

Western Province Fixture List 2019

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	PRE ENTER
5-Jan-19	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	7:00	Strandfontein Pavilion Spine Rd	Stragglers AC	Allen Barnes	083 858 5857	allenb006@gmail.com	
	Sat	Beachcomber Fun Run	4	8:30	Strandfontein Pavilion Spine Rd	Stragglers AC	Allen Barnes	083 858 5857	allenb006@gmail.com	
12-Jan-19	Sat	WPA Masters 4	T/F	12:30	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
13-Jan-19	Sun	Nutribullet Bay to Bay 30 km	30	5:30	Maiden's Cove, Camps Bay	Top Form AC	Alistair Kannemeyer	083 403 3145	Alistair.Kannemeyer@capetown.gov.za	Yes
	Sun	Nutribullet Bay to Bay 15km	15	7:30	Maiden's Cove, Camps Bay	Top Form AC	Alistair Kannemeyer	083 403 3145	Alistair.Kannemeyer@capetown.gov.za	Yes
19-Jan-19	Sat	Hohenort 15km	15	6:00	Alphen Centre, Constantia Main Road Alphen	Pinelands AC	Jerome Merton	083 280 9798	jerome.merton@gmail.com	
19-Jan-19	Sat	WPA League 1	T/F	9:00	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
23-Jan-19	Wed	Jointease Dan Luyt 15 km	15	18:30	Aurora Spar,Durbanville	Belville AC	Albie de Waal	084 584 4112	Albie.deWaal@curofund.com	
26-Jan-19	Sat	STBB Red Hill Marathon	42,2	5:30	Silverglades sport complex Fish Hoek	Fish Hoek AC	Marieta Stevens	073 470 4444	race@fishhoekac.com	Yes and on Day
		STBB Red Hill Classic	36	5:30	Silverglades sport complex Fish Hoek	Fish Hoek AC	Marieta Stevens	073 470 4444	race@fishhoekac.com	Yes and on Day
		Bay Primary Red Hill Fun Run	5	7:00	Silverglades sport complex Fish Hoek	Bay Primary School	Bev Mackintosh	021 782 2065	bev@bayprimary.co.za	Yes and on Day
26-Jan-19	Sat	WPA League 2	T/F	9:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
30-Jan-19	Wed	Brackenfell 10 km	10	18:20	Brackenfell High School	Brackenfell AC	Leon Visser	072 222 6843	info@brackenfellac.co.za	
		Brackenfell Fun Run	5	18:30	Brackenfell High School	Brackenfell AC	Leon Visser	072 222 6843	info@brackenfellac.co.za	
2-Feb-19	Sat	Spartan Harriers Firgrove Challenge 21.1 km	21.1	5:45	Academy for Mathematics Science & Technology, Tokai	Spartan Harriers AC	Michael Adams	083 296 5953	michael.adams@capetown.gov.za	Yes
	Sat	Spartan Harriers Firgrove Challenge 10 km	10	5:50	Academy for Mathematics Science & Technology, Tokai	Spartan Harriers AC	Michael Adams	083 296 5953	michael.adams@capetown.gov.za	Yes
	Sat	Philip Rabinowitz 10 km Walk	10 W	6:10	Academy for Mathematics Science & Technology, Tokai	Spartan Harriers AC	Michael Adams	083 296 5953	michael.adams@capetown.gov.za	Yes
	Sat	Spartan Harriers Fun Run / Walk	6	7:00	Academy for Mathematics Science & Technology, Tokai	Spartan Harriers AC	Michael Adams	083 296 5953	michael.adams@capetown.gov.za	Yes
2-Feb-19	Sat	WPA U 16/18/20 Meeting	T/F	7:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
6-Feb-19	Wed	Sanlam 10km	10	18:00	Sanlam Head Office	Sanlam AC	Robert Keyne	082 474 0399	bobbyk@vodamail.co.za	
	Wed	Sanlam Fun Run	5	18:00	Sanlam Head Office	Sanlam AC	Robert Keyne	082 474 0399	bobbyk@vodamail.co.za	
9-Feb-19	Sat	Top Form 10 km Road Race	10	6:30	Turfhall Park Sports Stadium	Top Form AC	Alistair Kannemeyer	083 403 3145	Alistair.Kannemeyer@capetown.gov.za	
	Sat	Top Form 10 km Walk	10 W	6:40	Turfhall Park Sports Stadium	Top Form AC	Alistair Kannemeyer	083 403 3145	Alistair.Kannemeyer@capetown.gov.za	
	Sat	Top Form 5 km Fun Run	5	7:00	Turfhall Park Sports Stadium	Top Form AC	Alistair Kannemeyer	083 403 3145	Alistair.Kannemeyer@capetown.gov.za	
9-Feb-19	Sat	WPA League 3	T/F	9:00	Parow	WPA	WPA Office	083 403 3145	Alistair.Kannemeyer@capetown.gov.za	
9-Feb-19	Sat	27 for Freedom	27/10	7:00	Drakenstein Prison Services	Boland Correctional Services	Top Events	021 511 7130	info@topevents.co.za	
15-Feb-19	Fri	WPA Multi and Open Meeting	T/F	18:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
16-Feb-19	Sat	WPA Multi and Open Meeting	T/F	12:30	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
16-Feb-19	Sat	WPA Interclub's & Race Walking Grand Prix 1	20 W	7:00	TBC	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	TBC	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
	Sat	WPA Race Walking Development (5km, 3km & 1km)	Various	10:00	TBC	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
17-Feb-19	Sun	Cape Peninsula Marathon	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
20-Feb-19	Wed	ATC Summer Sunset Team Time Trial	4 x 3	18:15	Green Point Cricket Club	ATC Running	Gert Wilkins	073 308 3127	admin@atcmultiport.co.za	
23-Feb-19	Sat	Old Mutual 10 km	10	6:00	Mutual Park Pinelands	Old Mutual AC	Robbie Visser	082 555 8157	Robbie.Visser@omfinance.co.za	
	Sat	Old Mutual Fun Run	5	6:00	Mutual Park Pinelands	Old Mutual AC	Robbie Visser	082 555 8157	Robbie.Visser@omfinance.co.za	
23-Feb-19	Sat	WPA Middle Distance Meeting	T/F	9:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
23-Feb-19	Sat	WPA Masters 5	T/F	12:30	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
23-Feb-19	Sat	Cango 42.2 + 21.1km	Var		Oudtshoorn	Military Sport Club - Odn	Richard Hughes	082 563 4573	hughesrichard2014@gmail.com	
24-Feb-19	Sun	Sunfoil 10km Big Walk								
2-Mar-19	Sat	Century City 10 km Express	10	7:00	Central Park, Century City	Century City AC	Tatum Sieni	082 825 6394	info@centurycity.co.za	Yes and on Day
2-Mar-19	Sat	WPA League 4	T/F	9:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
3-Mar-19	Sun	ABAX Investments Milkwood Half Marathon	21.1	6:30	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Richard Sutton	082 643 6186	indo@milkwodrun.co.za	Yes
	Sun	ABAX Investments Milkwood 10km	10	7:10	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Richard Sutton	082 643 6186	indo@milkwodrun.co.za	Yes
	Sun	ABAX Investments Milkwood Fun Run	5	7:30	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Richard Sutton	082 643 6186	indo@milkwodrun.co.za	Yes
3-Mar-19	Sun	Kilimanjaro Marathon	42	7:30	Tanzania	Wild Frontiers	Race Office	+27 11 702 2035	reservations@wildfrontiers.com	
6-Mar-19	Wed	Crazy Store Lighthouse 10km Night Race	10	19:00	Main Rd, Sea Point, Opposite SABC	Walmers	Rayaan Williams	076 085 9303	info@walmers.org.za	Yes and on Day
9-Mar-19	Sat	WPA Open Meeting	T/F	9:00	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
9-Mar-19	Sat	WPA Masters 6	T/F	12:30	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
9-Mar-19	Sat	Constantia Village K-Way 15km	15	6:15	Alphen Hall Constantia	K-Way VOB	Charlotte Kettlewell	021 761 8887	secretary@kwavob.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@kwavob.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@kwavob.co.za	Yes
10-Mar-19	Sun	Cape Cycle Tour	Var	6:00	Cape Town					
14-Mar-19	Thr	WPA Junior Championship	T/F	TBA	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
15-Mar-19	Fri	WPA Junior Championship	T/F	TBA	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
16-Mar-19	Sat	WPA Junior Championship	T/F	TBA	Parow	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
16-Mar-19	Sat	Ravensmead 15 km	15	6:30	Florida Park, Ravensmead	Ravensmead AC	Sean Davids	083 643 4883	ravensmeadac@outlook.com	
	Sat	Ravensmead 10 km Walk	10 W	6:45	Florida Park, Ravensmead	Ravensmead AC	Sean Davids	083 643 4883	ravensmeadac@outlook.com	
	Sat	Ravensmead 5 km	5	7:00	Florida Park, Ravensmead	Ravensmead AC	Sean Davids	083 643 4883	ravensmeadac@outlook.com	
17-Mar-19	Sun	Tygerberg 30 km	30	6:00	Parow Athletic Track, Parow North	Tygerberg Northlink AC	Leon Thelander	083 999 6450	leonthelander2@gmail.com	
21-Mar-19	Thr	Tyger Run	21.1	6:00	Tygervalley Shopping Center	Durbanville AC	Top Events	021 511 7130	entries@topevents.co.za	Yes
	Thr	Tyger Run	10	6:30	Tygervalley Shopping Center	Durbanville AC	Top Events	021 511 7130	entries@topevents.co.za	Yes
	Thr	Tyger Run	5	8:00	Tygervalley Shopping Center	Durbanville AC	Top Events	021 511 7130	entries@topevents.co.za	Yes
22-Mar-19	Fri	WPA Multi Events and Open Meeting	T/F	TBA	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
23-Mar-19	Sat	WPA Multi Events and Open Meeting	T/F	TBA	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
23-Mar-19	Sat	LANGEBAAAN COUNTRY ESTATE Weskus Marathon	42,2	06:45	Langebaan Country Estate, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@gmail.com	Yes
	Sat	LANGEBAAAN COUNTRY ESTATE Weskus Half Marathon	21.1	06:45	Langebaan Country Estate, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@gmail.com	Yes
	Sat	LANGEBAAAN COUNTRY ESTATE Weskus 10km	10	07:00	Langebaan Country Estate, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@gmail.com	Yes
	Sat	LANGEBAAAN COUNTRY ESTATE Weskus Fun Run	5	08:00	Langebaan Country Estate, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@gmail.com	Yes
23-Mar-19	Sat	Hout Bay Trail Challenge (SA Trail Champs)	54	7:00	Hout Bay	WP Trail	Richard Sutton	082 643 6186	hello@houtbaychallenge.co.za	Yes
24-Mar-19	Sun	Voet of The Wine Route 21 km	21	6:30	Zevenwacht Mall Kuilsrivier	In Touch AC	Marie Uys	082 897 5416	mjuys@mweb.co.za	Yes and on Day
	Sun	Voet of The Wine Route 10 km	10	6:30	Zevenwacht Mall Kuilsrivier	In Touch AC	Marie Uys	082 897 5416	mjuys@mweb.co.za	Yes and on Day
	Sun	Voet of The Wine Route Fun Run	5	6:30	Zevenwacht Mall Kuilsrivier	In Touch AC	Marie Uys	082 897 5416	mjuys@mweb.co.za	Yes and on Day
29-Mar-19	Fri	WPA Senior Championship	T/F	TBA	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	

30-Mar-19	Sat	WPA Senior Championship		T/F	TBA	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
31-Mar-19	Sun	Metropolitan Slave Route Challenge	21.1	7:00	Grand Parade, Cape Town	Brimstone ltheko SAC	Farouk Meyer	021 633 0507	info@slaveroute.co.za	Yes and Manual	
	Sun	Metropolitan Slave Route Challenge 10km	10	7:15	Grand Parade, Cape Town	Brimstone ltheko SAC	Farouk Meyer	021 633 0507	info@slaveroute.co.za	Yes and Manual	
	Sun	Metropolitan Slave Route Challenge 10km W	10 W	7:45	Grand Parade, Cape Town	Brimstone ltheko SAC	Farouk Meyer	021 633 0507	info@slaveroute.co.za	Yes and Manual	
	Sun	Metropolitan Slave Route Challenge 5km	5	7:30	Grand Parade, Cape Town	Brimstone ltheko SAC	Farouk Meyer	021 633 0507	info@slaveroute.co.za	Yes and Manual	
4-Apr-19	Thurs	ASA Junior Championship		T/F	TBA	TBA	ASA	Mehlo Hlabangane	082 990 9470	mehloh@athleticsa.co.za	
5-Apr-19	Fri	ASA Junior Championship		T/F	TBA	TBA	ASA	Mehlo Hlabangane	082 990 9470	mehloh@athleticsa.co.za	
5-Apr-19	Fri	WPA Masters Champs		T/F	TBA	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
6-Apr-19	Sat	ASA Junior Championship		T/F	TBA	TBA	ASA	Mehlo Hlabangane	082 990 9470	mehloh@athleticsa.co.za	
6-Apr-19	Sat	WPA Masters Champs		T/F	TBA	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
6-Apr-19	Sat	Leapfrog 21km	21	7:00	Gordon's Bay Primary School, Gordon's Bay	Strand AC	Barry Muller	082 774 9510	ldbm@vodmail.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	
7-Apr-19	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-19	Sat	WPA Open Meeting		T/F	TBA	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
14-Apr-19	Sun	SPAR Women's Challenge	10	7:30	Jan Burger Stadium, Parow North	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	Yes	
	Sun	SPAR Women's Challenge Walk	10 W	7:45	Jan Burger Stadium, Parow North	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	Yes	
	Sun	SPAR Women's Challenge	5	8:00	Jan Burger Stadium, Parow North	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	Yes	
19-Apr-19	Fri	Old Mutual Two Oceans Trail Run	22	6:30	UCT Upper Campus Rugby Fields	Two Oceans Marathon NPC	Sue Forge	087 742 0210	suef@twooceansmarathon.org.za	Yes	
19-Apr-19	Fri	Old Mutual Two Oceans Trail Run	10	6:30	UCT Upper Campus Rugby Fields	Two Oceans Marathon NPC	Sue Forge	087 742 0210	suef@twooceansmarathon.org.za	Yes	
19-Apr-19	Fri	Old Mutual Two Oceans Fun Runs	Var	10:00	UCT Upper Campus Rugby Fields	Two Oceans Marathon NPC	Sue Forge	087 742 0210	suef@twooceansmarathon.org.za	Yes	
20-Apr-19	Sat	Old Mutual Two Oceans Ultra Marathon	56	6:30	Main Road Newlands	Two Oceans Marathon NPC	Sue Forge	087 742 0210	suef@twooceansmarathon.org.za	Yes	
	Sat	Old Mutual Two Oceans 21km	21	5:50	Main Road Newlands	Two Oceans Marathon NPC	Sue Forge	087 742 0210	suef@twooceansmarathon.org.za	Yes	
25-Apr-19	Thurs	SA Senior Championship		T/F	TBA	TBA	SAMA	Dina Heymans	084 580 2903	vrystaatmeestersatletiek@gmail.com	
26-Apr-19	Fri	SA Senior Championship		T/F	TBA	TBA	SAMA	Dina Heymans	084 580 2903	vrystaatmeestersatletiek@gmail.com	
27-Apr-19	Sat	SA Senior Championship		T/F	TBA	TBA	SAMA	Dina Heymans	084 580 2903	vrystaatmeestersatletiek@gmail.com	
27-Apr-19	Sat	Nantes 10km	10	7:00	Vanguard Sports Complex	Nantes AC	Caroline Peters	073 029 7879	admin@nantesac.co.za	Yes and on day	
	Sat	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	
	Sat	Nantes 5km	5	7:30	Vanguard Sports Complex	Nantes AC	Caroline Peters	073 029 7879	admin@nantesac.co.za	Yes and on day	
1-May-19	Wed	Safari road race	21.1/ 10/ 5		Wellington	Wellington AC	Top Events	021 511 7130	info@topevents.co.za	Yes	
4-May-19	Sat	WPA Open Meeting		T/F	TBA	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
5-May-19	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	
8-May-19	Wed	Mapungubwe Transfrontier Wildrun	92	8:00	International Cross Border	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes	
9-May-19	Thurs	Mapungubwe Transfrontier Wildrun	92	8:00	International Cross Border	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes	
10-May-19	Fri	Mapungubwe Transfrontier Wildrun	92	8:00	International Cross Border	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes	
11-May-18	Sat	Mapungubwe Transfrontier Wildrun	92	8:00	International Cross Border	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes	
11-May-19	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		
11-May-19	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		
11-May-19	Sat	WPA Open Meeting		T/F	TBA	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
18-May-19	Sat	WPA Open Meeting		T/F	TBA	Green Point	WPA	WPA Office	021 418 3232	events@wpathletics.co.za	
19-May-19	Sun	FNB Cape Town 12 OneRun	12	9:00	Milnerton Beach to Cape Town	Brackenfell AC	Janine Marais	078 894 6180	Janinem818@gmail.com		
25-May-19	Sat	Cross Country League 1	CC	11:00	TBC	TBC	Candyc Hall	082 821 0841	candycchall@gmail.com		
1-Jun-19	Sat	UWC 10 km Fast & Flat Run	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		
1-Jun-19	Sat	Old Fisherman's Trail Challenge	22	7:00	Fishhoek to Houtbay		Richard	082 643 6186	hello@fishermanschallenge.co.za	Yes	
8-Jun-19	Sat	WPA Development 5km series		TBC	TBC	WPA	WPA Office	021 418 3232			
9-Jun-19	Sun	Comrades	89		Durban						
9-Jun-19	Sun	The Beast	30/50		Newlands Forest	Energy Events		021 424 4579	Info@energyevents.co.za	Yes	
11-Jun-19	Mon	Richtersveld Transfrontier Wildrun	200	6:00	Al Ais	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes	
12-Jun-19	Tues	Richtersveld Transfrontier Wildrun	200	6:00	Al Ais	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes	
13-Jun-19	Wed	Richtersveld Transfrontier Wildrun	200	6:00	Al Ais	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes	
14-Jun-19	Thurs	Richtersveld Transfrontier Wildrun	200	6:00	Al Ais	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes	
15-Jun-19	Fri	Richtersveld Transfrontier Wildrun	200	6:00	Al Ais	Wildrunner		021 821 9898	info@wildrunner.co.za	Yes	
15-Jun-19	Sat	Cross Country League 2	CC	11:00	TBC		Candyc Hall	082 821 0841	candycchall@gmail.com		
16-Jun-19	Sun	RCS GUGS Youth 10km Race	10	7:40	NY 49 Stadium, Gugulethu	RCS Gugulethu AC	Themba Shoko	082 476 4656	aubs2131@gmail.com		
	Sun	RCS GUGS Youth Fun Run	4,2	7:40	NY 49 Stadium, Gugulethu	RCS Gugulethu AC	Themba Shoko	082 476 4656	aubs2131@gmail.com		
16-Jun-19	Sun	K-Way Table Mountain 16 km	16	8:00	Constantia Nek	K-Way VOB	Charlotte Kettlewell	021 761 8887	secretary@kwayvob.co.za	Yes	
22-Jun-19	Sat	Mamre 21 km	21,1	8:00	Mamre Primary School	Mamre AC	Enrico Daniels	079 801 3906	enrico.daniels@spar.co.za		
	Sat	Mamre Fun Run/walk	5	8:15	Mamre Primary School	Mamre AC	Lesley Daniels	079 111 6489	DaniellD@eskom.co.za		
29-Jun-19	Sat	Timbercity Spookhill 15km	15	8:00	Beaumont Primary School, Somerset West	Helderberg Harriers	Schalk Hoon	082 828 9120	schalk.hoon@gmail.com		
	Sat	Timbercity Spookhill Fun Run	5	8:15	Beaumont Primary School, Somerset West	Helderberg Harriers	Schalk Hoon	082 828 9120	schalk.hoon@gmail.com		
29-Jun-19	Sat	Orak 12 Hour Race	Var	6:00	Vredendal Sports Grounds	Orak	Gerrie Cilliers	083 650 0642	gerriecil@telkomsa.net	Only	
29-Jun-19	Sat	Momentum Knysna Marathon	42 + 21		Knysna	Knysna Marathon Club	Marianne Brown	076 195 4832	kmc@telkomsa.net	Yes	
30-Jun-19	Sun	Cross Country League 3	CC	11:00	TBC	TBC	Candyc Hall	082 821 0841	candycchall@gmail.com		
6-Jul-19	Sat	Eersterivier 15	15	7:15	Stratford Primary School	Eersterivier AC	Gert Pekeur	074 434 2332	Gert.Pekeur@westerncpe.gov.za		
	Sat	Eersterivier Walk	10 W	7:30	Stratford Primary School	Eersterivier AC	Gert Pekeur	074 434 2332	Gert.Pekeur@westerncpe.gov.za		
	Sat	Eersterivier Fun Run	5	8:00	Stratford Primary School	Eersterivier AC	Gert Pekeur	074 434 2332	Gert.Pekeur@westerncpe.gov.za		
7-Jul-19	Sun	Econet Victoria Falls Marathon	42		Zimbabwe	Wild Frontiers	Race Office	+27 11 702 2035	reservations@wildfrontiers.com		
13-Jul-19	Sat	Eastens 15 km	15	7:15	Fairbridge Mall,Old Paarl Rd, Brackenfell	Eastens Kraaifontein AC	William Swartbooi	084 247 7170	wildden@telkomsa.net	Yes and on Day	
	Sat	Eastens 6km Fun Run	6	7:25	Fairbridge Mall,Old Paarl Rd, Brackenfell	Eastens Kraaifontein AC	William Swartbooi	084 247 7170	wildden@telkomsa.net	Yes and on Day	
14-Jul-19	Sun	Cross Country League 4	X/C	11:00	TBC		Candyc Hall	082 821 0841	candycchall@gmail.com		
20-Jul-19	Sat	C.T. Festival 100km + WPA 100km Champs	100	7:00	Sea Point Pavilion	Hewat AC	Kanu Sukha	072 210 1127	4adu@vodmail.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@vodmail.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@vodmail.co.za	Yes and on Day	
21-Jul-19	Sun	C.T Festival 21.1km Classic	21,1	7:00	Sea Point Pavilion	Hewat AC	Kanu Sukha	072 210 1127	4adu@vodmail.co.za	Yes and on Day	
27-Jul-19	Sat	Brackenfell 21km	21,1	7:00	Brackenfell Primary School	Brackenfell AC	Leon Visser	072 222 6843	info@brackenfellac.co.za		

	Sat	Brackenfell Fun Run	5	7:45	Brackenfell Primary School	Brackenfell AC	Leon Visser	072 222 6843	info@brackenfellac.co.za	
27-Jul-19	Sat	ASA 21km Championship	21		Port Elizabeth	ASA	Irene van Eeden		irene@ep.co.za	
28-Jul-19	Sun	Cross Country League 5	X/C	11:00	TBC	TBC	Candyc Hall	082 821 0841	candycchall@gmail.com	
3-Aug-19	Sat	WPA Race Walking Grand Prix 3	20 W	8:00	Table Bay Mall	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
	Sat	WPA Race Walking Grand Prix 3	10 W	9:00	Table Bay Mall	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
	Sat	WPA Race Walking Development (5km, 3km & 1km)	Various	10:00	Table Bay Mall	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
3-Aug-19	Sat	Cross Country League 6	X/C	11:00	TBC	TBC	Candyc Hall	082 821 0841	candycchall@gmail.com	
3-Aug-19	Sat	PPC Riebeeck Berg	42 + 21 + 10		Riebeeck Berg	Swartland AC				
4-Aug-19	Sun	McKenna & Scott Pinelands 10 km Road Race	10	7:30	Pinelands AC	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	
9-Aug-19	Fri	Totalsports Women's Race	10	8:00	Grand Parade Cape Town	Edgemead AC	Liam Hendrickse	072 392 7558	raceconvener@edgemeadrnners.org.za	Yes
	Fri	Totalsports Women's Race	5	8:30	Grand Parade Cape Town	Edgemead AC	Liam Hendrickse	072 392 7558	raceconvener@edgemeadrnners.org.za	Yes
10-Aug-19	Sat	Atlantis 21km	21,1	8:00	Westfleur Park, Atlantis	Atlantis Harris AC	Desmond Arendse	084 392 1061	desmondarendse@capetown.gov.za	
	Sat	Atlantis Fun Run	5	8:00	Westfleur Park, Atlantis	Atlantis Harris AC	Desmond Arendse	084 392 1061	desmondarendse@capetown.gov.za	
11-Aug-19	Sun	Cross Country Interclub Relay 2 (4 x 2km)	X/C	11:00	TBC	TBC	Candyc Hall	082 821 0841	candycchall@gmail.com	
17-Aug-19	Sat	WPA Cross Country Championship	X/C	8:00	TBC	TBC	Candyc Hall	082 821 0841	candycchall@gmail.com	
17-Aug-19	Sat	Puffer	80	5:30	Cape Point to V&A	Fish Hoek AC	Andy Campbell	082 799 6785	puffer@fishhoekac.com	
18-Aug-19	Sun	Metropolitan John Korasie 30km	30	7:00	Navy Sports Field Simon's Town	Defence AC	Luqmaan Patientia	082 847 1680	luqzul@vodamail.co.za	
24-Aug-19	Sat	Langebaan 21 km	21,1	8:00	Club Mykonos, Langebaan	ArcelorMittal AC	Bossie Boshoff	083 462 4400	Saldanha.sport@arcelmittal.com	
	Sat	Langebaan 10 km	10	8:00	Club Mykonos, Langebaan	ArcelorMittal AC	Bossie Boshoff	083 462 4400	Saldanha.sport@arcelmittal.com	
	Sat	Langebaan Fun Run	5	8:10	Club Mykonos, Langebaan	ArcelorMittal AC	Bossie Boshoff	083 462 4400	Saldanha.sport@arcelmittal.com	
25-Aug-19	Sun	Khayelitsha 10km	10	7:30	Mandela Park Stadium	Khayelitsha AC	Khaya Kuse	084 618 3513	khayalakhuse@gmail.com	
	Sun	Khayelitsha 10km Walk	10 W	7:30	Mandela Park Stadium	Khayelitsha AC	Patience Nkholi	083 946 7154	khayelitshaathleticclub@gmail.com	
	Sun	Khayelitsha 4km Fun Run/Walk	4	7:30	Mandela Park Stadium	Khayelitsha AC	Patience Nkholi	083 946 7154	khayelitshaathleticclub@gmail.com	
25-Aug-19	Sun	Blisters for Bread	Var	9:00	Green Point	Top Events	Top Events	021 511 7130	info@topevents.co.za	
31-Aug-19	Sat	West Coast 21.1km	21,1	6:00	NSRI Building, Melkbos	West Coast AC	Reid Bremmer	076 123 3421	racerep@westcoastathleticclub.co.za	Yes and on Day
	Sat	West Coast 10km	10	6:00	NSRI Building, Melkbos	West Coast AC	Reid Bremmer	076 123 3421	racerep@westcoastathleticclub.co.za	Yes and on Day
	Sat	West Coast 4km	4	6:00	NSRI Building, Melkbos	West Coast AC	Reid Bremmer	076 123 3421	racerep@westcoastathleticclub.co.za	Yes and on Day
1-Sep-19	Sun	Satori Camel Run 16 km	16	7:30	Noordhoek Sports Field	Satori AC	Graig Farham	082 416 5488	farout@iafrica.com	Yes
6-Sep-19	Fri	ASA Cross Country Championship	X/C		Port Elizabeth	ASA	Mehlo Hlabangane	082 990 9470	mehloh@athleticssa.co.za	
7-Sep-19	Sat	ASA Cross Country Championship	X/C		Port Elizabeth	ASA	Mehlo Hlabangane	082 990 9470	mehloh@athleticssa.co.za	
7-Sep-19	Sat	Medihelp Tekkie Challenge	21,1	7:00	Jan Kriel School Kullsrivier	Cape Multisport Club	Estelle Kock	073 313 1668	estelle@capemultisportclub.com	Yes and on Day
	Sat	Medihelp Tekkie Challenge	10	7:30	Jan Kriel School Kullsrivier	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 Kullsrivier	Cape Multisport Club	Estelle Kock	073 313 1668	estelle@capemultisportclub.com	Yes and on Day
7-Sep-19	Sat	WPA Race Walking Grand Prix 4 + WPA Championship	30 W	7:00	TBC	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
	Sat	WPA Race Walking Grand Prix 4	20 W	8:00	TBC	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	TBC	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
	Sat	WPA Race Walking Development (5km, 3km & 1km)	Various	10:00	TBC	WPA Race Walking	Stefano Kruger	076 948 8483	stefano.kruger@gmail.com	
8-Sep-19	Sun	Ommiedraai 10km	10	07:15	Rosmead Sports Fields	Ommiedraai AC	Waleed Samsodien	084 603 3155	ommiedraai@gmail.com	Yes and on Day
	Sun	Ommiedraai 10km Walk	10 W	07:25	Rosmead Sports Fields	Ommiedraai AC	Waleed Samsodien	084 603 3155	ommiedraai@gmail.com	Yes and on Day
	Sun	Ommiedraai 5km Fun Run	5	07:30	Rosmead Sports Fields	Ommiedraai AC	Waleed Samsodien	084 603 3155	ommiedraai@gmail.com	Yes and on Day
14-Sep-19	Sat	Sanlam Relay 5 x 4.2km	4,2	9:00	Green Point	WPA	Janet Welham	083 270 9601	janet@saige.co.za	
	Sat	Sanlam Fun Run	4,2	11:00	Green Point	WPA	Janet Welham	083 270 9601	janet@saige.co.za	
14-Sep-19	Sat	Sanlam Peace Trail Run 22 + 11km	Trail	7:30	Cape Town	Wildrunner	Race Office	021 821 9898	info@wildrunner.co.za	
15-Sep-19	Sun	Sanlam Cape Town Marathon 42.2 km	42,2	7:00	Green Point	WPA	Janet Welham	083 270 9601	janet@saige.co.za	
	Sun	Sanlam Cape Town Marathon 10km Peace run	10	7:10	Green Point	WPA	Janet Welham	083 270 9601	janet@saige.co.za	
15-Sep-19	Sun	ASA 42km Championship	42		Cape Town	ASA	Janet Welham	083 270 9601	janet@saige.co.za	
21-Sep-19	Sat	UWC Street Mile	1 Mile	10:00	UWC Campus Modderdam Road Bellville	UWC	Glen Bentley	021 952 2318	gbentley@uwc.ac.za	
22-Sep-19	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	
28-Sep-19	Sat	Goodwood Harriers 10km	10	7:00	Tygerdal Goodwood	Goodwood Harriers	Faffa de Jager	080 978 9339	faffa@wingfieldmotors.co.za	
29-Sep-19	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
5-Oct-19	Sat	Cape Gate 10	10	7:00	Cape Gate Centre , Brackenfell	Nedbank Running Club	Robbie Lindsay	082 202 3593	nedbankct@gmail.com	Maybe
	Sat	Cape Gate Fun Run	3	7:15	Cape Gate Centre , Brackenfell	Nedbank Running Club	Robbie Lindsay	082 202 3593	nedbankct@gmail.com	Maybe
6-Oct-19	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
9-Oct-19	Wed	Silver Queen	10	18:15	Air Force Base Ysterplaat	Defence AC	Gail Mahraj	083 461 0741	galacobs_00@yahoo.com	
12-Oct-19	Sat	Elsies River 10 km	10	6:45	Salberau Sports Complex, Elsie river	Elsies River AC	Bertram Windvogel	082 398 7148	parlab@qualaclosures.co.za	
	Sat	Elsies River 5 km	5	7:30	Salberau Sports Complex, Elsie river	Elsies River AC	Bertram Windvogel	082 398 7148	parlab@qualaclosures.co.za	
12-Oct-19	Sat	Voet of Africa	Var		Bredasdorp			028 424 1716	lccsport@agrimaga.co.za	
16-Oct-19	Wed	Bakgat 10 km	10	18:15	Zone Fitness, Bellville	Bellville AC	Mike Strohman	082 491 2854	tparty@telkomsa.net	
16-Oct-19	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	
20-Oct-19	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
26-Oct-19	Sat	Melkbos 15	15	6:30	NSRI Building, Melkbos	Melkbos AC	Mike	082 631 7410	mikeupferberg@gmail.com	
27-Oct-19	Sun	Don Lock Memorial Run	15	8:00	Brookside	Celtic Harriers Club	H Kearns	082 475 6974	kearns@vodamail.co.za	Yes
	Sun	Don Lock Memorial Run	8	7:15	Brookside	Celtic Harriers Club	H Kearns	082 475 6974	kearns@vodamail.co.za	Yes
2-Nov-19	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@start2finish.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@start2finish.co.za	
3-Nov-19	Sun	The Landmarks 21 km	21,1	6:00	WPCC Sport Centre Keurbosch 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 Keurbosch Road Rondebosch	WPCC AC	Ted Vickery	076 195 7289	ted@landmarks21.co.za	Yes and on Day
9-Nov-19	Sat	Winelands Marathon	42,2	5:30	Eikestad Primary School, Stellenbosch	Helderberg Harriers	Top Events	021 511 7130	info@topevents.co.za	Yes
	Sat	Winelands Half Marathon	21,1	5:45	Eikestad Primary School, Stellenbosch	Helderberg Harriers	Top Events	021 511 7130	info@topevents.co.za	Yes
10-Nov-19	Sun	Spartan Harriers Big Walk	Various	6:00	TBA	Spartan Harriers AC	Patrick Wonfor	084 528 2855	pwonfor@sabsamail.co.za	
16-Nov-19	Sat	Art & Office Edgemead 10km	10	6:30	Edgemead High School	Edgemead AC	Liam Hendrickse	072 392 7558	raceconvener@edgemeadrnners.org.za	Yes and on Day
	Sat	Art & Office Edgemead 5km Fun Run	5	6:45	Edgemead High School	Edgemead AC	Liam Hendrickse	072 392 7558	raceconvener@edgemeadrnners.org.za	Yes and on Day
23-Nov-19	Sat	Mitchells Plain 21 km	21,1	6:00	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Shane Murray	071 870 9148	shanemurray550@gmail.com	

	Sat	Mitchells Plain 10 km	10	6:15	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Shane Murray	071 870 9148	shanemurray550@gmail.com	
	Sat	Mitchells Plain 5 km Fun Run	5	9:00	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Shane Murray	071 870 9148	shanemurray550@gmail.com	
27-Nov-19	Wed	Sanlam Niel Joubert Plaaswedloop	12.3	18:15	Klein Simonsvlei, Klappmuts	Sanlam AC	Robert Keynel	082 474 0399	bobbyk@vodamail.co.za	
30-Nov-19	Sat	Phoenix Athletic Club 10 km Challenge	10	7:00	CPUT Campus Symphony Way, Bellville	Phoenix Athletic Club	L Samuels	081 318 9310	lsamuels2108@gmail.com	
	Sat	Phoenix Athletic Club 5km Challenge	5	8:00	CPUT Campus Symphony Way, Bellville	Phoenix Athletic Club	L Samuels	081 318 9310	lsamuels2108@gmail.com	
1-Dec-19	Sun	Bottelary 21 km Farm Run	21	6:30	Bottelary Hills	Bottelary AC	Rochelle Soggop	061 101 7739	rochellesoggop@gmail.com	
	Sun	Bottelary 10km Farm Run	10	6:45	Bottelary Hills	Bottelary AC	Rochelle Soggop	061 101 7739	rochellesoggop@gmail.com	
	Sun	Bottelary Farm Fun Run	5	7:00	Bottelary Hills	Bottelary AC	Rochelle Soggop	061 101 7739	rochellesoggop@gmail.com	
7-Dec-19	Sat	AVBOB 15 km	15	6:00	Pick 'n Pay Shopping Centre, Table View	Tygerberg Northlink AC	Leon Thelander	083 999 6450	leonthelander2@gmail.com	
8-Dec-19	Sun	VWS Trail Challenge	20	7:30	Deer Park, Cape Town	Volunteer Wildfire Services	Daniel Kimber	078 099 2770	nwl.event@vws.org.za	Yes
	Sun	VWS Trail Challenge	10	7:30	Deer Park, Cape Town	Volunteer Wildfire Services	Daniel Kimber	078 099 2770	nwl.event@vws.org.za	Yes
14-Dec-19	Sat	Velocity 21.1km	21.1	6:00	Atlantis Multi Purpose Sports Center	Velocity AC	Mario Philander	072 254 1880	marioph15@yahoo.com	
	Sat	Velocity 10km	10	6:15	Atlantis Multi Purpose Sports Center	Velocity AC	Mario Philander	072 254 1880	marioph15@yahoo.com	
16-Dec-19	Mon	The RCS GUGS Reconciliation Day 10km Race	10	7:00	NY 49 Stadium, Gugulethu	RCS Gugulethu AC	Themba Shoko	082 476 4656	aubs2131@gmail.com	
	Mon	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	
18-Dec-10	Wed	Growthpoint Sundowner 10km	10	18:15	V & A Waterfront , Cape Town	Easterns Kraaifontein AC	William Swartbooi	084 247 7170	willden@telkomsa.net	Yes and on Day
26-Dec-19	Wed	Tokai Manor House 16 km	16	6:30	Academy for Mathematics Science & Technology, Tokai	Southern Striders AC	Graham Ford	082 445 9824	graham.ford@premierfmcg.com	Yes and on Day
	Wed	Tokai Manor House 8 km	8	6:45	Academy for Mathematics Science & Technology, Tokai	Southern Striders AC	Graham Ford	082 445 9824	graham.ford@premierfmcg.com	Yes and on Day
31-Dec-19	Tues	Runner's Memorial Race 8 km	8	18:30	Mouille Point Lighthouse, Mouille Point	Edgemead AC	Liam Hendrickse	072 392 7558	raceconvener@edgemeadrunners.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

Coca Cola League

Jan	Hohenort 15km & Beachcomber 15km
Feb	Topform 10km
Mar	Ravensmead 15km
Apr	Nantes 10km
May	UCT 10km
Jun	Mamre 21km
Jul	Eersteriver 15km
Aug	Atlantis 21km
Sept	MSA Multisport 10km
Oct	Elsies River 10km
Nov	Mitchell's Plain 21km + 10km
Dec	Velocity 21km + 10km

Incentive Races

Feb	Cape Peninsula 42,2km WPA Champs
Mar	Constantia Village 15km
	ASA 10km Champs
Apr	Leapfrog 21.1km WPA Champs
Jun	UWC 10km
Jul	Eerste River 15km
	ASA 21.1km Champs
	Cape Town Festival of Running 100km
Aug	McKenna Scott Pinelands 10km WPA Champs
	Khayelitsha 10km
	West Coast 21.1km
Sept	Sanlam Cape Town 42.2km - ASA 42.2km Champs
Oct	Elsies River 10km
Nov	Edgemead 10km
Dec	Avbob 15km

WPA Champs

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

ASA Champs

Feb/March	ASA 10km Champs
Jul	ASA 21km Champs Port Elizabeth
Sept	ASA 42km Champs Cape Town

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