@gmail.com	Maybe
	Sat	Cape Gate Fun Run	3	7:15	Cape Gate Centre , Brackenfell	Nedbank Running Club	Robbie Lindsay	082 202 3593	nedbankcl@gmail.com	Maybe
7-Oct-18	Sun	K-Way Grape Run 21km	21	6:30	Alphen Hall Constantia	K-Way VOB	Charlotte Kettlewell	021 761 8887	secretary@kwayvob.co.za	Yes
	Sun	K-Way Grape Run 14km	14	7:00	Alphen Hall Constantia	K-Way VOB	Charlotte Kettlewell	021 761 8887	secretary@kwayvob.co.za	Yes
	Sun	K-Way Grape Run 5km	5	6:35	Alphen Hall Constantia	K-Way VOB	Charlotte Kettlewell	021 761 8887	secretary@kwayvob.co.za	Yes
7-Oct-18	Sun	Marloth Mountain Challenge	24/35/55	6:00	Marloth Nature Reserve	Wildrunner	Race Office	021 821 9898	info@wildrunner.co.za	
10-Oct-18	Wed	Silver Queen	10	18:15	Air Force Base Ysterplaat	Defence AC	Gail Mahraj	083 461 0741	gaiacobs00@yahoo.com	
13-Oct-18	Sat	Voet of Africa	Var		Bredasdorp			028 424 1716	hcsport@qagmiga.co.za	
14-Oct-18	Sun	Outsurance 94.5 Kfm Gun Run 21 km	21,1	6:30	Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	info@atlanticathletic.co.za	Yes
	Sun	Outsurance 94.5 Kfm Gun Run 10km	10	7:30	Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	info@atlanticathletic.co.za	Yes
	Sun	Outsurance 94.5 Kfm Gun Run 5km Fun Run Walk	5	8:30	Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	info@atlanticathletic.co.za	Yes
17-Oct-18	Wed	ATC Summer Sunset Team Time Trial	4 x 3	18:15	Green Point Cricket Club	ATC Running	Gert Wilkins	073 308 3127	admin@atcmullisport.co.za	
20-Oct-18	Sat	West Coast 21.1km	21,1	6:00	Eden on the Bay, Big Bay	West Coast AC	Reid Bremmer	076 123 3421	raceprep@westcoastathleticclub.co.za	Yes and on Day
	Sat	West Coast Fun Run	5	6:45	Eden on the Bay, Big Bay	West Coast AC	Reid Bremmer	076 126 3421	raceprep@westcoastathleticclub.co.za	Yes and on Day
21-Oct-18	Sun	ARD 3 Vlei 10 km	10	7:00	Fairmount High School, Klip Rd, Gassy Park	ARD Athletic Club	Zaid Orrie	083 376 7392	secretary.ardac@gmail.com	Yes
	Sun	ARD 3 Vlei Fun Run	5	7:20	Fairmount High School, Klip Rd, Gassy Park	ARD Athletic Club	Zaid Orrie	083 376 7392	secretary.ardac@gmail.com	Yes
21-Oct-18	Sun	Centurion Walk 100 Miles	100 Miles		Robben Island					
21-Oct-18	Sun	Gauteng Summer Trail Series # 1 of 4	8/12	7:00	Hennops River	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
27-Oct-18	Sat	Elsies River 10 km	10	6:45	Salberau Sports Complex, Elsie'sriver	Elsies River AC	Bertram Windvogel	082 398 7148	parlab@quaiacioclosures.co.za	
	Sat	Elsies River 5 km	5	7:15	Salberau Sports Complex, Elsie'sriver	Elsies River AC	Bertram Windvogel	082 398 7148	parlab@quaiacioclosures.co.za	
27-Oct-18	Sat	Pink flower 24hr	Var		Melkbos strand					
28-Oct-18	Sun	Chappies Challenge 21km	21,1	6:30	Hout Bay Yacht Club	Hout Bay Athletic Club	Richard Sutton	082 643 6186	info@chappieschallenge.co.za	Yes
	Sun	Chappies Challenge 10km	10	7:00	Hout Bay Yacht Club	Hout Bay Athletic Club	Richard Sutton	082 643 6186	info@chappieschallenge.co.za	Yes
28-Oct-18	Sun	Gauteng Summer Trail Series # 2 of 4	8/12	7:00	Segwazi Game Ranch	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
3-Nov-18	Sat	Table View High School 10km	10	7:00	Table View High School, Janssens Ave, Table View	West Coast AC	Lindsay	084 288 7987	info@star2finish.co.za	
	Sat	Table View High School 5km	5	7:15	Table View High School, Janssens Ave, Table View	West Coast AC	Lindsay	084 288 7987	info@star2finish.co.za	
4-Nov-18	Sun	The Landmarks 21 km	21,1	6:00	WPCC Sport Centre Keurboom Road Rondebosch	WPCC AC	Ted Vickery	076 195 7289	ted@landmarks21.co.za	Yes and on Day
	Sun	The Landmarks Fun Run	6	6:45	WPCC Sport Centre Keurboom Road Rondebosch	WPCC AC	Ted Vickery	076 195 7289	ted@landmarks21.co.za	Yes and on Day
4-Nov-18	Sun	Gauteng Summer Trail Series # 3 of 4	8/12	7:00	B'Sorah Tented Camp	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
10-Nov-18	Sat	Winelands Marathon	42,2	5:30	Eikestad Primary School, Stellenbosch	Heiderberg Harriers	Francois Grobler	TBC	grobler.francois@gmail.com	Yes
	Sat	Winelands Half Marathon	21,1	5:45	Eikestad Primary School, Stellenbosch	Heiderberg Harriers	Francois Grobler	TBC	grobler.francois@gmail.com	Yes
17-Nov-18	Sat	Edgemoed 10km Classic	10	6:30	Edgemoed High School	Edgemoed AC	Liam Hendrickse	0723927558	raceconvener@edgemoedrunners.org.za	Yes and on Day
	Sat	Edgemoed 10km Classic Walk	10 W	6:30	Edgemoed High School	Edgemoed AC	Liam Hendrickse	0723927558	raceconvener@edgemoedrunners.org.za	Yes and on Day
	Sat	Edgemoed 5km Fun Run	5	6:45	Edgemoed High School	Edgemoed AC	Liam Hendrickse	0723927558	raceconvener@edgemoedrunners.org.za	Yes and on Day
24-Nov-18	Sat	Mitchells Plain 21 km	21,1	6:00	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Shane Murray	071 870 9148	sem1@clicks.co.za	
	Sat	Mitchells Plain 10 km	10	6:15	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Shane Murray	071 870 9148	sem1@clicks.co.za	
	Sat	Mitchells Plain 5 km Fun Run	5	8:00	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Shane Murray	071 870 9148	sem1@clicks.co.za	
25-Nov-18	Sun	Gauteng Summer Trail Series # 4 of 4	8/12	7:00	Leewenkloof	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes
28-Nov-17	Wed	Sanlam Niel Joubert Plaswedloop	13	18:15	Klein Simonsvlei, Klamputs	Sanlam AC	Robert Keynel	082 474 0399	bobbyk@vodamail.co.za	
1-Dec-18	Sat	Koeberg 15km	15	7:00	Koeberg Nature Conservation	Eskom AC WP	Sefako Motaung	072 180 8833	sefako.motung@eskom.co.za	
2-Dec-18	Sun	Telkom Athletic Club 10 km Challenge	10	7:00	CPUT Campus Symphony Way, Bellville	Telkom AC	L Samuels	081 318 9310	samuelle@telkom.co.za	
	Sun	Telkom Athletic Club 5km Challenge	5	8:00	CPUT Campus Symphony Way, Bellville	Telkom AC	L Samuels	081 318 9310	samuelle@telkom.co.za	
5-Dec-18	Wed	Metropolitan 10 km Road Race	10	18:30	Parc Du Cap Bellville	Metropolitan AC	John Eksteen	021 940 5254	John.Eksteen@mmiholdings.co.za	
8-Dec-18	Sat	AVBOB 15 km	15	6:00	Pick 'n Pay Shopping Centre, Table View	Tygerberg Northlink AC	Leon Thelander	083 999 6450	leonthelander1@gmail.com	
9-Dec-18	Sun	Bottelary 21 km Farm Run	21	6:30	Curro Sitari School Somerset West	Bottelary AC	Rochelle Soggop	061 101 7739	rochellesoggop@gmail.com	
	Sun	Bottelary 10km Farm Run	10	6:45	Curro Sitari School Somerset West	Bottelary AC	Rochelle Soggop	061 101 7739	rochellesoggop@gmail.com	
	Sun	Bottelary Farm Fun Run	5	7:00	Curro Sitari School Somerset West	Bottelary AC	Rochelle Soggop	061 101 7739	rochellesoggop@gmail.com	
15-Dec-18	Sun	Velocity 21.1km	21,1	6:00	Silverstroomstrand	Velocity AC	Mario Philander	072 254 1880	maroph15@yahoo.com	
	Sun	Velocity 10km	10	6:15	Silverstroomstrand	Velocity AC	Mario Philander	072 254 1880	maroph15@yahoo.com	
	Sun	Velocity 10km Walk	10 W	6:35	Silverstroomstrand	Velocity AC	Mario Philander	072 254 1880	maroph15@yahoo.com	
16-Dec-18	Sat	The RCS GUGS Reconciliation Day 10km Race	10	7:00	NY 49 Stadium, Gugulethu	RCS Gugulethu AC	Thobile Ndzube	073 318 2563	GNDZUBE@yahoo.com	
	Sat	The RCS GUGS Reconciliation Day Fun Run	4,2	7:10	NY 49 Stadium, Gugulethu	RCS Gugulethu AC	Themba Shoko	082 476 4656	aubs2131@gmail.com	
19-Dec-18	Wed	Growthpoint Sundowner 10km	10	18:15	V & A Waterfront , Cape Town	Easterns Kraaifontein AC	Top Events	021 511 7130	entnes@topevents.co.za	
26-Dec-18	Wed	Tokai Manor House 16 km	16	6:30	Academy for Mathematics Science & Technology, Tokai	Southern Striders AC	Paul Murphy	082 878 1987	paul.murphy.plm@gmail.com	Yes and on Day
	Wed	Tokai Manor House 8 km	8	6:30	Academy for Mathematics Science & Technology, Tokai	Southern Striders AC	Paul Murphy	082 878 1987	paul.murphy.plm@gmail.com	
31-Dec-18	Mon	Runner's Memorial Race 8 km	8	18:30	Mouille Point Lighthouse, Mouille Point	Edgemoed AC	Liam Hendrickse	0723927558	raceconvener@edgemoedrunners.org.za	Yes and on Day

Black - Road Running
Blue - Track and Field
Green - Cross Country
Yellow - ASA
Brown - Trail Runs
Pink - Not affiliated to WPA

Coco Cola League

Jan Beachcomber 15km
Feb Topform 10km
Mar
Apr Leapfrog 21km & Labourwise 10km + Voet of the wine 10km
May UCT 10km
Jun Dave Spence Memorial 10km
Jul Cape Town Festival of Running 5 x 5km Relay
Aug Khayelitsha 10km
Sept Goodwood Harriers 10km
Oct Elsie's River 10km
Nov Mitchell's Plain 21 + 10km
Dec Koeberg 15km

Winter League

May Telkom 10km

Incentive Races

10km
Century City 10km
Nantes 10km
UWC 10km (WPA Champs)
Mc Kenna Scott 10km
MSA Multisport 10km
ASA 10km Championship (Middelburg)
15km
Ravensmead 15km
Don Lock 15km
Avbob 15km
21km

Compiled by: Frikkie Kotze
2017/11/20 at 10:00

Jun UCT 10km
Jun Dave Spence Memorial 10km
Aug McKenna Scott Pinelands 10km
Sept Ommiedraai 10km

WPA Champs

Feb Cape Peninsula 42.2km
Apr Leapfrog 21km
Jun UWC 10km
Jul Cape Town Festival of Running 100km

ASA Champs

Jun ASA 21km champs Port Elizabeth
Sept ASA 42km champs Cape Town
Sept ASA 10km Champs Middelburg

Leapfrog 21km (WPA Champs)
ASA 21km Championship (PE)
West Coast 21km

42km

ASA 42km Championship (CT)
Cape Peninsula 42.2km (WPA Champs)

100km

Cape Town Festival of Running 100km