

2010 ASA FIXTURE LIST

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Province	Race Date	Race Name	Start Venue 1	Distance	Alternate Distances	Start Time	Contact Name	Cell	Work Tel
Gauteng North	1/1/2010	New Year 10 km & 5 km	Pretoria Botanical Gardens	10.0	5	07h00	Daan du Toit	082-5724169	012-3653553
South Western Districts	1/1/2010	NSRI 15 km & 5 km Beach Run	Diaz Strand	15.0	5	10h00	Des Harris	083-3098732	044-6905390
Boland	1/1/2010	Big Blue Summer Series 1 : Stony Point 10 km	Stony Point Nature Reserve	10.0	5	18h00	Race Secretary	079-4136610	
Western Province	1/2/2010	SA Legion 15 km	Paddocks	15.0		06h30	Kanu Sukha	072-2101127	021-6972013
Boland	1/2/2010	Big Blue Summer Series X-terra & Fun Run	Kleinmond Beach Front	10.0		07h00	Race Secretary	079-4136610	
Eastern Province	1/2/2010	Woodlands Dairy 15 km	Main Beach	15.0	5	07h00	Sven Lamprecht	082-8742707	
South Western Districts	1/2/2010	Builders Express 15 km	Builders Express	15.0		07h00	Joe Arendse	082-9071296	044-8780357
Boland	1/7/2010	Big Blue Summer Series Beach Miles	Kleinmond Beach	10.0		16h00	Race Secretary	079-4136610	
Boland	1/8/2010	Big Blue Summers Series Final 10 km	Kleinmond Beach Front	10.0	5	18h00	Race Secretary	079-4136610	
Gauteng North	1/9/2010	Pretoria Police Marathon Club Half Marathon, 10 km & 5 km	Police Rondawel	21.1	10; 5	06h00	Bullie Aldrich	082-3371561	
South Western Districts	1/9/2010	SSI 10 km & 5 km	M.O.T.H. Hall	10.0	5	07h00	Henry Hill	082-9067331	044-8031409
Western Province	1/10/2010	Bay to Bay 30 km	Victoria Road	30.0	15; 5	06h30	Herbie Rehder	082-7681537	
Central Gauteng	1/10/2010	Varsity Kudus	Wits Club	15.0		07h00	Dave Rossouw	083-6662983	
KwaZulu-Natal	1/10/2010	Ronnie Davel Memorial	Laddsworth Primary School	16.0	5	07h00	Sally Upfold	082-5700851	
Central Gauteng	1/13/2010	Berg en Dal Nite	Key West Shopping Centre	15.0	5	19h00	Helga Smit	082-7711715	
Border	1/15/2010	PricewaterhouseCoopers 10 km Nite	Gleneagles Road	10.0		18h00	Glen Coates	082-8063093	
Gauteng North	1/16/2010	ACE Half Marathon & 10 km	Derdepoort Recreation Resort	21.1	10; 5	06h00	Michael Lawrence	084-6789112	012-6771586
Western Province	1/16/2010	Hohenort 15 km	Constantia Community Centre	15.0	5	06h00	Pierre Cloete	082-6543702	021-4044042
Eastern Province	1/16/2010	Marina Salt 15 km Challenge	Bluewater Bay Primary School	15.0	5	06h30	Colin Parkins	083-6513836	041-4075035
Free State	1/16/2010	Henneman Never Give Up Half Marathon	Henneman Community Hall	21.1	10; 5	06h30	Braam Fourie	082-4503040	057-5733253
Central Gauteng	1/17/2010	Dis-Chem Half Marathon	Bedfordview Virgin Active Club	21.1		06h00	Race Office	083-2876792	
KwaZulu-Natal	1/17/2010	Alex Wasps Half Marathon & 15 km Walk	Long Market Girls School	21.1	15	06h00	Vic Hydes	084-9822048	
KwaZulu-Natal	1/17/2010	Scottburgh Half Marathon Run/Walk	Scottburgh Country Club	21.1	10; 5	06h00	Mike Machell-Cox	082-3265010	039-9738025
Central Gauteng	1/17/2010	Rehidrat 5 km Dash	Bedfordview Virgin Active Club	5.0		06h15	Anne Karle	082-3327393	
Mpumalanga	1/20/2010	Powerade 10 km Nite	Nelspruit Marathon Club	10.0		18h00	Annabelle Dixon	083-4527549	
Western Province	1/20/2010	KFC Brackenfell 10 km	Brackenfell High School	10.0	5	18h20	David McCarthy	084-9214026	
Free State	1/20/2010	Bloemfontein Striders 10 km	Langenhovenpark	10.0	5	18h30	Johan Coetzee	083-2893235	
Central Gauteng	1/20/2010	Pick 'n Pay Aston Manor 15 km Nite Race	Barnard Stadium	15.0	5	19h00	Elize Van Staden	082-5214222	
Free State	1/23/2010	Mealie Marathon	Technical High School	42.2	21.1; 10	05h30	Paul Barnes	072-4818057	057-9046112
Gauteng North	1/23/2010	Matha Series - Tshwane/Pretoria	High Performance Centre	21.1	5	06h00	Athletics Gauteng North		012-3274930
Mpumalanga	1/23/2010	Volksrust 4-in-1	Volksrust High School	42.2	32; 21.1; 10	06h00	Alwyn Strydom	082-3346882	
Western Province	1/23/2010	CapeStorm Red Hill Marathon & 36 km	Fish Hoek Sports Complex	42.2		06h00	Kim Wright	082-4686068	
Central North West	1/23/2010	Berts Great Brick Half Marathon & 10 km	Olenpark Rugby Stadium	21.1	10; 5	06h30	Theo Coetzee	083-5383162	
Eastern Province	1/23/2010	Historic 10 km Run	Varsvlei Swimming Pool	10.0	5	06h30	Eugene van Wyk	083-2653224	
KwaZulu-Natal	1/23/2010	David Rattray Memorial Half Marathon	Isandlwana Interpretive Centre	21.1	5	07h00	Paul Garner	082-4723912	034-2121931
South Western Districts	1/23/2010	Boskabouter Aflos 21 km (7 x 3 km)	Ruiterbos Pre-Primary School	21.0		07h00	Des Harris	083-3098732	044-6905390
Border	1/23/2010	Border 15 km Nite	PWC Offices	15.0		18h00	Nkosinkulu		043-7222427
KwaZulu-Natal	1/24/2010	Huletts PDAC 25 km	Waterfall Shopping Centre	25.0		05h00	Gregg Patterson	082-8896287	
Central Gauteng	1/24/2010	Bobbies 25 km & 10 km	Arthur Bloch Park	25.0	10; 5	07h00	Ria Grobler	082-7074495	
Mpumalanga	1/27/2010	Van Wettens 10 km Nite	Lowveld Country Club	10.0	5	18h00	Beth Bloch	082-8013600	
Western Province	1/27/2010	Durbanville Pharmacy Dan Luyt 15 km Nite	Durbanville Library	15.0		18h30	Martin Scott	082-3208250	
Eastern Province	1/30/2010	The Herald/Remax Friendly City Marathon	Holmeleigh Farm	42.2	10; 5	05h00	Graham Channon	078-1849723	041-3671710
Border	1/30/2010	Penny Pinchers Half Marathon & 10 km	Beacon Bay Country Club	21.1	10	05h30	Graham Reynolds	082-4480727	043-7311714
Gauteng North	1/30/2010	PricewaterhouseCoopers George Claassen	Lois Avenue	21.1	10; 5	05h30	Liezel van Zyl	079-8695030	012-3475795
Free State	1/30/2010	Brandfort Half Marathon & 10 km	Brandfort Sports Grounds	21.1	10	06h00	Wynand Louw	082-7859256	
Mpumalanga	1/30/2010	Shanduka Coal Middelburg 5-in-1	Kees Taljaard Stadium	42.2	32; 21.1; 15; 10	06h00	Middelburg Marathon Club		013-2432683
South Western Districts	1/30/2010	De Zeekoe Half Marathon & 10 km	De Zeekoe Guest Farm and Reserve	21.1	10	06h00	Sanet Wentzel	082-8526378	044-2724518
Boland	1/30/2010	Elgin Grabouw Groenberg Half Marathon & 10 km	Groenberg Secondary School	21.1	10; 5	07h00	Derrick Uren	082-7077497	021-8592127
Free State	1/30/2010	Parys 32 km	Parys	32.0	10	07h30	Thabo Wolf	082-2939287	
Central North West	1/30/2010	Ottosdal Nite Marathon & Half Marathon	Ottosdal Showgrounds	42.2	21.1; 10; 5	17h30	Willa Naude	073-5264536	018-5710049
KwaZulu-Natal	1/31/2010	Sparkport Challenge	Pharmacy in Randles Road	32.0		05h00	Allan Pather	082-3720056	031-3112507
Central Gauteng	1/31/2010	Johnson Crane Marathon & Half Marathon	Old Benonians Sport Club	42.2	21.1; 5	06h00	Ashvin Jivan	082-9240234	
Western Province	1/31/2010	Kloof Nek Classic	Camps Bay High School	21.1		06h00	Jan & Rob Lanning	082-6912681	
Western Province	2/3/2010	Montrail-Capestorm Cape Summer Trail Series 3 of 5	Silvermine South	12.0	10; 5	18h00	Race Secretary	084-2218422	
Central Gauteng	2/3/2010	McCarthy Volkswagen Westgate 15 km Nite Race	Khosa Sports Club	15.0		19h00	Ken Henderson	083-3247304	011-3562701
Mpumalanga	2/3/2010	Middelburg Ferrochrome 10 km	Kees Taljaard Stadium	10.0		19h00	Conrad van den Berg	082-9081228	013-2472770
Central North West	2/6/2010	Monkey Remax Mountain 32 km & 15 km	Gert van Rensburg Stadium	32.0	15	06h00	Elmarie Hayes	083-4697098	018-7003014
Free State	2/6/2010	Sasol Marathon & Half Marathon	Flavius Mareka College Sport Stadium	42.2	21.1; 10; 5	06h00	Dolf Binneman	073-3396809	016-9603544
Free State	2/6/2010	Kloppers/Adidas Festival of Running	Bloemfontein Achilles Sports Centre	42.2	21.1; 10	06h00	Marijke de Wet	083-2873050	051-4445867

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Gauteng North	2/6/2010	McCarthy Toyota Half Marathon, 10 km & 5 km Fun Run	Rietondale Park	21.1	10; 5	06h00	Hank Bezuidenhout	083-2560241	
Western Province	2/6/2010	The Lion of Africa Half Marathon	School of Mathematics & Technology	21.1	10; 5	06h00	Lester Cameron	082-4898309	
Boland	2/6/2010	United Bulk Prison-to-Prison Half Marathon	Brandvlei Gevangenis	21.1		06h30	Derrick Losper	073-9254939	023-3408000
Eastern Province	2/6/2010	Cassies 15 km	Verkenner Primary School	15.0		06h30	Irene van Eeden	083-2991775	
KwaZulu-Natal	2/6/2010	Emondlo Half Marathon & 10 km Run/Walk	Emondlo Sport Grounds	21.1	10	06h30	Joseph Mdlletshe	083-3197821	
Limpopo	2/6/2010	Soutpansberg Mountain Race	Soutpansberg Athletics Club House	21.1	10	07h00	Stanley Thompson	082-4933897	
Mpumalanga	2/6/2010	Rainbow Half Marathon & 10 km	Machado Primary School	21.1	10	07h00	Frans Kruger	082-5633112	013-2565052
Border	2/6/2010	Mondi Pack Tomato Trot/Shuffle 15 km	Lilyfontein Primary School	15.0		16h00	Danie Bessinger	082-2025310	043-7269026
KwaZulu-Natal	2/7/2010	Durban City Marathon incorporating S.A. Marathon Championships	Kings Park Athletics Stadium	42.2	10; 5	05h30	Kwa-Zulu Natal Athletics		031-3129374
Central Gauteng	2/7/2010	Brooks Striders 32 km	Springs Rugby Club	32.0	15; 5	06h00	Petra Myburgh	082-3368634	011-8117767
Border	2/8/2010	Wild Coast Ultra Marathon	Silaka Nature Reserve	270.0		06h00	Dave Gassner	076-8179058	
Western Province	2/10/2010	Montrail-Capestorm Cape Summer Trail Series 4 of 5	Silvermine West	12.0	10; 5	18h00	Race Secretary	084-2218422	
Gauteng North	2/10/2010	Spar Lantern 10 km	Agricultural Research Council	10.0	5	18h30	Call Centre		012-6540005
Mpumalanga	2/10/2010	Energotec Valentine's 10 km Nite	Secunda High School	10.0		19h00	Jurie Botha	082-5700180	
Vaal Triangle	2/10/2010	Nedbank (AVT) Valentine's 15 km & 10 km	Kollegepark Primary School	15.0	10; 5	19h00	Pierre Pretorius	082-5723334	
Boland	2/12/2010	Model Sport Valentine's 10 km Nite Race	Moutain Mill Mall	10.0	5	18h15	Kosie Koopman	082-6141027	023-3477622
Central Gauteng	2/12/2010	Randburg Harriers 10 km Valentines Nite	Randburg Central Sports Complex	10.0		19h00	Michelle Knotzer		011-7927003 (1-5pm)
Free State	2/12/2010	Valentine 10 km Nite	Welkom Square	10.0		19h00	Deon Lodder	082-9213330	057-2312274
KwaZulu-Natal	2/13/2010	Emnambithi Half Marathon & 5 km Fun Run	Spioenkop Lodge	21.1	5	05h00	Ashwin Parthab	082-9026705	036-6382800
Eastern Province	2/13/2010	Metlife/Die Burger Valentine's Day 10 km	Metlife Plaza, Samantha Way	10.0	5	06h00	Milka Boshoff	072-4637065	041-3630924
Gauteng North	2/13/2010	Bronkhorstspruit 32 km	Erasmus High School	32.0	10	06h00	Rudi	082-7751779	
Limpopo	2/13/2010	Potties 4-in-1 Marathon	Hoer Skool Piet Potgieter	42.2	32; 21.1; 10; 5	06h00	Hennie Smit	082-6029830	015-4916459
Mpumalanga	2/13/2010	Eskom Distribution Northern Region Marathon	Eskom Park	42.2		06h00	Paul Bester	082-9667767	
South Western Districts	2/13/2010	Karoo National Park Half Marathon	Karoo National Park Camping Site	21.1	10	06h00	Renate Wagener	082-4207622	023-4142101
Free State	2/13/2010	Planeet Rooies Valentines Half Marathon	Afrikaanse Hoerskool	21.1	10	06h30	Jack Morton	083-3020703	056-2123126
Western Province	2/13/2010	Top Form 10 km	Fort Ikapa Military Base	10.0		08h00	Achmat Peters	082-7820866	
Border	2/13/2010	Discovery Surfers' Challenge	Kwelera River at Yellow Sands	16.5		14h30	Neville Wilkins	082-4131150	043-7062503
KwaZulu-Natal	2/14/2010	Nimas Challenge	Hillcrest Sports Club	42.2	21.1	05h00	Roy Uren	072-5887387	
Central Gauteng	2/14/2010	Pick 'n Pay Marathon & Half Marathon	Saheti School	42.2	21.1; 5	06h00	Race Office		011-4632743
KwaZulu-Natal	2/14/2010	Edumbe Mayor's Fund Half Marathon	Bilanyoni Stadium	21.1	10; 5	07h00	Bussie Dlamini	083-4797780	034-9951630
KwaZulu-Natal	2/14/2010	DB Enterprises 10 km Run/Walk	Fitty Park	10.0	5	10h00	Digby Shabangu	084-6401213	
Western Province	2/17/2010	Montrail-Capestorm Cape Summer Trail Series 5 of 5	Constantia Green Belts	12.0	10; 5	18h00	Race Secretary	084-2218422	
Border	2/20/2010	Border Masters Half Marathon	Old Pineapple Research Station	21.1		05h30	Tony Viljoen	084-2919029	
Free State	2/20/2010	Dairy Belle Naval Duiwel	Bloemfontein Bowls Club	32.0	10	06h00	Johan Coetzee	083-2893235	
Gauteng North	2/20/2010	Tuks Half Marathon & 10 km	L C De Villiers Sports Grounds	21.1	10; 5	06h00	Vollie Spies	082-8216952	012-4202559
Limpopo	2/20/2010	Modern Autohause BMW 4-in-1	Peter Mokamba Stadium	42.2	21.1; 10; 5	06h00	Pieter Pretorius	084-4006667	
Mpumalanga	2/20/2010	Assegai Marathon & Half Marathon	Municipality Communal Ground	42.2	21.1; 5	06h00	Andrie van der Walt	082-4936352	017-8242300
North West North	2/20/2010	EHK NW Architects Mafikeng Marathon	Mafikeng Primary School	42.2	10	06h00	Mary King	082-3328722	
Eastern Province	2/20/2010	Kromberg & Schubert 15 km	Despatch Sport Grounds	15.0	5	07h00	Margie du Toit	082-5475413	
Free State	2/20/2010	Winburg 20 km & 10 km	City Hall	20.0	10	07h00	Petrus Pienaar	083-2695282	
South Western Districts	2/20/2010	Outeniqua Harriers Women's Half Marathon	TBA	21.1	10	07h00	Henry Hill	082-9067331	044-8031409
South Western Districts	2/20/2010	Outeniqua Wheelchair Marathon, Half Marathon & 10 km Challenge	George Tourist Resort	42.2	21.1; 10	08h00	Esther Watson	082-4219359	
KwaZulu-Natal	2/21/2010	TPAC 32 km & 16 km Run/Walk	Outspan Ground, Tongaat	32.0		05h00	Basil Pillay	083-7867535	031-3010057
Western Province	2/21/2010	Peninsula Marathon & Half Marathon	Main Road	42.2	21.1	05h15	Top Events		021-5117130
KwaZulu-Natal	2/21/2010	Mondi Half Marathon & 10 km Walk	Bay Hall - Richards Bay	21.1	10	06h00	Virna McMaster	082-4473040	
KwaZulu-Natal	2/21/2010	Kearsney Striders Half Marathon & 16 km Walk	Kearsney College	21.1		06h00	Steve Owen	083-4593802	031-7137709
Central Gauteng	2/21/2010	Pirates Half Marathon	Pirates Club	21.1		07h00	Brian Leask	082-4513429	
Boland	2/24/2010	Gino's 10 km Nite & Die Boord Superspar 5 km Fun Run	Coetzenburg Athletics Stadium	10.0	5	18h30	Athletics Office		021-8084694
Mpumalanga	2/24/2010	McCarthy Volkswagen Panorama 10 km Nite	Panorama Laerskool	10.0		19h00	Neels Vermeulen	082-4564822	
Eastern Province	2/27/2010	Bay Ultra 50 km	Hobie Beach	50.0	10; 5	05h00	Eckart Schumann	083-2992092	041-5860632
Border	2/27/2010	Old Mutual Buffs Marathon	The Stutterheim side of Macleantown	42.2		05h30	James Anderson	079-4935994	043-7483419
Gauteng North	2/27/2010	Deloitte Pretoria Marathon & Half Marathon	PHSOB Club, Hofmeyr Park	42.2	21.1; 10	06h00	Gerald Kroukamp	084-5827242	
KwaZulu-Natal	2/27/2010	Vryheid Athletic Club Half Marathon & 10 km	Cecil Emmett Sports Grounds	21.1	10	06h00	Ingrid Kusel	073-8675712	
Mpumalanga	2/27/2010	Matla Black Gold Marathon, Half Marathon & 10 km	Matla Colliery	42.2	21.1; 10; 5	06h00	Collin van Rooyen	083-5792341	
South Western Districts	2/27/2010	Infantry School Congo Caves Marathon & Half Marathon	Congo Caves	42.2	21.1	06h00	Richard Hughes	082-5634573	044-2034265
Griqualand West	2/27/2010	Pirates Groot Gat Marathon	Pirates Club	42.2	21.1; 10; 5	06h30	Jan Naborn	082-4902788	053-8410163
Boland	2/27/2010	Breede River Challenge	Outdoor Arena	21.1	10; 5	07h00	Anna-Christa Redelinghuys	082-8259891	023-6151461
Limpopo	2/27/2010	Marula Festival Half Marathon & 10 km	Phalaborwa	21.1	10	07h00	Roelf Coetzee	082-6763350	
Western Province	2/27/2010	Koeberg 15 km	Koeberg Nature Reserve	15.0	5	07h00	Kaylene van Dyk	082-5092967	021-52122109
Free State	2/27/2010	Harrismith Sterkfontein 25 km	Sterkfontein Dam	25.0		09h00	Pieter du Toit		058-6230667

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South Western Districts	2/27/2010	MadScientist Midnight Hell Run	De Hel	80.0		21h30	Deon Moller	082-3767175	
KwaZulu-Natal	2/28/2010	Checkout Gateway 27 km Challenge	Verulam Recreation Grounds	27.0	15	05h00	Roginee Moodley	084-2451357	
KwaZulu-Natal	2/28/2010	Maritzburg Marathon & Half Marathon	Drill Hall - Pietermaritzburg	42.2	21.1	05h00	John Hall	076-1649554	
Central Gauteng	2/28/2010	Township Marathon & 15 km Run/Walk	Eldorado Park Stadium	42.2	15	06h00	Joe Morris	082-4433777	
Western Province	2/28/2010	Jive 10 km Big Walk	Hamiltons Rugby Grounds	10.0		08h00	Saaid Waggie		021-6371607
Western Province	3/3/2010	Men's Health Lighthouse 10 km Nite	Mouille Point Lighthouse	10.0		18h15	Herbie Rehder	082-7681537	
Central Gauteng	3/4/2010	J.P. Morgan Corporate Challenge	Wanderers Club	5.6		18h30	Race Office	086-0460906	
KwaZulu-Natal	3/6/2010	Battlefields 5-in-1	Ferrum Swimming Pool	50.0	42.2; 21.1; 10; 5	05h30	Andre Grundlingh	083-6532865	034-3125781
Free State	3/6/2010	Surrender Hill Marathon	Clarens	42.2	21.1; 10; 5	06h00	Ensin van Blerk	082-9205997	
Gauteng North	3/6/2010	Wonderpark Akasia 3-in-1 Marathon, Half Marathon & 10 km	Wonderpark Shopping Centre	42.2	21.1; 10; 5	06h00	Paul Ferreira	082-8235159	
Limpopo	3/6/2010	Marakele National Parks Marathon	Marakele National Park	42.2	21.1; 10; 5	06h00	Piet van Staden	073-0020873	014-7722857
Mpumalanga	3/6/2010	PWC Fast 3-in-1	Nelspruit - Sabie Road	42.2	21.1; 10	06h00	Annabelle Dixon	083-4527549	
Free State	3/6/2010	Grootvlei Half Marathon	Grootvlei Prison	21.1	10	06h30	Maki Kotwane	072-4316728	
North West North	3/6/2010	Lichtenburg Zebra Zamba 32 km, 10 km	Lichtenburg Hoërskool	32.0	10; 5	06h30	Come van Rooyen	082-2545224	
Western Province	3/6/2010	Seeff Weskus Marathon & Half Marathon	Westcoast National Park Offices	42.2	21.1; 5	06h30	Garth Hansen	083-2833493	022-7722707
Eastern Province	3/6/2010	Sportsmans Warehouse 15 km	Moffat Retail Park	15.0	5	07h00	Alan Taylor	083-6580050	041-4842211
South Western Districts	3/6/2010	Palm Tyres 10 km	Palm Tyre Garage	10.0		07h00	Sidwell Oktober	073-7807783	
Border	3/6/2010	Kempston Truck Hire Ladies' 10 km	Oxford Striders Club	10.0	5	18h00	Stan Barbour	083-6084353	
KwaZulu-Natal	3/7/2010	VAC Marathon Run & Half Marathon & 10 km Run/Walk	Verulam Recreation Grounds	42.2	21.1; 10	05h30	Anand Naicker	083-7836363	
Central Gauteng	3/7/2010	Remax Rand Road Warriors Marathon	Horwood's Farm	42.2	21.1; 5	06h00	Bruce Tobias	084-3626485	
Vaal Triangle	3/7/2010	Cape Gate Vaal Marathon & Half Marathon	Dick Fourie Stadium	42.2	21.1; 10; 5	06h00	Nadia Coen	082-4960007	
Central Gauteng	3/7/2010	Diepkloof Half Marathon	University of Johannesburg	21.1	10; 5	07h00	Mofuti Mehlape	072-4137615	
Western Province	3/7/2010	Spar Ladies' 10 km Challenge (WP)	Bellville Stadium	10.0	5	08h00	Race Information		021-6990615
Boland	3/10/2010	Drakenstein Correctional Services 10 km Nite	Faure Stadium	10.0		18h15	David Strauss	083-9806495	021-8648000
Border	3/12/2010	Jevon Tyres 10 km Nite	Montrose Avenue	10.0		18h00	Peter Bursey	083-6271713	
Griqualand West	3/13/2010	GWK Diamant Marathon	GWK Premises	42.2	21.1; 10; 5	06h00	David Janse van Vuuren	083-4438198	053-8317662
Limpopo	3/13/2010	Tarentaal Trio Marathon & Half Marathon	Die Oog Holiday Resort	42.2	21.1; 10	06h00	Freek Swanepoel	082-4400696	
Mpumalanga	3/13/2010	Lake Umuzi Kosmos 3-in-1	Lake Umuzi Waterfront	42.2	21.1; 10	06h00	Chris Claassens	082-4941478	
Mpumalanga	3/13/2010	Lowveld Memorial 3-in-1	Lowveld Country Club	21.1	10; 5	06h00	Beth Bloch	082-8013600	
Gauteng North	3/13/2010	Medihelp Sunrise Monster, Mini & Baby Monster	Harlequin Club	32.0	10; 5	06h07	Frans Verwoerd	082-7747070	
Western Province	3/13/2010	Constantia Village 15 km	Constantia	15.0	5	06h15	Richard Acheson	082-4115533	
Boland	3/13/2010	Rainbow 30 km	National Institute for the Deaf	30.0	5	06h30	Natale Roelofse	082-7711543	023-342555
Eastern Province	3/13/2010	Despatch 10 km & 5 km	Despatch Sports Centre	10.0	5	06h30	John Allers	084-5904301	
Griqualand West	3/13/2010	Jan Kempdorp Half Marathon	Andalusia Primary School	21.1	10; 5	06h30	Ferdi Nel	083-2942640	
South Western Districts	3/13/2010	Tortoise Tuff Challenge 30 km Run/Walk	Sedgefield Primary School	30.0	10	07h00	Willy-J Ward	072-4459301	044-8831095
Central Gauteng	3/14/2010	Alberton 15 km	Alberton Sports Stadium	15.0	10	06h00	Michael Brandon Kirby	084-9500078	
KwaZulu-Natal	3/14/2010	Oasis Crescent Challenge		21.1	10	06h00	Bilal Rawat	072-6343386	
Central Gauteng	3/14/2010	The Amazing Race 10 km	Modderbee Correctional Centre	10.0	5	07h00	Bheki Tshabalala	084-0446359	
KwaZulu-Natal	3/14/2010	Umgeni Water Marathon, 32 km & 15 km	Midmar Dam	42.2	32; 15; 5	07h00	Warren Phippen	082-6852294	
Mpumalanga	3/17/2010	Eskom Wellness 10 km Nite	Eskom Clubhouse	10.0		19h00	Paul Bester	082-9667767	
KwaZulu-Natal	3/20/2010	Kosmos Balele Mountain Challenge	Utrecht Balele Community Game Park	42.2	21.1; 10	06h00	Andre Grundlingh	083-6532865	034-3125781
Mpumalanga	3/20/2010	Elands Valley 3-in-1	Waterval Boven Station	42.2	21.1; 10; 5	06h00	Cyprian Mtshali	082-4901679	
North West North	3/20/2010	Old Mutual Om Die Dam 50 km & Half Marathon	Hartebeespoort High School	50.0	21.1; 5	06h00	Hannes Barendze	083-3903695	012-2530252
Eastern Province	3/20/2010	Kouga Kus Half Marathon	Nico Malan High School	21.1	5	07h00	Wilma Wiehahn	083-2071447	042-2952153
Gauteng North	3/20/2010	Sunnypark Right to Run/Walk	Sunnypark Shopping Centre	21.1	10; 5	07h00	John Gwetsa	082-4359212	
South Western Districts	3/20/2010	Great Brak Grasshoppers Half Marathon	Vorentoe Primary Sports Grounds	21.1	10; 5	07h00	Jacob Kareise	073-3838409	
Western Province	3/20/2010	Century City 10 km & 5 km	Century City Athletic Club	10.0	5	07h00	Alan Liebenberg	083-651865	
Boland	3/20/2010	Beesloop Farm Race 15 km & 5 km Fun Run	Oudewagendrift Farm	15.0	5	07h30	Eida van Dijk	082-3318889	
Free State	3/20/2010	National Business Challenge Relay	Pellis Park Athletic Track	42.2	21.1	08h00	Marijke de Wet	083-2873050	051-4445867
Boland	3/20/2010	Anna Foundation Charity Run	Eagleview Wines (on the R101)	12.0		08h30	Anna Foundation	082-8571538	021-8851922
KwaZulu-Natal	3/21/2010	Boxer Superstores Stella Royal 25 km & 10 km Run/Walk	Stella Sports Club	25.0	10	05h00	Cecil Sher	083-5663333	
KwaZulu-Natal	3/21/2010	Zululand District Marathon	Kwa-gzikazi Main Gate	56.0	10	06h00	Mangele Mphatiseni	083-4329566	083-4329566
Western Province	3/21/2010	Glennyc Tygerberg 30 km	Parow Athletic Track	30.0		06h00	Voice Link (all hrs)		088-1301155
Central Gauteng	3/21/2010	Stadium-to-Stadium	Germiston Stadium	15.0		07h00	Michael Mbatha	073-1430062	
Western Province	3/21/2010	Century City Street Mile	Century City	0.0		11h00	Alan Liebenberg	083-6518165	
Mpumalanga	3/22/2010	Standerton Goldi 3-in-1	Standerton Showgrounds	42.2	21.1; 10	06h00	Heidi van der Merwe	072-3910788	017-7192009
Central Gauteng	3/25/2010	Trevor Forsythe Memorial Ten Day Circuit Race	HP6 Patatdraai	649.0		15h00	George Archer	082-5360077	
Free State	3/27/2010	Transnet Marathon & Half	Transnet Main Gate	42.2	21.1	06h00	Elias Modise	073-2711087	
Gauteng North	3/27/2010	Denel Half Marathon & 10 km	Denel Dynamics (Kentron)	21.1	10	06h00	Kierie vd Schyff	082-8044803	012-6711775
Mpumalanga	3/27/2010	Xstrata Long Tom Ultra Marathon	Sybrand Van Niekerk High School	56.0		06h00	Loma v d Walt	082-5579604	012-3462400

Province	Race Date	Race Name	Start Venue 1	Distance	Alternate Distances	Start Time	Contact Name	Cell	Work Tel
Mpumalanga	3/27/2010	Xstrata Long Tom Half Marathon	Hops Hollow Mauchberg	21.1		06h30	Loma vd Walt	082-5579604	012-3462400
Boland	3/27/2010	Kleinmond Spar Half Marathon	Cnr Fourth Street & Main Road	21.1	10; 5	07h00	Race Secretary	079-4136610	
Eastern Province	3/27/2010	Umhlobo Wenene 10 km & 5 km Fun Run	Kings Beach	10.0	5	07h00	Bennie Thyse	082-2939289	041-3981198
Griqualand West	3/27/2010	Konika Minolta Kimberley Road Runners 15 km	Bishops Club, Kimberley	15.0		07h00	Gerhard Kruger	082-4995990	053-8334674
Free State	3/27/2010	Memel Mahem Padwedloop 26 km	Boerevereniging Saal	26.0	10	07h30	Schalk Steyn	082-6007581	058-9240253
South Western Districts	3/27/2010	Wilderness Eden 10 km	Wilderness Green	10.0		08h00	Marthinus Jenkins	072-5142423	
Boland	3/27/2010	Perdekop 10 km	Cnr Fourth Street & Main Road	10.0	5	10h00	Race Secretary	079-4136610	
Border	3/27/2010	ELAC 10 km	Cambridge Club House	10.0		16h00	Graham Reynolds	082-4480727	043-7311714
KwaZulu-Natal	3/28/2010	Capitol Caterers Midlands Meander Marathon & Half Marathon	Clifton Junior School	42.2	21.1	06h00	Lee Gillies	076-4079226	
Vaal Triangle	3/28/2010	Midvaal Fordyce Ultra Marathon	Kareekloof Facility	50.0	10	06h00	Brian Gould	082-6192399	011-9158934
Central Gauteng	3/28/2010	Johannesburg City Marathon & 10 km	Botanical Gardens	42.2	10; 5	06h30	Central Gauteng Athletics		011-8732726
KwaZulu-Natal	3/28/2010	Queensburgh Mineshaft Half Marathon & 10 km	Queensburgh Sports Association	10.0		07h00	Des Wight	083-6430333	031-5620774
Western Province	3/28/2010	Capestorm UCT Memorial 10 km Race	Middle Campus, UCT	10.0		07h00	UCT Sports Admin		021-6503564
Central Gauteng	3/28/2010	Gandhi 15 km & 7 km Walk	Gandhi Hall	15.0		08h15	Ramesh Baichar	082-6509416	011-9079410
Central Gauteng	3/29/2010	George Archer Six Day Circuit	HP6 Patatadraai	403.0		14h00	George Archer	082-5360077	
Central Gauteng	3/30/2010	Hekpoort 201.0 km Circuit Race	HP6 Patatadraai	201.0		10h00	George Archer	082-5360077	
Central Gauteng	4/2/2010	RHM Randburg Harriers Easter 100	Randburg Central Sports Complex	48.0		06h00	Michelle Knotzer		011-7927003 (1-5pm)
Western Province	4/2/2010	Old Mutual/Oxygen Two Oceans Fun Runs	UCT Rugby Fields	5.0		12h00	The Entries Co-ordinator		021-6575140/1
Free State	4/3/2010	Pentagon Half Marathon	Caramellos	21.1		06h00	Francois Cilliers	082-7555559	
KwaZulu-Natal	4/3/2010	Vryheid Cash & Carry Liquors Easter Ultra Marathon & Half Marathon	Paulpietersburg Country Club	50.0	21.1	06h00	Ingrid Kusel	073-8675712	
Western Province	4/3/2010	Old Mutual Two Oceans Half Marathon	Outside SA Breweries	21.1		06h00	The Entries Co-ordinator		021-6575140/1
Western Province	4/3/2010	Old Mutual Two Oceans Ultra Marathon	Outside SA Breweries	56.0		06h25	The Entries Co-ordinator		021-6575140/1
Gauteng North	4/3/2010	Mazda Zoom Zoom 15 km Run/Walk	Ford Sport & Recreation Centre	15.0	5	06h30	Daniel Nkoana	072-1717390	
Gauteng North	4/5/2010	Family Day 10 km & Fun Runs	Gift Acres Shopping Centre	10.0	5	07h00	Daan du Toit	082-5724169	012-3653553
Free State	4/10/2010	Syngenta Wildfees Marathon & 10 km	Willem Pretorius Game Reserve	42.2	10	06h00	Frikkie van Zyl	083-3885384	056-2125433
KwaZulu-Natal	4/10/2010	Arthur Creswell Memorial Marathon	Bergville Farmers Hall	52.0	21.1	06h00	Johan van Dyk	082-6523596	
Limpopo	4/10/2010	Westfalia 4-in-1	Westfalia Sports Field	42.2	21.1; 10; 5	06h00	Timothy Nkuna	082-8062305	
Gauteng North	4/10/2010	Solomon Kalushi Mahlangu 10 km & 5 km	Solomon Mahlangu Square	10.0	5	06h30	Mike Matlala	083-2687730	
Gauteng North	4/10/2010	Magnolia 60km Long Run	Brooklyn	4 x 15		06h00	Colin Billau	083-578-3935	012-842-2566
Boland	4/10/2010	MKB Swartland Half Marathon & 10 km	Gene Louw Sports Grounds	21.1	10; 5	07h00	Dienie Truter	082-8958395	
South Western Districts	4/10/2010	Klein Karoo Kunstefees Half Marathon	Wesbank Laerskool	21.1	10	07h00	Herman Myburgh	082-3450796	
Western Province	4/10/2010	Pro Sano 10 km Challenge	Cape Peninsula University of Technology	10.0	5	07h00	Lionel Samuels		021-4142932
KwaZulu-Natal	4/11/2010	Exxaro uMhlathuze Marathon & Half Marathon	Addison Park	42.2	21.1	05h30	Sonia Baumann	082-5583404	
Central Gauteng	4/11/2010	Slow Mag Marathon & Half Marathon	Benoni Northerns Sports Grounds	42.2	21.1; 5	06h30	Madge Attwell	083-5731011	011-8498473
KwaZulu-Natal	4/11/2010	Phoenix Striders Mara Fun Run	Kings Park Athletics Stadium	5.0		07h00	Kay Naidoo	083-3441560	031-5052478
Griqualand West	4/13/2010	Griqualand West Half Marathon Championships	Kimberley Athletic Stadium	21.1	10	07h00	Peter Wax	073-2337672	
Border	4/17/2010	East London Pacers 15 km	Beacon Bay Country Club	15.0		06h00	Sharonne Dewing	083-3183853	043-7022123
Mpumalanga	4/17/2010	Forever Resorts Loskop Ultra Marathon	Municipal Offices	50.0	42.2	06h00	Middelburg Marathon Club		013-2432683
Mpumalanga	4/17/2010	Forever Resorts Loskop Series "The Wild" Challenge	Loskop Nature Reserve	21.1		06h30	Middelburg Marathon Club		013-2432683
Eastern Province	4/17/2010	Lake Farm Charity Run	Lake Farm Centre	25.0	10; 5	07h00	Graham Channon	078-1849723	041-3671710
Free State	4/17/2010	Lesedi Radio FM 15 km	Zamdela Stadium	15.0	5	07h00	Thabo Mashoane	083-7616086	016-9741011 X 143
KwaZulu-Natal	4/17/2010	Foskor Half Marathon	Zululand Multi Sports Club	21.1	10; 5	07h00	Casper Kriel		035-7533974
KwaZulu-Natal	4/17/2010	The Fugitives Trail - 2 Days	Isandlwana	19.0		07h00	Wildrunner	084-2218422	
Gauteng North	4/17/2010	Take Five Team Relay Pretoria	Comwall Hill College	5.0		07h30	Event Office		012-4609065
Boland	4/17/2010	Stellenbosch Vista Trail Run	Coezenburg Athletic Stadium	12.0	5	08h00	Dolf Adendorff	083-2646289	
Western Province	4/17/2010	Pinelands Six by Six Relay	Pineland Athletic Club	36.0		13h00	Tony Will	072-7834154	021-5074421
KwaZulu-Natal	4/18/2010	Estcourt Wagendrift Dam Cavanagh Marathon	Bushmans Boating Club	52.0	42.2	06h00	Alan Jennings	082-4907383	036-3523456
KwaZulu-Natal	4/18/2010	Dick King Half Marathon & 15 km Walk	Hutchison Park, Amanzimtoti	21.1	15; 5	06h00	Renier Fouche	084-5049808	
Central Gauteng	4/18/2010	Callies Comrades Legends 32 km & 15 km	Germiston Stadium	32.0	15; 5	06h30	Steve Jones	082-3389794	011-8257701
Central Gauteng	4/21/2010	Noordheuwel 10 km Nite	Noordheuwel High School	10.0	5	19h00	Daniel Kriel	082-5529243	
Eastern Province	4/24/2010	Spar Brintjeshoogte Ultra Marathon, 25 km & 5 km Fun Run	Pearston (10km on the Somerset Road)	50.0	5	06h00	Riaan van der Walt	083-4468260	042-2432008
Free State	4/24/2010	Ultimag SATB 3-in-1 Marathon	Bloemfontein Achilles Sports Centre	64.0	42.2; 10	06h00	Marijke de Wet	083-2873050	051-4445867
Gauteng North	4/24/2010	Telkom ConnecXion Half Marathon, 10 km & 5 km	Telkom Technopark	21.1	10; 5	06h00	Lucky Dlamini	082-8295272	
Limpopo	4/24/2010	Land of Legends Thohoyandou Marathon	Thohoyandou Independence Stadium	42.2	21.1	06h00	Stanley Thompson	082-4933897	015-5161338
Mpumalanga	4/24/2010	Coaldust 3-in-1 km Challenge	Witbank Dam	48.0		06h00	Neels Vermeulen	082-4564822	

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Province	Race Date	Race Name	Start Venue 1	Distance	Alternate Distances	Start Time	Contact Name	Cell	Work Tel
Border	4/24/2010	Pick 'n Pay 10 km & 5 km	Kuswag Primary School	10.0	5	07h00	Daan Louw	083-4492991	
Mpumalanga	4/24/2010	Matha Series - Middelburg	Steelcrest High School	21.1	5	07h00	Mpumalanga Road Running		013-7528676
South Western Districts	4/24/2010	Outeniqua Marathon, Half Marathon & 5 km	42 km George Sports Club	42.2	21.1; 5	07h00	Henry Hill	082-9067331	044-8031409
North West Cape	4/24/2010	Kenhardt Dorperland 15 km	Kenhardt Hotel	15.0	5	07h30	Marius Stander	082-4660872	054-6510564
Central Gauteng	4/25/2010	Springbok Pharmacy Jackie Gibson Marathon & Half Marathon	Klipriviersberg Recreation Centre	42.2	21.1	06h00	Race Secretary		
Free State	4/25/2010	Maluti-A-Phofung Half Marathon & 10 km	Harrismith City Hall	21.1	10	06h00	Sergio Motsoeneng	083-5881980	
KwaZulu-Natal	4/25/2010	Chatsworth Freedom Marathon	Chatsworth Stadium	52.0		06h00	Dees Govender	083-7854333	
KwaZulu-Natal	4/25/2010	Giant's Castle Two Passes Trail Run	Giant's Castle Game Reserve	29.0		07h00	Race Organiser	082-4025654	
Western Province	4/25/2010	Strand Half Marathon & 10 km	TBA	21.1	10	07h00	Lester Burrow	082-4248547	
Central Gauteng	4/27/2010	Cradle Half Marathon & 10 km	Olde Conferenz	21.1	10; 5	07h00	Chris Smit	083-5191286	
Eastern Province	4/27/2010	Summerbreez Superspar Men's 10 km & 5 km	Kings Beach Parking	10.0	5	07h00	Loynes Jenkerson	082-6446422	
Mpumalanga	4/27/2010	Steinmuller 2-in-1	Marietjie v Niekerk School	21.1	10	07h00	Pieter Botes	082-9207555	017-6475315
Western Province	4/27/2010	Mandela Road to Freedom 27 km Run & 10 km Run/Walk	Grand Parade	27.0	10	07h00	Top Events		021-5117130
Eastern Province	5/1/2010	Addo Elephant 100 Mile & 50 Mile Trail Run/Hike	Kirkwood Hotel	161.0		06h00	Nadia Arndt	083-3097755	
Border	5/1/2010	New Balance Beachfront Half Marathon	Orient Beach	21.1		06h30	Stan Barbour	083-6084353	
Gauteng North	5/1/2010	Traumeel Wally Hayward Marathon	Hoerskool Zwartkop	42.2	21.1; 10; 5	06h30	Mike Summerfield	082-7814357	
KwaZulu-Natal	5/1/2010	Build-It Half Marathon	Camperdown Police Station	21.1		06h30	Sarah Botha	083-3416095	
Limpopo	5/1/2010	Nylstroom Mini Marathon	Nylstroom High School	28.0		06h30	Marina Lombaard	084-5812901	014-7172663
Boland	5/1/2010	Safari Half Marathon	Huegenote High School	21.1	10; 5	07h00	Top Events		021-5117130
Eastern Province	5/1/2010	Spar Ladies' 10 km Challenge (EP)	Kings Beach Parking	10.0	5	07h00	Eastern Province Athletics	083-2991775	041-3742818
Free State	5/1/2010	Matha Series - Bloemfontein	City Hall, Pres Brand Road	21.1	5	07h00	Free State Athletics		051-4303251
Griqualand West	5/1/2010	Vaalharts Kontreifes Marathon	Hoeskool Hartswater	42.2	21.1; 10; 5	07h00	Johan Bloem	082-8344576	
Griqualand West	5/1/2010	Phokwane Marathon	Hartswater High School	42.2	21.1; 10	07h00	Christel Pelsler	083-4540904	053-4565004
Limpopo	5/1/2010	Spar Half Marathon & 10 km	Kruger Park Spar	21.1	10	07h00	Alan Cole	082-2295570	015-7812804
Mpumalanga	5/1/2010	Sudwala Screaming Monster Half Marathon	Sudwala Lodge	21.1		07h00	Jurgen Halbich	083-2900678	013-7527456
South Western Districts	5/1/2010	Prince Albert Olive Festival Half Marathon & 10 km	Show Grounds	21.1	10; 5	07h30	Terry Barnato	072-3319354	023-5411462
South Western Districts	5/1/2010	Two Lagoons 32 km & 10 km	Karatarata	32.0	10	08h00	Ivan Palmer	072-2221283	
Central Gauteng	5/1/2010	Sowetan Big Walk 10 km & 5 km	Mapetla Sport Complex Stadium	10.0	5	9h00	Pango Makhale	072-5563678	
KwaZulu-Natal	5/2/2010	Checkout Marathon, Half Marathon & 10 km Run/Walk	Verulam Recreation Ground	42.2	21.1; 10	06h00	Joyce Moonsamy	076-9108575	
Border	5/8/2010	Grant Thornton Diesel Depot Challenge	Pearce & Chamberlain Road	15.0		06h00	Bronek Urban	082-5770932	
Gauteng North	5/8/2010	Mini Mekler 25 km	Pretoria Military Sports Club	25.0	10; 5	06h00	Vivian Petrus	082-5582968	012-3923033
Gauteng North	5/8/2010	PMMC 10 km Memorial	Pretoria Military Sports Club	10.0	5	06h15	Vivian Petrus	082-5582968	012-3923033
Eastern Province	5/8/2010	Elite Andre van Coler Memorial Run	Portugese Club	21.1	5	07h00	Jakkie Gerber	083-6516880	
Free State	5/8/2010	Interstate Busines Glen Half Marathon	Circle Andries Pretorius & Willocks Rds	21.1		07h00	Manijke de Wet	083-2873050	051-4445867
Mpumalanga	5/8/2010	Selati Half Marathon & 10 km	Malelane Rugby Club	21.1	10; 5	07h00	Deon Valks	082-7880675	013-7911056
Boland	5/8/2010	Hermanus Wheels & Runners Half Marathon	Hermanus Old Harbour	21.1	10; 5	08h00	Karin Coetzee	082-9233201	028-3121889
Free State	5/8/2010	Wonderwater NG Vaalpark Half Marathon	NG Church	21.1	10	08h00	Boet Beukes	084-5054371	016-9603275
North West North	5/8/2010	Bojanala 20 km Road Race	Mogwase	20.0	10; 5	08h00	Athletics North West North		014-5942895
South Western Districts	5/8/2010	Mossel Bay Mall Half Marathon, 10 km & 5 km	Mossel Bay Mall, Heiderand	21.1	10; 5	08h00	Des Harris	083-3098732	044-6905390
KwaZulu-Natal	5/9/2010	Starling Plumbers 3-in-1	Mount Edgecombe Recreational Ground	32.0	21.1; 10	06h00	Ritesh Ramraj	083-5002265	031-5692866
KwaZulu-Natal	5/9/2010	RBM 32 km Run & 10 km Run/Walk	Bay Hall - Richards Bay	32.0	10	06h00	Virna McMaster	082-4473040	
Central Gauteng	5/9/2010	Colgate 32 km & 15 km	Boksburg City Stadium	32.0	15; 5	06h30	Race Secretary		011-9173721
Western Province	5/9/2010	Milkwood Half Marathon	Soetwater Recreational Area	21.1	10; 5	07h30	Graeme Trautmann	083-6288641	
Eastern Province	5/15/2010	Sunridge Park Shopping Complex 10 km	Sunridge Superspar Car Park	10.0	5	07h00	Shane Brown	079-4900669	
Gauteng North	5/15/2010	Race for Friendship 16 km & 8 km	Moreleta Plaza	16.0		07h00	Daan du Toit	082-5724169	012-3653553
Limpopo	5/15/2010	Coca-Cola Polokwane Half Marathon	Peter Mokaba Stadium	21.1	10; 5	07h00	Pieter Pretorius	084-4406667	
South Western Districts	5/15/2010	George Habelgaam Memorial 10 km	Sao Bras School Rugby Field	10.0		07h00	Derrick Hendricks	083-4184109	
Western Province	5/15/2010	Brackenfell Pick n Pay Family Store Half Marathon & 5 km Fun Run	Brackenfell High School	21.1	5	07h00	David McCarthy	084-9214026	
Free State	5/15/2010	Zio Cash & Carry 10 km	Flavius Mareka College Sport Stadium	10.0	5	08h00	Pollie Massyn	083-6293107	016-9602607
Boland	5/15/2010	Asics X-Treme 17 km Mountain	Avalon Springs Hotel	17.0	10	08h30	Ilse Esterhuysen	072-1251854	023-6142880
Free State	5/15/2010	DR Church Universitas 10 km	DR Church	10.0			DB Prinsloo	083-2878810	
KwaZulu-Natal	5/16/2010	Savages Athletic Club Challenge Half Marathon Run & 10 km Run/Walk	Cyril Geoghegan Cycle Stadium	21.1	10	06h00	Race Organiser	078-2816981	
Central Gauteng	5/16/2010	Gauteng Striders Half Marathon & 5 km	Johannesburg Stadium	21.1	5	07h00	Nimrod Vanto	079-5113656	
KwaZulu-Natal	5/16/2010	Spartan 10 km Flying Challenge	TBA	10.0		TBA	Barry Swaminathan	083-7891246	
Gauteng North	5/22/2010	Quagga Sentrum Muller Potgieter 15 km	Quagga Centre	15.0	5	07h00	Leon Bezuidenhout	076-3739019	
Boland	5/22/2010	Hersprag APL Cartons Half Marathon, 10 km & 6 km	Hexvallei High School Grounds	21.1	10	08h00	Bennie du Plessis	083-3241675	023-3581057

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Province	Race Date	Race Name	Start Venue 1	Distance	Alternate Distances	Start Time	Contact Name	Cell	Work Tel
South Western Districts	5/22/2010	Saasveld Forest 10 km Run	Saasveld NMMU Campus	10.0	5	08h00	Henry Hill	082-9067331	044-8031409
Western Province	5/22/2010	Darling Half Marathon	Darling Laerskool	21.1	10; 5	08h30	Mary Ashford	082-6845575	022-4923401
KwaZulu-Natal	5/23/2010	Discovery East Coast Radio Big Walk	TBA	10.0		TBA	Grant Pedler	083-2925956	
South Western Districts	5/27/2010	Red Stone Nite & Trail Run	Buffelskloof	10.0		20h00	Carel Herholdt	082-3791177	
Border	5/29/2010	Meeg Bank 10 km	TBA	10.0	5	07h00	Nkosinkulu		043-7222427
Gauteng North	5/29/2010	Brooklyn School 11 km & Fun Runs	Brooklyn Primary School	11.0		07h00	Daan du Toit	082-5724169	012-3653553
KwaZulu-Natal	5/29/2010	National Youth Run	Durban Exhibition Centre	10.0	5	09h00	The Secretary		033-8978650
KwaZulu-Natal	5/29/2010	National Youth Day Run/Walk	TBA	10.0	5	09h00	Kwa-Zulu Natal Athletics		031-3129374
KwaZulu-Natal	5/30/2010	Comrades Marathon	City Hall	89.0		05h30	Race Enquiries		033-8978650
Free State	6/5/2010	Transwerk Free State 10 km Championships	Schoemanpark Sports Ground	10.0		07h00	Elias Modise	073-2711087	
Western Province	6/5/2010	Your Fast & Flat 10 km & 5 km Fun Run	University Student Centre	10.0	5	07h30	Jerome Walters	083-7665188	021-9592056
Boland	6/5/2010	Miles of Smiles Half Marathon & 10 km	Robertson Winery	21.1	10; 5	08h00	John Booysen	083-4583237	023-6263579
Central Gauteng	6/5/2010	Connies 10 km Run/Walk	Connie Mulder Centre	10.0		08h00	Gordon Henney	082-4416008	
Central North West	6/5/2010	Vescotech-Vyfoek Half Marathon & 10 km	N G Gemeente Potch-Vyfoek	21.1	10; 5	08h00	Barbara Jacobs	084-5809430	
South Western Districts	6/5/2010	Thembaletu Development Run	Thembaletu Primary School	5.0		09h00	Henry Hill	082-9067331	044-8031409
Gauteng North	6/5/2010	Hazeldene 10 km	TBA	10.0	5		Liesel van Zyl	079-8695030	012-3475795
Limpopo	6/5/2010	The Big Five Marathon Trail Run	Lakeside Lodge	42.2	21.1		Rune Nortoft		021-4243122
Western Province	6/6/2010	New Balance Table Mountain 16 km	Constantia Nek	16.0		08h00	Richard Acheson	082-4115533	
Central Gauteng	6/6/2010	Montrail-Capestorm Gauteng Winter Trail Series 1 of 4	Gauteng Area	12.0		09h00	Race Secretary	084-2218422	
Gauteng North	6/12/2010	Race for Faith 15 km, 10 & Fun Runs	Silver Oaks Crossing Shopping Centre	15.0		07h00	Daan du Toit	082-5724169	012-3653553
Western Province	6/12/2010	New Balance Khayelitsha 10 km Development	Khayelitsha Rugby Club	10.0		07h30	Western Province Athletics		021-6990615
South Western Districts	6/12/2010	Outeniqua Harriers Cheese Festival Half Marathon, 10 km & 5 km	4 Brothers Warehouse	21.1	10; 5	08h00	Henry Hill	082-9067331	044-8031409
Central Gauteng	6/13/2010	Daveyton Brakpan Half & 10 km	Brakpan Athletics Stadium	21.1	10	07h00	Bheki Tshabalala	084-0446359	
Central Gauteng	6/13/2010	RAC The Sweat Shop / Asics 10 km	Old Parktonian Sports Club	10.0		08h00	Vreni Welch		011-4428256
Free State	6/16/2010	Danie Bosman Memorial 10 km	Welkom	10.0			Deon Lodder	082-9213330	057-2312274
Gauteng North	6/19/2010	Fanie Booysen Ice Breaker	Garsfontein Primary School	10.0		06h45	Rita van der Merwe	083-6570508	
Border	6/19/2010	Contract Refrigeration Mountain Challenge	Queenstown Harriers Clubhouse	24.0		07h00	Patrick Seddon	082-4417805	045-8382031
Western Province	6/19/2010	Mamre 15 km	Mamre Primary School	15.0		08h00	Peter Julies	082-7390070	
Boland	6/19/2010	Napier Half Marathon & 10 km	Napier High School	21.1	10	08h30	Sakkie le Roux	082-5610345	028-4233235
Gauteng North	6/26/2010	Heroes of Atteridgeville	Ga Motlaka Resort	21.1	10; 5	07h00	Tsombeni Tshankie	082-8871696	
Western Province	6/26/2010	Eersterivier 15 km	Stratford Primary School	15.0	10; 5	07h15	Johannes Kamfer	084-4627431	
Eastern Province	6/26/2010	Trailer Hyper Time Challenge 17 km & 5 km	Kirkwood Tennis Club	17.0	5	TBA	Alan Taylor	083-6580050	041-4842211
Central Gauteng	6/27/2010	Ebony 10 km	Elkah Stadium	10.0	5	08h00	Dedrick Motsepe	083-2313090	
Central Gauteng	6/27/2010	Montrail-Capestorm Gauteng Winter Trail Series 4 of 4	Gauteng Area	12.0		09h00	Race Secretary	084-2218422	
Border	7/3/2010	Liberty Health Rhodes Trail Run	Rhodes Farmers Hall	52.0		07h00	Evie Raubenheimer		
Gauteng North	7/3/2010	Harlequin Challenge	Harlequin Club	15.0	10; 5	07h00	Frans Verwoerd	082-7747070	
Mpumalanga	7/3/2010	Kaftan Half Marathon & 10 km Reloaded	Managa Road outside Komatipoort	21.1	10	07h00	Mac van der Westhuizen	082-7836456	
Western Province	7/3/2010	Spookhill 15 km	Beaumont Primary School	15.0	5	07h30	Hans Hugo	072-2908179	
South Western Districts	7/3/2010	Top Gear 10 km & 5 km	Hibernia Street	10.0	5	08h00	Sidwell Oktober	073-7807783	
Eastern Province	7/3/2010	Running of the Bullshitters	The Scout Hall	7.0		14h00	Colin Parkins	083-6513836	041-4075035
Central Gauteng	7/4/2010	Northgate 10 km	Northgate Shopping Centre	10.0	5	07h30	Charlie Herselman	082-7701143	
North West Cape	7/4/2010	Desert Flower Run	24 km south of New Xanagas	24.0		08h00	Gawi Joubert		00267-71369857
Mpumalanga	7/9/2010	Sasol 10 km Nite	Sasol Recreation Club	10.0		19h00	Ockert Stoop	082-9013735	017-6342112
Boland	7/10/2010	Bastille Festival Half Marathon Freedom Run & 16 km Long Walk	The Huguenot Monument	15.0	10; 5	07h00	Klaas Maffa	082-8768643	021-8763055
Boland	7/10/2010	Freedom Half Marathon, 10 km & 5 km Run/Walk	Drakenstein Correctional Services	21.1	10; 5	07h00	Matthew Cyster		021-8851300
South Western Districts	7/10/2010	Pick 'n Pay Cape Times Knysna Forest Marathon	Knysna Marathon Club - Loerie Park	42.2	5	07h00	Knysna Marathon Club	076-1954832	
Western Province	7/10/2010	ORAK 12 Hour Track Race	Vredendal Sportsgrounds	0.0		07h00	Gerrie Cilliers	083-6500642	027-2133016
Gauteng North	7/10/2010	Aminostim 15 km	Agricultural Research Council	15.0	5	07h30	Call Centre		012-6540005
Griqualand West	7/10/2010	Griqualand West 10 km Championships	Kimberley Athletic Stadium	10.0		08h00	Peter Wax	073-2337672	
Mpumalanga	7/10/2010	Sasol Secunda Marathon	Sasol Recreation Club	42.2	21.1; 10	08h00	Ockert Stoop	082-9013735	017-6342112
South Western Districts	7/10/2010	Pick 'n Pay Cape Times Knysna Forest Half Marathon	Knysna Marathon Club - Loerie Park	21.1		08h00	Knysna Marathon Club	076-1954832	
KwaZulu-Natal	7/10/2010	Mfuli Mountain 15 km Run/Walk	Mfuli Game Farm	15.0		13h30	Sonia Bauman	082-5583404	
KwaZulu-Natal	7/11/2010	South Coast Striders Sardine Half Marathon	Douglas Mitchell Sports Club	21.1		06h30	Kim Rice	084-5117651	
KwaZulu-Natal	7/11/2010	Forest 10 km	Forest Hills Sports Club	10.0		07h00	Lucy Kewley	082-8682723	
Western Province	7/11/2010	RCS Guguletu 10 km	Green Point	10.0		07h30	Tanya Schouw	083-2933966	
Central Gauteng	7/11/2010	ADT Security Pirates 10 km Run & Walk	Pirates Club	10.0		08h00	Brian Leask	082-4513429	
Central Gauteng	7/17/2010	Mercury 10 km	Cecil Payne Stadium	10.0		07h00	Claude Vergie	082-9059252	011-7175002
Gauteng North	7/17/2010	Dinamika Springbok Vasbyt 23.3 km, 10.5 km & 5 km	Voortrekker Monument	23.3	10; 5	07h30	Alexander Hattingh	083-4158016	

Province	Race Date	Race Name	Start Venue 1	Distance	Alternate Distances	Start Time	Contact Name	Cell	Work Tel
Boland	7/17/2010	Worcester Hospice Half Marathon & 10 km	Worcester Voorsieners	21.1	10; 5	08h00	Faezal Karriem	083-4159601	
Mpumalanga	7/17/2010	Richkim Engineering/Oasis Water 10 km & 20 km	Midack Clubhouse	20.0	10	08h00	Conrad van den Berg	082-9081228	013-2472770
South Western Districts	7/17/2010	Ebenharts Half Marathon & 10 km	Ebenharts Restaurant	21.1	10	08h00	Sanet Wentzel	082-8526378	
Central North West	7/17/2010	St Michaels Spar 10 km	St. Michaels Spar	10.0		08h30	Charles Wade	082-8284357	
Limpopo	7/17/2010	Enthabeni Game Lodge 32 km, Half Marathon & 10 km	Mokopane	32.0	21.1; 10	08h30	Gustav van der Merwe	082-8076213	
KwaZulu-Natal	7/17/2010	Coca Cola Vryheid Game Park 15 km Run/Walk	Cecil Emmett Park, Vryheid	21.1	15; 5	13h30	Ingrid Kusel	073-8675712	
KwaZulu-Natal	7/18/2010	Value Prop Orion Half Marathon	Protea Sports Centre	21.1	10; 5	07h00	Ajith Deena	083-6592732	033-3878471
Western Province	7/18/2010	Elsies Rivier 10 km	Cape Peninsula University of Technology	10.0		07h00	Betram Windvogel	082-3987148	021-5087170
Central Gauteng	7/18/2010	Breakthru Midrand 15 km	Midrand High School	15.0	5	08h00	Penny Visser	083-2664232	
Border	7/23/2010	Washie 100 Miler	Port Alfred Country Club	161.0		17h00	James Anderson	079-4935994	043-7483419
Eastern Province	7/24/2010	Matha Series incorporating SA Half Marathon Championships	NU2 Stadium	21.1	5	07h00	Eastern Province Athletics	083-2991775	041-3742818
Gauteng North	7/24/2010	Maxi Cross Trail Race	Fountains Valley	15.0		07h00	Pierre Jordaan	082-8219836	012-3053046
Mpumalanga	7/24/2010	Legogote Villagers/York Timbers Half Marathon & 10 km	White River Rugby Club	21.1	10	07h00	Jurgen Halbich	083-2900678	013-7527456
Western Province	7/24/2010	Arcelor Mittal Half Marathon	Saldanha	21.1		07h00	Richard Holcroft	083-4482149	
Limpopo	7/24/2010	Foskor Half Marathon	Foskor Community Centre	21.1	5	14h30	Attie Swiegers	072-3424299	015-7892174
KwaZulu-Natal	7/25/2010	Richards Bay Coal Terminal Charity Relay Run/Walk	Richards Bay	8.2		06h30	Lisa Christowitz	082-6311282	035-7896907
KwaZulu-Natal	7/25/2010	Stonebridge 20 km, 10 km & 5 km Fun Run	Siphosethu Primary School	20.0	10; 5	07h00	Shamalen Gouden	084-5819300	031-5602250
Central Gauteng	7/25/2010	Discovery/702 Walk The Talk 30 km & 15 km	Cnr Judith Road & Hill Street	30.0	15	07h30	Race Office		011-4632743
KwaZulu-Natal	7/25/2010	Mtontwane Half Marathon Run/Walk	Mtontwane Game Ranch	21.1	10	08h30	Cheryl Maitre	082-5676669	036-3522985
Central Gauteng	7/25/2010	Discovery/702 Walk The Talk Fun Run	Marks Park	8.0	15; 5	09h00	Race Office		011-4632743
Border	7/31/2010	Mandrin Buffalo Flats 10 km	United Cricket Grounds	10.0	5	07h00	Greg Minnie	072-4317841	
Eastern Province	7/31/2010	Clover Milk Run	Kings Beach	10.0	5	07h00	Shane Brown	079-4900669	
Gauteng North	7/31/2010	Jolly Jumbo Half Marathon & 10 km	Zwartkop Lapa	21.1	10; 5	07h00	Sharon Badenhorst	082-4541598	
KwaZulu-Natal	7/31/2010	The Braai Ketts Longest Day 12 Hour Track Race	Collegians Club	100.0		07h00	Brian Swart	079-9133305	
North West North	7/31/2010	Old Mutual Rustenburg Mountain	Bergsig High School	25.5	5	07h00	Heleen Olwagen	082-8517421	
Boland	7/31/2010	PPC Riebeeck Berg Marathon & Half Marathon	PPC Cement	42.2	21.1; 10; 5	07h30	Ilse Vlok	079-5235145	
Limpopo	7/31/2010	Spur Polokwane 10 km	Savannah Shopping Centre	10.0	5	08h00	Pieter Pretorius	084-4006667	
Mpumalanga	7/31/2010	Hall's Half Marathon & 10 km	Hall's Gateway to the Lowveld	21.1	10	08h00	Mark Greeff	083-2993779	
South Western Districts	7/31/2010	Seweekspoort Half Marathon & 3 x 7 km Relay	TBA	21.1		08h00	Sanet Wentzel	082-8526378	044-2724518
North West North	7/31/2010	Buffalo Mountain Race	ATKV Resort	15.0	21.1; 10	09h00	Jeremy	076-1002044	
Central Gauteng	8/1/2010	Randburg Harriers Half Marathon & 10 km Run/Walk	Randburg Central Sports Complex	21.1	10	07h00	Michelle Knotzer		011-7927003 (1-5pm)
Western Province	8/1/2010	Pinelands 10 km & 5 km Fun Run/Walk	Pinelands Athletic Club	10.0	5	07h30	Hayley Smith	082-7740228	
KwaZulu-Natal	8/1/2010	Ladies' Spar 10 km Challenge	Sahara Stadium	10.0	5	09h00	Race Secretary		031-3129374
Border	8/1/2010	Hagmorkei Halfish	Haga Haga	21.1		10h00	Bob Norris	082-5544016	043-7268056
Central North West	8/7/2010	D.I.Y. Depot Marathon	Bloemhof Skool Sportsgronde	42.2	21.1; 10; 5	07h00	Tiekie Erasmus	083-5970250	
Free State	8/7/2010	D.I.Y. Depot Marathon, Half Marathon & 10 km	Bloemhof School	42.2	21.1; 10; 5	07h00	Tiekie Erasmus	083-5970250	
Gauteng North	8/7/2010	Carlton Half Marathon & 10 km	Medunsa Campus	21.1	10; 5	07h00	Dukes Mokonoto	082-24125673	012-3120395
KwaZulu-Natal	8/7/2010	Mkuze Game Run 10 Miler	TBA	16.1		07h00	Arnold Freese	082-8948152	034-4131737
KwaZulu-Natal	8/7/2010	Madaka Game Run/Walk	Amadaka Game Farm	21.1	10; 5	07h00	Andre Grundlingh	083-6532865	034-3124929
Limpopo	8/7/2010	Matha Series - Polokwane	TBA	21.1	5	07h00	Roelf Coetzee	082-6763350	
Eastern Province	8/7/2010	Heartbreak Hill Half Marathon	Italian Club, Charlo	21.1	5	07h30	Roy Heine	082-4560659	
South Western Districts	8/7/2010	Sharon Fruit Swellendam Half Marathon	Swellendam Rugby Club	21.1	10; 5	08h00	Willem Hough	083-2876952	028-5141051
Mpumalanga	8/7/2010	Skukuza Castle Half Marathon	Skukuza Rugby Field	21.1		08h30	Martie Oosthuizen	082-6803864	013-7355354
Border	8/8/2010	Women's Day 10 km & 5 km	Kuswag Primary School	10.0	5	07h00	Graham Reynolds	082-4480727	043-7311714
KwaZulu-Natal	8/8/2010	Mtunzini Bush Run	Mtunzini Town Hall	16.0		07h00	Paul Mannix	082-5716559	035-7721164
Central Gauteng	8/8/2010	Alberton Rietvlei 15 km	Rietvlei Farm	15.0		08h00	Michael Brandon Kirby	084-9500078	
Boland	8/9/2010	Totalsports National Womens Day Ladies Race	Outside Town Hall	10.0	5	08h00	Top Events		021-5117130
Free State	8/9/2010	Setsing Super Spar Women's 10 km & 5 km	Setsing Cresta Mall	10.0	5	08h00	Sergio Motsoeneng	083-5881980	
KwaZulu-Natal	8/9/2010	Women in Action Ladies' 10 km Challenge	Chatsworth Stadium	10.0	5	08h00	Dees Govender	083-7854333	
Mpumalanga	8/9/2010	Wakkerstroom Mountain Challenge	NGK Grounds	21.1	10; 5	08h00	Joanna Burgers	082-8731354	
South Western Districts	8/9/2010	Nostalgie Women's Day Challenge 10 km	Nostalgie B & B	10.0	5	08h00	Sanet Wentzel	082-8526378	044-2724518
Western Province	8/9/2010	Women's Day Challenge 10 km & 5 km	Bellville Stadium	10.0	5	08h00	Deon Rossouw	083-3000299	
Free State	8/13/2010	Welkom Medi-Clinic Women's 5 km	Welkom Medi-Clinic	5.0		18h00	Hilde du Plessis	072-4992602	
Free State	8/13/2010	Welkom Medi-Clinic 10 km Nite	Welkom Medi Clinic	10.0		18h45	Sarel Bouwer		
Boland	8/14/2010	McCarthy Toyota Paarlberg Half Marathon	McCarthy Toyota	21.1	10; 5	07h00	Sybrandt du Plessis	083-4446940	
Gauteng North	8/14/2010	Ocean Basket Marcel van't Slot Memorial Race	Phobians Club	15.0	5	07h00	Gerald Kroukamp	084-5827242	
Mpumalanga	8/14/2010	Sportsmans Warehouse Half Marathon	Nelspruit Marathon Club	21.1	10	07h00	Annabelle Dixon	083-4527549	
South Western Districts	8/14/2010	PetroSA Diaz Marathon, Half Marathon, 10 km & 5 km	Santos Caravan Park	42.2	21.1; 10; 5	07h00	Jacob Karelse	073-3838409	
Eastern Province	8/14/2010	PG Glass Mountain Drive Half Marathon	Albany Sports Club	21.1	5	08h00	Christine Hart	083-3910460	

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Province	Race Date	Race Name	Start Venue 1	Distance	Alternate Distances	Start Time	Contact Name	Cell	Work Tel
KwaZulu-Natal	8/14/2010	The Witness Capital Climb	Pietermaritzburg City Hall	15.0	5	08h00	Tony Morrison	083-3749502	031-3272963
Limpopo	8/14/2010	Weir Warman Maroela to Maroela 10 km & 5 km Fun Run	Phalaborwa Road Runners Clubhouse	10.0	5	08h00	Alan Cole	082-2295570	015-7812804
Central North West	8/14/2010	Bospoort Chicken Trail Run	NG Church	15.0		09h00	Leanda Griesel	076-8248393	
KwaZulu-Natal	8/15/2010	Nongoma Build-It Half Marathon	Kwa-Gqikazi Main Gate	21.1	5	07h00	Mphathiseni Manquele	083-4329566	035-8316263
Western Province	8/15/2010	Reutech Solution John Korasie 30 km Run/Walk	St. Georges Road (M4)	30.0		07h00	Des Frecthas	082-4469033	021-7874082
Central Gauteng	8/15/2010	Old Eds Half Marathon & 10 km	Virgin Active Old Eds Club	21.1	10	08h00	Anne Pratt		011-7287335
KwaZulu-Natal	8/15/2010	KwaMashu 15 km	KwaMashu	15.0		TBA	Ajen Rooplal	083-7793142	
Central Gauteng	8/20/2010	Golden Reef 100 Miler	Silver Star Casino	161.0		18h00	Race Secretary	072-1266865	
Western Province	8/21/2010	Puffer & Tuffer Puffer	The Good Hope Nature Reserve	80.0		05h30	Serena Haupt	083-2733260	
Gauteng North	8/21/2010	Dawn 2 Dusk 12 Hour Circuit	Akasia High School	80.0		06h00	Gerrie Strydom	082-9405453	012-4294410
Eastern Province	8/21/2010	ITEC 10 km & 5 km Fun Run	Hobie Beach	10.0	5	07h00	Eckart Schumann	083-2992092	041-5860532
Limpopo	8/21/2010	Limpopo Province Premier's 15 km	Peter Mokaba Stadium	21.1	5	07h00	Roelf Coetzee	082-6763350	
South Western Districts	8/21/2010	Beaufort West Half Marathon & 5 km Run/Walk	Rustdene Sports Stadium	21.1	5	07h00	Selma Murray		023-4148020
Boland	8/21/2010	S.A. 10 km Championships - Stellenbosch	Stellenbosch	10.0	5	08h00	Boland Athletics		021-8620924
Mpumalanga	8/21/2010	Rotary Greatest Train Race	Emalahleni Station	28.0		08h00	Race Office		086-1187246
Boland	8/21/2010	Fynbos Half Marathon	Potberg Environmental Centre	21.1		08h30	Mariaan Dunn	082-5054624	028-5421326
Gauteng North	8/21/2010	Spar Ladies' 5 km & 10 km Challenge (GN)	Tuks Rag Farm	10.0	5	14h00	Henning van Aswegen	082-3445641	
Border	8/21/2010	Living Free Half Marathon	East London Esplanade	21.1	10; 5	TBA	Lewyllen Mountfort	083-2549932	043-7223554
KwaZulu-Natal	8/22/2010	Ethekwini Township to Township Marathon	King Zwelithini Station	50.0		05h30	Sipho	082-4609761	
KwaZulu-Natal	8/22/2010	Merewent 10 km	Dhubri Road Grounds	10.0		07h00	Pat Pather	083-7391248	031-3323106
Western Province	8/22/2010	Don Lock 8 km Memorial	Brookside	8.0	5	07h30	Leigh Goldschmidt	072-4471600	021-5318208
Central Gauteng	8/22/2010	Vodacom Country Half Marathon Challenge	Vodaworld	21.1	10; 5	08h00	Mark Struwig	082-4924416	011-6083071
Free State	8/22/2010	Standard Bank 10 km	UF	10.0	5	08h00	Arnold Motsoeng		058-7135469
Central North West	8/25/2010	Rassie Smith Memorial Nite	Cricknet Club	10.0	5	19h00	Charles Wade	082-8284357	
Limpopo	8/27/2010	St Peters 10 km Nite Fun Run	St Peters Anglican Church	10.0		18h30	St Peters Office-Wendy Graham		015-3073534
KwaZulu-Natal	8/27/2010	Midlands 100 Miler	Winterton Country Club	161.0		19h00	Brian Jarmey-Swan	083-4965980	
Free State	8/28/2010	Lente Wilge Marathon & Half Marathon	NG Kerk	42.2	21.1; 10	06h30	Wanda Kuit	082-4162421	
Free State	8/28/2010	Windmill Casino 10 km	Windmill Casino	10.0	5	06h30	Johan Coetzee	083-2893235	
Border	8/28/2010	White Clay Half Coffee Bay Trail Run	Ocean View Hotel	21.1		07h00	Roy or Karen Sparg	083-9794499	047-5750008
Eastern Province	8/28/2010	Despatch 15 km & 5 km	Despatch Sports Centre	15.0	5	07h00	John Allers	084-5904301	
Boland	8/28/2010	Zoetendal Akad Lente 12 km	L'Agulhas	12.0	5	08h00	Yolanda de Waal		028-4356556
Limpopo	8/28/2010	Executive Mayor's Half Marathon	Monsterius	21.1		08h00	Willie Thole	079-7784835	
South Western Districts	8/28/2010	Saasveld Half Marathon	Saasveld (NMMU) Campus	21.1		08h00	Henry Hill	082-9067331	044-8031409
Western Province	8/28/2010	Atlantis Harriers 15 km & 5 km	Wesfleur Sports Grounds	15.0	5	08h00	Desmond Arendse	084-3921061	021-5737130
KwaZulu-Natal	8/29/2010	uMhathuze AC Half Marathon & 10 km Run/Walk	Addison Park	21.1	10; 5	06h00	Sonia Baumann	082-5583404	
Gauteng North	8/29/2010	Castle Walk Women's Day 10 km	Castle Walk Shopping Centre	10.0	5	06h30	Liesel van Zyl	079-8695030	012-3475795
Central Gauteng	8/29/2010	Joe Stutzen Half Marathon & Matthews Motshwarateu 10 km Run/Walk	Venus Road	21.1	10; 5	08h00	Francesca Parini	083-5049150	
Western Province	8/29/2010	Blisters for Bread Walks	Green Point Track	20.0	10; 5	09h00	Top Events		021-5117130
Mpumalanga	9/1/2010	Eskom Gijimas Mpumalanga Cansa Nite Race	Eskom Park	10.0		19h00	Paul Bester	082-9667767	
KwaZulu-Natal	9/4/2010	Emondlo 32 km & 10 km Run/Walk		32.0	10	06h00	Joseph Mdlatshe	083-3197821	
Border	9/4/2010	Border Masters Marathon & Half Marathon Walk	Macleantown Road	42.2	21.1	06h30	Tony Viljoen	084-2919029	
Eastern Province	9/4/2010	Muirite Marathon, 10 km & 5 km Fun Run	Muir College	42.2	10; 5	06h30	Margie du toit	082-5475413	
Gauteng North	9/4/2010	Spirit of Flight 10 km	Airforce Base	10.0	5	06h30	Vivian Pietrus	082-5582968	012-3923033
North West Cape	9/4/2010	Daisy Marathon	Springbok Sports Grounds	42.2	21.1; 5	06h30	Ingrid Cloete	084-8230705	027-7181060
Free State	9/4/2010	Vic Theron's & Webbers Lentedraffie	Bloemfontein Achilles Sport Centre	10.0		07h00	Marijke de Wet	083-2873050	051-4445867
Free State	9/4/2010	Bultfontein Boertjie Fees Half Marathon	Bultfontein Fees	21.1		07h00	Deon Lodder	082-9213330	057-2312274
Griqualand West	9/4/2010	Newton Gariep Festival Half Marathon	Newton Primary School	21.1	10; 5	07h00	Boontjie Boonzaier	083-6523540	
North West North	9/4/2010	Rustenburg Spring 10 km Run	Rustenburg Kloof Holiday Resort	10.0	5	07H00	Anton Bester	082-7732867	
Vaal Triangle	9/4/2010	Nedbank (AVT) Spring Run	Kollegepark Primary School	21.1	10; 5	07h00	Dawid Jordaan	082-3641954	
Western Province	9/4/2010	Willowbridge NBAC 10 km	Willowbridge Centre	10.0		07h00	Clive Idas	082-7845783	
Boland	9/4/2010	Riebeeck Kasteel Half Marathon & 10 km	Riebeeck Kasteel Church Hall	21.1	10	07h30	Peter Hall	072-3568693	
Central Gauteng	9/4/2010	Take Five Team Relay Germiston	Germiston Stadium	5.0		07h30	Race Office		012-4609065
Mpumalanga	9/4/2010	Botshabelo Challenge	Botshabelo Caravan Park	21.1	10	08h00	Middelburg Marathon Club		013-2432683
Boland	9/4/2010	Pillar of Salt Charity Trail Run	Tswaing Farm	20.0	10	08h30	Donne van der Walt	082-4611723	021-9516501
South Western Districts	9/4/2010	Zwarberg Marathon & 10 km	Show Grounds	42.2	10; 5		Terry Barnato	072-3319354	023-5411462
KwaZulu-Natal	9/5/2010	Orange Grove Dairy Imamba 15 km & 10 km	Empangeni Rugby Club	15.0	10	06h00	Shadrack Mncwango	072-4371347	035-5500799
Central Gauteng	9/5/2010	Porters Auto/ADT Fred Morrison 15 km	Germiston Stadium	15.0		07h00	Steve Jones	082-3389794	011-8257701
Western Province	9/5/2010	Satori Camel Run	Noordhoek Sportsfields	16.1		07h00	Keith Gurney	083-9480076	021-7891654
KwaZulu-Natal	9/5/2010	Spar Weekend Witness Ladies' 10 km Run/Walk	The Oval	10.0		08h00	Brad Glasspoole		
Eastern Province	9/9/2010	Wildcoast Wildrun - 3 Days	Kei Mouth	112.0		06h30	Race Secretary	084-2218422	
South Western Districts	9/11/2010	Karoo Ultra Marathon	Engen Garage	80.0	21.1; 10	06h00	Petro Buys	073-6541652	023-5511019

Province	Race Date	Race Name	Start Venue 1	Distance	Alternate Distances	Start Time	Contact Name	Cell	Work Tel
Central North West	9/11/2010	Powerade Drie Provinsies Marathon & Half Marathon	Grensstraat Jan Kempdorp	42.2	21.1; 5	06h30	Francois Conradie	082-8335625	053-4412219
Gauteng North	9/11/2010	Value Logistics Ou Voetpad Mountain 10 Miler	Tshwane University of Technology Campus	16.0	5	06h30	Leon Bezuidenhout	076-8545210	
KwaZulu-Natal	9/11/2010	Mont-Aux-Sources 50 km Challenge	Royal Natal National Park	50.0		06h30	Kim Faure	072-3299829	
Limpopo	9/11/2010	Northern Timbers Modjadiskloof Half Marathon	Trophy Motors	21.1	10	06h30	Timothy Nkuna	082-8062305	
Mpumalanga	9/11/2010	Nedbank Om-die-Dammetjie Half Marathon & 10 km	Witklip Dam	21.1	10	07h00	Tony De Freitas	082-4176564	
Western Province	9/11/2010	Medihelp Bike & Tekkie Challenge	Jan Kriel School	10.0	5	07h00	Clive Idas	082-7845783	
Boland	9/11/2010	Tru-Cape Kogelberg Mountain Race	Pringle Bay CBD	21.1	10; 5	08h00	Race Secretary	079-4136610	
Boland	9/11/2010	Hexkoel Orchard PS Road	Orchard Primary School	10.0	5	08h00	T. Benjamin	072-2226925	
Eastern Province	9/11/2010	Zuurberg Mountain Inn	Zuurberg Mountain Inn	15.0		08h00	Bob Stedman	079-8942585	041-9944302
KwaZulu-Natal	9/11/2010	Lynford Trail run	Lynford School	22.0	10	08h00	Sue Squires		039-8341927
South Western Districts	9/11/2010	SAPS (Southern Cape) Race Against Crime	Herbertsdale Primary School	21.1	15; 5	08h00	Diane Oosthuizen	084-3692731	044-6511603
Mpumalanga	9/11/2010	Apollo Half Marathon & 10 km	Secunda High School	21.1	10	09h00	Jurie Botha	082-5700180	
KwaZulu-Natal	9/11/2010	Mpati Mountain	King Edward Park (oval)	15.0		14h00	George Groenewald	082-3379374	034-2125683
Boland	9/11/2010	Kopbeenskloof 35 km & 20 km Trail Run	Touwsrivier Primary School	35.0		20h00	Bennie du Plessis	083-3241675	023-3581057
KwaZulu-Natal	9/12/2010	Dolphin Coast Lifestyle Ultra Marathon Walk/Run & Half Marathon	Lifestyle Centre	50.0	21.1; 10	06h00	Barry Currin	082-4800925	
Central Gauteng	9/12/2010	The Citizen Gerald Fox Memorial Half Marathon & 10 km	Johannesburg Zoo	21.1	10; 5	07h00	Val Wilkinson		086-1076259
KwaZulu-Natal	9/12/2010	Duke of York "Flying Scramble"	Carwin Heights Farm	16.0		07h00	Warren Phippen	082-6852294	
Free State	9/15/2010	Kroonstad Mini Kroon Nite Race	Kroonstad Correctional Services College	15.0		19h00	Frikkie van Zyl	083-3885384	056-2125433
Free State	9/17/2010	Engen Run/Walk for Toys 10 km	Stateway	10.0	5	18h00	Paul Barnes	072-4818057	057-9046112
Eastern Province	9/18/2010	Alan Alchin Memorial 100 km & 50 km & 50 km Charity Relay	Italian Club	100.0	10; 5	05h00	Eastern Province Athletics		041-3742818
Vaal Triangle	9/18/2010	Lite2Nite Circuit Race	Laerskool Kollegepark	80.0		06h00	Malie van der Walt	082-8539144	
Gauteng North	9/18/2010	CSIR Half Marathon & 10 km	CSIR Conference Centre	21.1	10; 5	06h30	Sisa Pityana	083-3168690	012-8412803
Free State	9/18/2010	Coca-Cola Allan Ferguson Round Naval Hill	Hamilton Park	10.0		07h00	Race Secretary		051-4445867
Mpumalanga	9/18/2010	Collisen Electrical Midack Half Marathon & 10 km	Olifants River Lodge	21.1	10	07h00	Conrad van den Berg	082-9081228	013-2472770
Western Province	9/18/2010	Crazy Store Table Mountain Challenge Trail Run	Kloof Nek	35.0		07h00	Chrisheila		021-4244760
Western Province	9/18/2010	Beachcomber - Race Against Crime	Strandfontein Sportsfield	15.0	10; 5	07h00	Pro Arumugam	082-9265840	
Free State	9/18/2010	Correctional Services 10 km	Goedemoed Sports Field	10.0		08h00	Benjamin Meje	083-9466290	
South Western Districts	9/18/2010	Leani Nursery Spring Day 15 km & 5 km Fun Run	Leani Nursery	15.0	5	08h00	Des Harris	083-3098732	044-6905390
Boland	9/18/2010	Adam Kok 15 km	Paarl	15.0	5	08h30	Freddie		021-8775724
North West North	9/18/2010	Magaliesburg Mega Trail Run	Van Gaalen Cheese Farm	21.1	10	08h30	Race Organiser	084-4848844	
KwaZulu-Natal	9/19/2010	SAPS Striders 15 km Run/Walk	Kings Park Athletic Stadium	15.0		06h00	VG Naidoo	082-4180743	
Border	9/19/2010	Caltex Beacon Bay Motors Sole Destroyer	Gilwood Scout Camp	21.1		06h30	Stan Barbour	083-6084353	
Central Gauteng	9/19/2010	Daxina Half Marathon	Lenasia South East Community Centre	21.1	10; 5	07h00	Rodger Govender	083-2635008	011-3421444
South Western Districts	9/22/2010	Garden Route Big Walk 20 km	Garden Route Mall	20.0	10; 5	07h00	At Schoeman	082-3436394	
Boland	9/24/2010	Bainskloof Pass Ultra Marathon & Half Marathon	Huguenot High Sports Field	62.0	21.1; 5	06h00	Charles Botman	079-9360532	021-4672990
Central Gauteng	9/24/2010	Clearwater Florida Flat One	Clearwater Mall	21.1	10; 5	06h00	Megan Scannell	082-7856919	
KwaZulu-Natal	9/24/2010	Verulam Challenge	Verulam Recreation Ground	42.2	21.1; 10	06h00	Anand Naicker	083-7836363	
Border	9/24/2010	Hemingway's 8 km Casino Nite	Hemingway's Casino	8.0		17h00	Bronek Urban	082-5770932	
Western Province	9/25/2010	Cape Town 100 Miler & Ultra, 10x10 & 10 x 5 Relay, Half Marathon & 10 km Charity Walk	Three Anchor Bay Lawns	161.0		00h05	Kanu Sukha	072-2101127	021-6963058
Gauteng North	9/25/2010	McCarthy Volkswagen Classic Half Marathon Challenge	Rietondale Park	21.1	10; 5	06h00	Event Office (Pretoria)		012-4609065
Griqualand West	9/25/2010	Kimberley Flat & Fast Ultra Marathon	Flamingo Casino	50.0	10; 5	06h00	Jan Naborn	082-4902788	053-8410163
Rest of Africa	9/25/2010	Standard Bank Swazi Slojos Half Marathon & 5 km	Ezulwini Sun Hotel	21.1	5	06h00	Lynne Taylor	002-686020202	
Mpumalanga	9/25/2010	Business Connexion Marathon, 32 km, 15 km & 10 km	Sasol Recreation Club	60.0	42.2; 32; 15; 10	06h30	Ockert Stoop	082-9013735	017-6342112
Boland	9/25/2010	Whale Festival Half Marathon & 6 km Fun Run	Hermanus High School	21.1		07h00	Ria Acker		028-3123760
Border	9/25/2010	Lammergeyer Mountain Challenge	Lady Grey Country Club	24.0		07h00	Pieter du Preez	083-2949477	
Central North West	9/25/2010	Vlakvark Half Marathon Trail Run, 10 km & 5 km	Faan Meintjies Resort	21.1	10; 5	07h00	Robin Stocken	082-4693330	
KwaZulu-Natal	9/25/2010	Ithala Game Park Challenge 35 km & 10 km	Ntshondwe Main Camp	35.0	10	07h00	Ingrid Kusel	073-8675712	
Limpopo	9/25/2010	Foskor Open Pit Half Marathon, 10 km & 5 km Fun Run	Bottom of Foskor Open Pit	21.1	10; 5	07h00	Alan Cole	082-2295570	015-7812804
South Western Districts	9/25/2010	Sedgefield Striders Andries Steyn Half Marathon	Buffels Bay Restaurant	21.1	10	08h00	Bomber Webb	072-5164701	044-3432415
Central Gauteng	9/26/2010	Blue IQ City2City Ultra Marathon	TBA	50.0	21.1	06h00	Central Gauteng Athletics		011-8732726
Western Province	9/26/2010	Cape Town City Marathon incorporating S.A. Marathon Championships	Grand Parade	42.2	10	06h30	Western Province Athletics		021-6990615
Border	9/26/2010	Mdantsane 10 km	Sisa Dukashe Stadium	10.0	5	07h00	Alex Kambule	084-2024872	
KwaZulu-Natal	9/26/2010	Mtubatuba 10 km Challenge	Kwamsane Sport Ground	10.0		07h00	Jabulani Mhlungu	072-8436482	
North West North	10/2/2010	Kromberg & Schubert 15 km - Brits	Hoerskool Brits	15.0	5	07:00	Mias van der Merwe	083-3202466	012-3481822
Free State	10/2/2010	Golden Gate Half Marathon	Golden Gate Reserve	21.1	10	06h00	Enslin van Blerk	082-9205997	
Gauteng North	10/2/2010	National Business Challenge Relay	Rietondale Park	42.2	21.1	06h00	Events Office		012-4609065
Mpumalanga	10/2/2010	Delmas 4-in-1	Hoerskool Delmas Sports Fields	42.2	21.1; 10; 5	06h00	Jacky Grassman	079-5266827	013-6655867
Boland	10/2/2010	Boland Masters 10 km	Paarl Shopping Mall	10.0		07h00	Noel Daniels	073-7789703	

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Province	Race Date	Race Name	Start Venue 1	Distance	Alternate Distances	Start Time	Contact Name	Cell	Work Tel
Eastern Province	10/2/2010	Ebenezer 10 km	Ebenezer Centre	10.0		07h00	Cyril Plaatjies	072-3924047	
Western Province	10/2/2010	Cape Gate 10 km	Cape Gate Shopping Centre	10.0	5	07h00	Jacques van Heerden	082-9623538	021-5506089
South Western Districts	10/2/2010	Kurlandbrik Half Marathon	Plett Rugby Club	21.1	5	08h00	Andre Els	082-9282858	
KwaZulu-Natal	10/2/2010	ABI Hamilton Half Marathon Nite	Ladysmith Sports Club	21.1		17h00	Johan van Dyk	082-6523596	
South Western Districts	10/2/2010	Kanniedood 10 km & 5 km Nite	Nico Brummer Laerskool	10.0	5	19h00	Renate Wagener	082-4207622	023-4142101
Border	10/3/2010	Amatola Marathon	17 km from Stutterheim on	42.2		06h00	Alex Kambule	084-2024872	
KwaZulu-Natal	10/3/2010	Hindu Half Marathon	Kings Park Athletic Stadium	21.1	5	06h00	Ajen Rooplal	083-7793142	031-5794472
KwaZulu-Natal	10/3/2010	Vusi Nxumalo Half Marathon	Ulundi Regional Sports Ground	21.1	10	06h00	Mbuyiseni Albert Dladla	082-8171535	035-8798322
Central Gauteng	10/3/2010	Tsakane Half Marathon	Faranani Sports Complex	21.1	10	07h00	Mbuyiselo Nkuna	072-2163610	
Central Gauteng	10/3/2010	Roy Brown Memorial Half Marathon & 10 km	Roodepoort Athletics Stadium	21.1	10; 5	07h00	Race Secretary	072-1266865	
KwaZulu-Natal	10/3/2010	Saints Thorntree Challenge	Coach House, St Charles College	15.0	10	07h00	Alan Kockott	083-4406765	033-3411267
Western Province	10/3/2010	Cape Town Half Marathon Classic	Sea Point	21.1	10	07h00	Kanu Sukha	072-2101127	021-6963058
Western Province	10/6/2010	Prima Tyres Hi-Q 10 km Nite	Hi-Q Prima Tyres	10.0		18h15	Pieter Carstens	084-4044933	
Mpumalanga	10/6/2010	Maximed Pharmacies 10 km & 5 km Nite	Standerton Showgrounds	10.0	5	19h00	Lukas van der Merwe	082-8269122	017-7129149
Central Gauteng	10/8/2010	18 & 9 Hour Relay Marathon	Jan Viljoen High School	0.0		13h00	Ria Bornman	082-5609872	
Boland	10/8/2010	Deetlefs Estate 9.9 km Nite Race	Deetlefs Wine Estate	9.9	5	18h00	Karlien Nell		023-3491260
Free State	10/8/2010	Pentagon Jool 12.25 km	Caramellos	12.3		18h00	Francois Cilliers	082-7555559	
Boland	10/9/2010	Coca Cola Voet van Afrika Marathon	Elim Road	42.2		06h00	Bredasdorp A.C. Office		028-4251087
Gauteng North	10/9/2010	Chamberlain Capital Classic Half Marathon & 10 km	PHSOB Club, Hofmeyr Park	21.1	10; 5	06h00	Gerald Kroukamp	084-5827242	
Griqualand West	10/9/2010	Louis Massyn Kalahari Marathon	Kathu Sports Grounds	42.2	21.1	06h00	Bernard Sejuja	083-8791908	
Limpopo	10/9/2010	Two Countries at Musina Marathon	Eric Lowe High School	42.2	21.1; 10	06h00	Stanley Thompson	082-4933897	015-5161338
Boland	10/9/2010	Coca Cola Voet van Afrika Half Marathon	Bredasdorp Police Station	21.1		06h30	Bredasdorp A.C. Office		028-4251087
Eastern Province	10/9/2010	Willard Batteries 15 km	Gelvandale Stadium	15.0	5	06h30	Roland Dace	076-6090629	
Free State	10/9/2010	Parys River Jol	Hoerskool Parys	25.0	10; 5	06h30	Gerrie Bester	083-4535270	056-8113472
Boland	10/9/2010	Coca Cola Voet van Afrika 10 km	Bredasdorp Police Station	10.0		07h00	Bredasdorp A.C. Office		028-4251087
Mpumalanga	10/9/2010	York Timber God's Window Half Marathon & 10 km	Graskop Caravan Park	21.1	10	07h00	Jurgen Halbich	083-2900678	013-7527456
South Western Districts	10/9/2010	Heatherpark Super Spar 10 km	Heatherpark Super Spar	10.0	5	07h00	Danie Raubenheimer	083-3767414	044-8015600
Border	10/9/2010	Matola Game 18 km Run/Walk	Matola Private Game Reserve	18.0		08h30	Bob Norris	082-5544016	
Free State	10/9/2010	Harrismith Mountain Race	Platberg Stadium	15.0		11h00	Jaco du Toit	082-8984630	
KwaZulu-Natal	10/9/2010	Bayside 15 km Run & 10 km Walk	Bay Hall - Richards Bay	15.0	10	15h00	Virna McMaster	082-4473040	
KwaZulu-Natal	10/10/2010	Goss & Baffe South Coast Marathon & Half Marathon	Scottburgh - 42.2km	42.2	21.1; 5	06h00	Renier Fouche	084-5049808	
Western Province	10/10/2010	OUTsurance 94.5KFM Gun Run Half Marathon	Beach Road	21.1	10; 5	07h00	Andrew Smit	082-7858530	
Western Province	10/10/2010	OUTsurance 94.5KFM Gun Run 10 km	Beach Road	10.0	10; 5	07h30	Andrew Smit	082-7858530	
Central Gauteng	10/10/2010	Spar Ladies' 10 km Challenge (CGA)	Old Parktonians Club	10.0		08h00	Central Gauteng Athletics		011-8732726
Free State	10/13/2010	Grey College Street Mile	Grey College	0.0		17h30	Race Secretary	083-4505430	
Mpumalanga	10/13/2010	Waypoint 10 km Nite	Secunda High School	10.0		19h00	Jurie Botha	082-5700180	
South Western Districts	10/14/2010	Lamprecht & Meyer 6x2 Sakeafios	Santa Fe Spur	12.0		18h00	David McKinnon	082-3748632	
North West Cape	10/15/2010	Kalahari Augrabies Extreme Marathon	Augrabies Falls National Park	250.0			Nadia Arndt	083-3097755	031-7011814
Eastern Province	10/16/2010	SMSDirect 27 km Run/Walk	Port Alfred Country Club	27.0	10	05h30	Sylvia Murdoch	082-6828023	
Border	10/16/2010	Amatola 100 km Trail Run (Big Bafer)	Maden Dam	100.0		06h00	Dave Gassner	076-8179058	
Gauteng North	10/16/2010	Woodlands Boulevard Run for Cancer	Woodlands Boulevard Shopping Centre	21.1	10; 5	06h00	Gideon Adriaanse	083-6296693	
Mpumalanga	10/16/2010	Eskom Bruce Crookes Memorial	Eskom Park	42.2		06h00	Paul Bester	082-9667767	
Vaal Triangle	10/16/2010	Arcelor Mittal 32 km, Half Marathon & 10 km	Riverside Mall	32.0	21.1; 10; 5	06h00	Malie vd Walt	082-8539144	
Boland	10/16/2010	Ceres Fruit Juices Mitchell's Pass Half Marathon	J.P. Venter Sportsgrounds	21.1	10; 5	07h00	Roy Abrahams	084-5811120	
Border	10/16/2010	Elac 10 km & 5 km	East London Athletic Club	10.0	5	07h00	Graham Reynolds	082-4480727	043-7311714
Free State	10/16/2010	Bloemwater Kovsie 10 km	University of Free State Campus	10.0		07h00	Mr D B Prinsloo	083-2878810	051-4012859
Free State	10/16/2010	Old Mutual Gat Fees Half Marathon	Zastron Golf Club	21.1	10; 5	07h00	Retha Marais	082-7729082	051-6731816
Griqualand West	10/16/2010	Kimberley Transnet Half Marathon & 10 km	Hoffe Park Club	21.1	10	07h00	Donald Phillipson	072-5981445	053-8383303
South Western Districts	10/16/2010	Meiringspoort Half Marathon & 10 km	Meiringspoort	21.1	10	07h00	Martie van der Westhuizen	082-4213113	044-2412522
Western Province	10/16/2010	Road to the Vineyard 10 km	Pick 'n Pay	10.0		07h00	Harry Noemdoe	084-7895177	
KwaZulu-Natal	10/16/2010	Spar Nite Half Marathon & 10 km Run/Walk	Ferrum Swimming Pool	21.1	10; 5	16h00	Andre Grundlingh	083-6532865	034-3125781
KwaZulu-Natal	10/17/2010	Sugar Coast Half Marathon	Outspan Ground	21.1	10	06h00	Basil Pillay	083-7867535	031-3010057
KwaZulu-Natal	10/17/2010	Swift Half Marathon	Hulamini Grounds	21.1	10	06h00	Alex Anthony		033-3956214
Central Gauteng	10/17/2010	Southgate Value Market Brotherhood 15 km	Market Value - Southgate	15.0	5	06h30	Gerard van Wyk	083-2929551	
Border	10/17/2010	Amatola 35 km Trail Run (Little Bafer)	Hobbiton on Hogsback	35.0		07h00	Dave Gassner	076-8179058	
Central Gauteng	10/17/2010	Carnival City Sherwood Pick 'n Pay Half Marathon	Carnival City	21.1	10; 5	07h00	Piet Combrinck	082-8063719	
Border	10/20/2010	Metrorail Train Relay Race	Fort Jackson Station on the R102	20.0	10	09h00	Oxford Striders Office		043-7353411
South Western Districts	10/20/2010	Geronimo Spur 10 km	Geronimo Spur - York Street	10.0	5	18h00	Henry Hill	082-9067331	044-8031409

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Province	Race Date	Race Name	Start Venue 1	Distance	Alternate Distances	Start Time	Contact Name	Cell	Work Tel
Western Province	10/20/2010	Silver Queen 10 km	Air Force Base	10.0	5	18h30	"BA" Jefferies	073-7053647	021-5086314
Central Gauteng	10/20/2010	Joseph Moqobane 15 km Nite	Germiston Stadium	15.0		19h00	Benjamin Maphanga	073-4631181	
Free State	10/22/2010	Berg en Daller 10 km & 5 km Fun Run	Berg en Daller Kerk	10.0	5	18h00	Ben Schoonwinkel	082-8241836	
Vaal Triangle	10/22/2010	Nedbank (AVT) Ultimate 100 Miller Circuit	Kollegepark Primary School	161.0		18h00	Hennie van Rensburg	082-8943394	016-9860064
Vaal Triangle	10/23/2010	Nedbank (AVT) 100 km & 50 km Circuit	Kollegepark Primary School	100.0	50	05h00	Hennie van Rensburg	082-8943394	
Gauteng North	10/23/2010	Tuks Alumni Legends	Waterkloof Airforce Base	21.1	10; 5	06h00	Danie van Wyk	083-3310294	
Border	10/23/2010	Border 15 km Championships	Gleneagles Road	15.0		06h30	Peter Bursey	083-6271713	
Free State	10/23/2010	Pride in Tyres Berg-op-Berg-af 10 km	Naval Hill	10.0		06h30	Johan Coetzee	083-2893235	
Free State	10/23/2010	Engen to Engen Half Marathon & 10 km	Engen Garage	21.1	10	06h30	Dr Henry Daniels	082-5661258	
Eastern Province	10/23/2010	The Boardwalk/Algoa FM Big Walk for Cancer	The Boardwalk	10.0		07h00	Jakkie Gerber	083-6516880	
Griqualand West	10/23/2010	Van Zyl's Vleis 10 km	Van Zyl's Vleis	10.0		07h00	Gerrit Schoeman	082-4537175	053-8026402
South Western Districts	10/23/2010	Tradouws Pass Half Marathon	Barrydale Wine Cellars	21.1		07h00	Ian Nienaber	082-5503202	
Vaal Triangle	10/23/2010	Nedbank (AVT) Half Marathon & 10 km	Kollegepark Primary School	21.1	10; 5	07h00	Hennie van Rensburg	082-8943394	016-9860064
Western Province	10/23/2010	Strand Athletic Club Road Race	Radloff Park	10.0	5	07h00	Lester Burrow	082-4248547	
Western Province	10/24/2010	Constantia Valley Grape Run	Constantia Sports Complex	21.1	5	06h00	Richard Acheson	082-4115533	
Central Gauteng	10/24/2010	Montrail-Capestorm Gauteng Summer Trail Series 2 of 4	Gauteng Area	12.0		08h00	Race Secretary	084-2218422	
KwaZulu-Natal	10/24/2010	Tonevale Game Farm 16 km Game Run/Walk	Wallenton Farm	16.0	10	15h00	Sonia Baumann	082-5583404	
Boland	10/27/2010	Coetzenburg One Hour Run	Coetzenburg Athletics Stadium	0.0		18h00	Athletics Office		021-8084694
Western Province	10/27/2010	Old Mutual 10 km	Old Mutual Sports Grounds	10.0	5	18h15	Robbie Visser	082-5558157	021-5091575
Mpumalanga	10/29/2010	Coaldust Reach for a Dream Circuit	Safeway Crescent	0.0		16h00	Abie Smit	082-3410998	
Limpopo	10/29/2010	Hyundai 10 km Nite	Peter Mokaba Stadium	10.0	5	18h00	Pieter Pretorius	084-4006667	
North West North	10/29/2010	Rustenburg 10 km Nite	Bergsig High School	10.0	5	18h30	Heleen Olwagen	082-8517421	
Gauteng North	10/30/2010	The Hunter's Half Marathon Challenge	Maritimo Marathon Clubhouse	21.1	10; 5	06h00	Pieter v d Merwe	082-5938778	
Eastern Province	10/30/2010	Charlo Tuff 10 km	Charlo Primary School	10.0	5	06h30	Shane Brown	079-4900669	041-5013585
Griqualand West	10/30/2010	MacSteel Half Marathon & 10 km	Bishops Club, Kimberley	21.1	10; 5	06h30	Gerhard Kruger	082-4995990	053-8334674
Western Province	10/30/2010	Isostar/Sanparks Forest 15 km	Tokai Forest	15.0		06h30	Gavin Wright	072-1427263	
Free State	10/30/2010	Eunice 10 km	Eunice School	10.0		07h00	Mr DB Prinsloo	083-2878810	
Limpopo	10/30/2010	Run & Walk For Life Half Marathon & 10 km	Builders Warehouse Parking Area	21.1	10; 5	07h00	Kobie Marais	082-5615429	
Mpumalanga	10/30/2010	Sabie Shufflers 2-in-1	Castle Rock Caravan Park	32.0	10	07h00	Grant Bosman	082-8221929	
North West North	10/30/2010	Zeerust Bosveld Mountain Race	Avanti Hall	24.0		07h00	Debra vd Merwe	082-8203118	018-6423602
South Western Districts	10/30/2010	On Tap Plumbing Neighbour 5 x 10 km Relay	Eden Country Inn	50.0		07h00	Des Harris	083-3098732	044-6905390
Western Province	10/30/2010	Olifantsrivier Rittelfees Half Marathon & 6 km Fun Run	NG Kerk	21.1		07h00	Gerrie Cilliers	083-6500642	027-2133016
Boland	10/30/2010	Rustenberg 12 km Farm	Idas Valley Primary School	12.0		07h30	Alexander Carstens	082-8542809	
Central Gauteng	10/31/2010	Sportsmans Warehouse East Rand 15 km	East Rand Value Mall	15.0	5	07h00	Race Secretary		011-9173721
Western Province	10/31/2010	Plexus Half Marathon & 10 km Run/Walk	Durbanville Sports Club	21.1	10; 5	07h30	Wayne Sneyd	082-8205504	
Central Gauteng	10/31/2010	Celebration of Life Hospice 4 km, 8 km & 12 km Fun Walk	Zoo Lake	12.0		08h00	Alicia Lerm		011-4839170
Western Province	11/3/2010	Eskom 10 km	Jan Burger Sports Park	10.0		18h30	Kaylene van Dyk	082-5092967	021-5212210
Central North West	11/3/2010	Harry's Tyres 10 km Nite	Olenpark Rugby Stadium	10.0	5	19h00	Theo Coetzee	083-5383162	
Border	11/6/2010	Twizza Bongolo Marathon & Half Marathon	Yacht Club	42.2	21.1	05h30	Theo Ferreira	082-8734597	
Free State	11/6/2010	Sasol Summer 10 km	D.P. de Villiers Stadium	10.0		06h00	Dolf Binneman	073-3396809	016-9603544
Gauteng North	11/6/2010	Agape 32 km, Half Marathon & 10 km	Adelaars Sports Federasie	32.0	21.1; 10; 5	06h00	Marieta Bortoli	082-4667031	012-4283747
Mpumalanga	11/6/2010	Rudamans Kaapsehoop 3-in-1 Marathon	Kaapsehoop Town Main Street	42.2	21.1; 10	06h00	Annabelle Dixon	083-4527549	
Western Province	11/6/2010	International Realtors Half Marathon	Seaside Village Shopping Centre	21.1		06h00	Alan Green	082-4508034	
Eastern Province	11/6/2010	MTN SP "Yello Community"	Malabar Community Centre	10.0	5	06h25	Cresen Balakistnen	083-3767491	041-3985828
Griqualand West	11/6/2010	Naborn Konstruksie Half Marathon & 10 km	Pirates Club	21.1	10; 5	06h30	Jan Naborn	082-4902788	053-8410163
Boland	11/6/2010	Boschendal Dwars Rivier Valley Half Marathon & 10 km	Dwars River Valley Sport Complex	21.1	10; 5	07h00	Nolan Hendon	072-7856529	
South Western Districts	11/6/2010	Dyasons 10 km	Dyasons	10.0		07h00	Sidwell Oktober	073-7807783	
Central Gauteng	11/7/2010	Soweto City Marathon	TBC	42.2	10; 5	06h00	Central Gauteng Athletics		011-8732726
KwaZulu-Natal	11/7/2010	VENK PAC 15 km Challenge	Verulam Recreation Ground	15.0		06h00	Sheila Persad	083-4543625	
Western Province	11/7/2010	Discovery Cape Times Big Walk	Various	80.0		TBA	Events Office		021-6853333
Mpumalanga	11/10/2010	Frans Moolman Memorial 10 km Nite	Secunda High School	10.0		19h00	Jurie Botha	082-5700180	
Limpopo	11/13/2010	Warmbad/Bela-Bela Marathon, Half, 10 km & 5 km	Warmbad Laerskool	42.2	21.1; 10; 5	05h30	Erica Kotze		014-7366008
Eastern Province	11/13/2010	Builders Warehouse 27 km & 10 km	Builders Warehouse	27.0	10; 5	06h00	Alan Taylor	083-6580060	041-4842211
Gauteng North	11/13/2010	Liquifruit Irene Half Marathon & 10 km	Agricultural Research Council	21.1	10; 5	06h00	Call Centre		012-6540005
Griqualand West	11/13/2010	Louise Jooste Memorial Half Marathon, 10 & 5 km	Kimberley Pirates Club	21.1	10; 5	06h00	Jan Naborn	082-4902788	053-8410163
Central North West	11/13/2010	Vryburg Spar Half Marathon	Vryburg Showgrounds	21.1	10; 5	06h30	Herman Swanepoel	082-3384722	053-9273964
Boland	11/13/2010	Moreson Sean Dowling 15 km Race	Moreson Wine Farm	15.0	5	07h00	Race Secretary	082-5783017	
Mpumalanga	11/13/2010	Calderys Refractory Solutions Half Marathon & 10 km	Midack Clubhouse	21.1	10	07h00	Conrad van den Berg	082-9081228	013-2472770
South Western Districts	11/13/2010	Heatherpark Super Spar Half Marathon	Heatherpark Super Spar	21.1	5	07h00	Danie Raubenheimer	083-3767414	044-8015650
Western Province	11/13/2010	Easterns Kraaifontein 10 km Run/Walk	Aristae Primary School	10.0		07h00	Anvir Logenstein	084-4005821	021-9819143
KwaZulu-Natal	11/14/2010	The Bluff Meat Supply Vets Half Marathon	Fynnlans Sports Complex	21.1	15	05h00	Grant Howes	083-2259815	
Central Gauteng	11/14/2010	Paul Ras Half Marathon	Springs Rugby Club	21.1	10; 5	06h00	Petra Myburgh	082-3368634	011-8117767

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Province	Race Date	Race Name	Start Venue 1	Distance	Alternate Distances	Start Time	Contact Name	Cell	Work Tel
Western Province	11/14/2010	Landmarks Half Marathon	WP Cricket Club Sports Centre	21.1		06h00	Secretary		021-6573300
Central Gauteng	11/14/2010	Sportsmans Warehouse 10 km & 5 km	Princess Crossing Shopping Centre	10.0	5	07h00	Charlie Herselman	082-7701143	
Border	11/14/2010	Lightning Fast 10 km	Johnson & Johnson	10.0		08h00	Stan Barbour	083-6084353	
KwaZulu-Natal	11/14/2010	Greater Edendale 10 km Run/Walk	FNB Wadley Stadium	10.0	5	08h00	The Secretary		033-8978650
Central Gauteng	11/17/2010	Austin Jordaan Attorneys 15 km Nite	Benoni Northerns Sports Grounds	15.0		19h00	Madge Atwell	083-5731011	011-8498473
Limpopo	11/19/2010	Woodcity Polokwane 10 km & 5 km	Polokwane Athletic Club	10.0	5	18h30	Pieter Pretorius	084-4006667	
Western Province	11/20/2010	Mr Price Winelands Marathon & Half Marathon	Markotter Sports Grounds	42.2	21.1; 5	05h30	Hans Hugo	072-2908179	
Border	11/20/2010	Gonubie Coastal Challenge	Guido's Centre	15.0		06h00	Peter Sharp	082-5684920	
Gauteng North	11/20/2010	PMC Andrew Greyling Half Marathon	Anton van Wouw Primary School	21.1	10; 5	06h00	Wynand du Preez	082-3718292	
Free State	11/20/2010	Ficksburg Cherry Race 23 km	Ficksburg Primary School	23.0		07h00	Audi Fourie	073-8086189	
South Western Districts	11/20/2010	Lagoon to Bay Half Marathon & 5 km	Knysna Marathon Club - Loerie Park	21.1	10; 5	07h00	Mike Jacobs	082-5667851	
Eastern Province	11/20/2010	The Willows Challenge	The Willows	10.0	5	07h30	Peter Pohlmann	082-9310731	
KwaZulu-Natal	11/21/2010	Heatonville 19 km	Addison Park	19.0		06h00	Sonia Baumann	082-5583404	
Western Province	11/23/2010	Twilight Team Run	Founder's Garden	5.0		19h30	Lester Cameron	082-4898309	
Western Province	11/24/2010	Sanlam Niel Joubert Plaaswedloop 13 km	Klein Simonsvlei Farm	13.0		18h00	Christiaan Pieters	084-2348224	
Mpumalanga	11/24/2010	Hans Storm Memorial 10 km Nite	Laerskool J J van der Merwe	10.0		19h00	Adele Smit	082-7720613	017-8116188
Border	11/27/2010	Salomon Skyrun	Mountain View Country Inn	100.0		04h00	Adrian Saffy	082-5665668	
South Western Districts	11/27/2010	Die Vlakte Marathon & Half Marathon	Heidelberg High School - 42.2km	42.2	21.1; 10	05h00	Endri Uys	082-4941926	028-7221103
Central Gauteng	11/27/2010	Soul City Half Marathon & 10 km	University of Johannesburg	21.1	10; 5	06h00	Colin Stone	076-4211775	011-2594014
KwaZulu-Natal	11/27/2010	Sani Stagger Marathon & Half Marathon	Sani Pass Hotel (42km)	42.2	21.1	06h00	Trish Crawley	083-4470766	033-7011577
Western Province	11/27/2010	Brooks Phil Pansegrouw Half Marathon	Bellville Athletic Stadium	21.1	10	06h00	Pieter Carstens	084-4044933	
Gauteng North	11/27/2010	Tom Jenkins Challenge	Union Buildings	21.1	10; 5	06h30	John Gwetsa	082-4359212	
Eastern Province	11/27/2010	Walmer 15 km	Portuguese Club	15.0	5	07h00	Loynes Jenkerson	082-6446422	
Border	11/27/2010	National Port Authority Bank to Bank 10 km	Buffalo Bridge	10.0	5	18h00	Bronek Urban	082-5770932	
Central Gauteng	11/28/2010	RAC City Lodge Tough One 32 km & Asics Five	Old Parktonian Club	32.0	5	06h00	Vreni Welch		011-4428256
KwaZulu-Natal	11/28/2010	Stella Tribute 15 km Run/Walk	Stella Sports Club	15.0		06h00	Cecil Sher	083-5663333	
Western Province	11/28/2010	New Balance Surfers Challenge	Kommetjie Beach	12.0		09h00	Top Events		021-5117130
Western Province	12/1/2010	Metropolitan 10 km	Parc du Cap	10.0		18h30	Kenneth Jantjies	083-4123366	021-9406294
Eastern Province	12/4/2010	Aspen PE City Marathon	Lorraine Primary School	42.2	10	05h00	Graham Elbourne	082-8253784	041-4072854
South Western Districts	12/4/2010	Langeberg Mall Velskoen 32 km & 10 km Run/Walk	Langeberg Mall	32.0	10; 5	05h00	Des Harris	083-3098732	044-6905390
Western Province	12/4/2010	Run/Walk for Life/New Balance Half Marathon	Radloff Park Sports Ground	21.1	10	06h30	Marie Barnard	083-4483090	021-8528473
KwaZulu-Natal	12/5/2010	Bearing Man Stainbank Cup	Yellowwood Park Sports Club	15.0	5	06h00	Fred Schoon	083-3844053	031-2741815
Central Gauteng	12/5/2010	Ekurhuleni Half Marathon	Huntersfield Stadium	21.1	10	07h00	Mathapelo Morema	083-9866376	011-2554898
Gauteng North	12/6/2010	Spar Tops 10 km	TBA	10.0	5	06h00	Henning van Aswegen	082-3445641	
South Western Districts	12/8/2010	Ernst Louw 10 km Memorial & 5 km	Eden Country Inn	10.0	5	18h00	Des Harris	083-3098732	044-6905390
Gauteng North	12/11/2010	Great Run 15.5 km & 5 km Fun Run	Voortrekker Monument	15.5	5	06h00	Mohau Molelekoa	083-7333395	073-4246906
Griqualand West	12/11/2010	Battle of Magersfontein	Magersfontein Battlefield	25.0	10	06h00	David Janse van Vuuren	083-4438198	053-8317662
Western Province	12/11/2010	Avbob 15 km	Pick 'n Pay Shopping Centre	15.0		06h00	Voice Link (all hrs)		088-1301155
Eastern Province	12/11/2010	Despatch 10 km & 5 km	Despatch Sports Centre	10.0	5	06h30	John Allers	084-5904301	
South Western Districts	12/11/2010	Palm Tyres Half Marathon & 5 km	Palm Tyres	21.1	5	07h00	Henry Hill	082-9067331	044-8031409
KwaZulu-Natal	12/12/2010	Ilovo 15 km Christmas Challenge	Westville Athletic Club	15.0		06h00	Sharon Schubach	031-7019863	031-7019863
South Western Districts	12/15/2010	Knysna 10 km Nite	Knysna Marathon Club - Loerie Park	10.0	5	18h00	Ivan Palmer	072-2221283	
Boland	12/15/2010	Simonsvlei 10 km	Faure Street	10.0		18h30	Sybrandt du Plessis	083-4446940	
Western Province	12/16/2010	Guguletu Reconciliation Day 10 km	Guguletu Sports Complex	10.0		06h30	Marshall Moiloa	084-6508785	021-6714984
Central Gauteng	12/16/2010	Wobblers & Wigglers Hat Race	Pirates Club	8.3		08h00	Shelagh Smith	082-4858168	011-3803000
Central Gauteng	12/16/2010	Malcolm X 10 km	Vosloorus Stadium	10.0		08h00	James Moloi	082-9300344	
Boland	12/16/2010	Big Blue Summer Series 2 : Speedy Kleinmond Stranddienste 10 km	Kleinmond Harbour	10.0	5	16h00	Race Secretary	079-4136610	
KwaZulu-Natal	12/18/2010	KwaZulu Weavers Summer Holiday 23 km Run/Walk	Bergville Primary	23.0		06h00	Belinda Smith	082-3968050	036-3523347
South Western Districts	12/18/2010	Somerson Half Marathon	Diaz Beach	21.1	10	06h00	Jacob Karelse	073-3838409	
Western Province	12/18/2010	Mitchells Plain Titans Half Marathon	Rocklands Sport Complex	21.1	10; 5	06h00	Charmaine Meyer	084-2200271	
Boland	12/18/2010	Whalers 10 km & 5 km Fun Run	Onrus River - Beach	10.0	5	07h00	Carina van der Merwe	082-8238632	
KwaZulu-Natal	12/19/2010	Calder Cup/Sulin Trophy	NMR Avenue	10.0		06h00	Kitty Konar	082-7680738	
Central Gauteng	12/19/2010	Daveyton Stop Abuse 10 km	Dinabe Stadium	10.0		07h00			
South Western Districts	12/21/2010	Gleniqua Properties 10 km & 5 km	TBA	10.0	5	08h00	Henry Hill	082-9067331	044-8031409
South Western Districts	12/22/2010	Moordkuil 15 km & 5 km	Friemersheim Sports Ground	15.0	5	17h30	Des Harris	083-3098732	044-6905390
Western Province	12/22/2010	Sundowner 10 km	V & A Waterfront	10.0		18h30	Brenda Austin	082-5617748	021-7885700

Province	Race Date	Race Name	Start Venue 1	Distance	Alternate Distances	Start Time	Contact Name	Cell	Work Tel
South Western Districts	12/22/2010	Outeniqua Nite Beach Run	Wilderness Beach	10.0	5	20h30	Henry Hill	082-9067331	044-8031409
Western Province	12/26/2010	Tokai Manor House 16 km	Porter School	16.0		07h00	Elza Olivier	083-9879665	
Boland	12/27/2010	Big Blue Hangklip Half Marathon	Stony Point	21.1	10; 5	06h30	Race Secretary	079-4136610	
South Western Districts	12/27/2010	Coreen Fourie/Eco Avonture 5 km	Bat Cave	5.0		07h00	Des Harris	083-3098732	
South Western Districts	12/27/2010	Engen 10 km	Engen Multi Centre	10.0	5	18h00	Danie Raubenheimer	083-3767414	044-8015600
Eastern Province	12/28/2010	Friends of St Francis Nature Areas 10 km	Main Beach Car Park	10.0	5		Joan Brady	083-3983948	
South Western Districts	12/29/2010	Garden Route Casino 10 km & 5 km Nite Race	Amphitheatre	10.0	5	18h00	Jakob Karelse	073-3838409	044-6932904
Boland	12/31/2010	Dangerpoint Half Marathon	Gansbaai Primary School	21.1	10; 5	07h00	Adele Nel	082-5645348	028-3880197
Gauteng North	12/31/2010	Cid to Cid Old Year's Race Run/Walk	Rietondale Park	10.0	5	17h00	John Gwetsa	082-4359212	
Vaal Triangle	12/31/2010	Nedbank (AVT) Ou Jaars Party 10 km & 5 km	Kollegepark Primary School	10.0	5	18h00	Pierre Joubert	082-8512127	
Western Province	12/31/2010	Runners' Memorial	Green Point Lighthouse	8.0		18h00	Marc Naumann	083-4658335	