

JANUARY 2010

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE(KM)	CLUB	ORGANISER	CONTACT NO
FRIDAY 1	07:00	New Years Race	Botanical Gardens	RR & W	5 & 10 KM	RWFL	Daan du Toit	0825724169
SATURDAY 2	06:30	Fiadelfia Gardens 10	Hoerskool Tuine	RR & W	5 & 10 KM	FIT 200	Theuns Coetzee	0833989039
SATURDAY 9	06:00	Bobbies 10/21 KM	Police College Pta -West	RR & W	5; 10 & 21 KM	PPMC	Theo Naude	
SATURDAY 16	06:00	ACE 10/21 KM	Derdepoort Resort	RR & W	10 & 21 KM	ACE	Michael Lawrence	0846789112
SATURDAY 23	06:00	Nedbank Matha	Tuks Sportsgrounds	RR & W	5 & 21 KM	AGN Office	AGN RR	0123274931
SATURDAY 30	05:30	George Claassen	Menlyn Shopping Centre	RW	21 KM	PMC	Danie Hoffmann	0834632031
	06:00	George Claassen	Menlyn Shopping Centre	RR & W	5; 10 & 21 KM	PMC	Liezel v Zyl	0798695030

FEBRUARY

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE	CLUB	ORGANISER	CONTACT NO
SATURDAY 6	06:00	McCarthy Toyota	Rietondale Park	RR & W	5:10 & 21.1KM	Magnolia RR	Hank Bezuidenhout	0124609065
WEDNESDAY 10	18:30	SPAR Lantern	Argicultural Research Council	RR & W	5&10KM	Irene	Wynand Breytenbach	0829370733
SATURDAY 13	06:00	Bronkhorstspuit	Erasmus High School Grounds	RR & W	10,32KM	Bronkhorstspuit AC	Rudi Kuschke	0727751779
SATURDAY 20	06:00	Tuks Half Marathon	LC de Villiers SG	RR & W	5'10 & 21 KM	Tuks A/C	Gloudien Spies	08282216952
SATURDAY 27	06:00	Deloitte Pretoria Marathon	Hoffmeyer Park Lynnwood	RR & W	21.1 & 42.2KM	Phobians	G Croucamp	0845827242
	06:20	Deloitte Pretoria Marathon	Hoffmeyer Park Lynnwood	RR & W	10 KM	Phobians	G Croucamp	0845827242

MARCH

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE	CLUB	ORGANISER	CONTACT NO
SATURDAY 6	06:00	Akasia 3 in 1	Gerrit Maritz High School	RR & W	21,1 & 42,2	Akasia M C	Paul Ferreira	08282235159
	06:15	Akasia 3 in 1	Gerrit Maritz High School	RR & W	10 KM	Akasia M C	Paul Ferreira	08282235159
SATURDAY 13	06:07	Sunrise Monster	Harlequins Club Groenkloof	RR & W	10 & 32 KM	Harlequins	Frans Verwoerd	0827747070
SATURDAY 20	07:00	Right to Run	Sunnypark Sunnyside	RR & W	5,10,21.1KM	Arcadia	John Gwetsa	0824359212
SATURDAY 27	06:00	Denel	Kentron Irene	RR & W	1,10,21.1KM	Kentron	Kierie vd Schyff	0828044803
SUNDAY 28		JO'BURG CITY MARATHON	JO'BURG	RR	10,42.2KM	CGA/AGN	AGN	0123274930

APRIL

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE	CLUB	ORGANISER	CONTACT NO
SATURDAY 3	06:00	Mazda Zoom - Zoom	Ford Recreation Centre	RR & W	15 & 21 KM	Mazda	Clement Shezi	0846198224
SATURDAY 3	06:00	Two Oceans marathon	Cape Town		21 / 56 KM			
MONDAY 5	07:00	Family Day Run/Walk	Gift Acres Shopping Centre	RR & W	5 & 10 KM	RWFL	Daan du Toit	0825724169
SATURDAY 10	06:30	Solomon Mahlangu	Mamelodi SG	RR & W	5 & 10 KM	AGN/City of Tswane	AGN	0123274931
SUNDAY 11	06:00	Magnolia 60 KM Long Run	Magnolia Club House		4 x 15 Km		Collin Billau	0825783925
SATURDAY 17	07:30	Take Five Relay	Cornwall Hill College	RR	5KM	Faranani AC	Hank Bezuidenhout	0124609065
SATURDAY 17	06:00	Loskop Ultra marathon	Middelburg		50 KM			
SATURDAY 24	06:00	Telkom ConnecXion	Telkom Technopark Cent	RR & W	5; 10 & 21 KM	Telkom A/C	Lucky Dlamini	0828295272

MAY

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE	CLUB	ORGANISER	CONTACT NO
SATURDAY 1	06:30	T raumeel Wally Hayward	Swartkop High School	RR & RW	32 & 42 KM	Alpha Centurion	Frans Vermaak	0828549954
	07:00	Traumeel Wally Hayward	Swartkops High School	RR & W	10 & 21 KM	Alpha Centurion	Frans Vermaak	0828549954
Fri 01/Sat 02		SA Masters Championships	PILDITCH	T&F				
SATURDAY 8	06:00	Jackie Mekler Memorial	Dsc Thaba Tshwane	RR & W	10 & 25 KM	PMMC	Vivian Petrus	0825582968
SATURDAY 15	07:00	Race 4 Friendship	Moreleta Plaza	RR & W	8 & 16 KM	RWFL	Daan du Toit	0825724169
SATURDAY 22	07:00	Muller Potgieter	Quagga Sentrum	RR & W	5 & 15 KM	VTM AK	Leon Bezuidenhout	0763739019
SATURDAY 29	07:00	Brooklyn School Run/Walk	Brooklyn Primary School	RR & W	2 : 5,5 & 11 km	RWFL	Daan du Toit	0825724169
SUNDAY 30	05:30	Comrades Marathon						

JUNE

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE	CLUB	ORGANISER	CONTACT NO
SATURDAY 5	07:00	Hazeldene 10	TBA	RR & W	5 '10 & 21 KM	Fushion Sports	Liezel v Zyl	0798695030
SATURDAY 12	07:00	Race 4 Faith	Silver Oaks Crossing	RR & W	5,5 : 10 & 15 KM	RWFL	Daan du Toit	0825724169
SATURDAY 19	07:00	Fanie Booysen Icebreaker	Laerskool Garsfontein	RR & W	5 & 10 KM	Arete	Rita vd Merwe	0836570508
SATURDAY 26	07:00	Heroes of Attridgeville	Ga Mothaka Resort	RR & W	1 : 5 : 10 & 21 KM	Juluca Diggers RRC	Tsomberi Tshankie	0828871696

JULY

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE	CLUB	ORGANISER	CONTACT NO
SATURDAY 3	0:700	Harlequins Challenge	Harlequins SG	RR & W	5 & 10 KM	Harlequin Harriers	Geoff Hesse	0828964377
SATURDAY 10	07:30	Aminostim 15	Argicultural Research Counsil	RR & W	5 & 15 KM	Irene	Wynand Breytenbach	0829370733
SATURDAY 17	07:30	Springbok Vasbyt	Voortrekker Monument	RR & W	10,5 & 23,3 KM	VTM AK	A. Hattingh	0834158016
SATURDAY 24	08:00	New Balance Trail	Fountains Valley	RR & W	15 KM	New Balance	Pierre Jordaan	0828219836
Sat, 24		Nedbank SA HALF MARATHON CHAMPS						
Sat 31		AGN Prov cross country champs		CC		AGN Office	AGN	0123274930
SATURDAY 31	07:00	Jolly Jumper	Swartkops Lapa	RR & W	5 : 10 & 21 KM	Alpha Cent	Sharon Badenhorst	0824541598

AUGUST

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE	CLUB	ORGANISER	CONTACT NO
SATURDAY 7	06:00	Carlton 10/21 KM	Medunsa Campus	RR & W	10 & 21 KM	Carlton A/C	Dukes Mokoto	0824125673
SATURDAY 14	06:30	Marcel vt Slot	Phobians SG	RR & W	5 & 15 KM	Phobians	Dimitri Kavallineas	0832997456
Sat, 21		Nedbank SA 10KM CHAMPIONSHIPS						
SATURDAY 21	14:00	Spar Ladies	LC de Villiers SG	RR & W	5 & 10 KM	Varsity Sport/Tuks	H. v Aswegen	0823445641
SATURDAY 21	06:00	Dawn 2 Dusk	Akasia High School	RR & W	80KM/12 HOURS	Akasia	Paul Ferreira	0828235159
SATURDAY 29	06:00	Castle Walk	Castle Walk Shopping Mall	RR & W	5 & 10 KM	Prestige SC/PMC	Liesel v Zyl	0833739818

SEPTEMBER

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE	CLUB	ORGANISER	CONTACT NO
SATURDAY 4	06:30	Spirit of Flight	AFB Swartkops	RR & W	5 & 10 KM	PMMC	Vivian Petrus	0825582968
Sat 11		SA C/C Championships		CC		ASA	ASA	
SATURDAY 11	06:30	Ou Voetpad Berg 10 Miller	TUT Pra-West	RR & W	16,1 KM	VTM AK	L. Bezuidenhout	012-3386338:

SATURDAY 18	06:30	CSIR Road Race	CSIR Conference Centre	RR & W	10 & 21 KM	CSIR	Michelle Smit	0124813942
SATURDAY 25	06:00	McCarthy Volkswagen	Rietondale park Rietondale	RR & W	21,1 KM	ACR + Mamelodi AC	Event Office	0124609065
	06:30	McCarthy Audi	Rietondale Park Rietondale	RR & W	5 & 10 KM	ACR & Agape	Event Office	0124609065

OCTOBER

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE	CLUB	ORGANISER	CONTACT NO
SATURDAY 2	06:00	Business Relay	Rietondale Park	RR	42.2 KM	Magnolia	Event Office	0124609065
SATURDAY 2	06:00	Business Relay	RIETONDALE PARK	RW	21.1 KM	Magnolia	Event Office	0124609065
SATURDAY 9	06:00	MacChamberlain Capital Class	HPC Tuks	RR & W	10 & 21.1 KM	Alpha Cent/Phob	Frans Vermaak	08288549954
SATURDAY 16	06:00	Woodlands Boulevard	Woodlands Shopping Centre	RR & W	10 & 21.1 KM	Enduro	Gideon Adriaanse	0836296693
SATURDAY 23	06:00	Tuks Alumni	AFB Waterkloof	RR & W	5;10 & 21 KM	Tuks Alumni	Danie v Wyk	08333310292
Sat 30		Prisma Comms Ericson Sub Youth, Y	PILDITCH	T&F				
SATURDAY 30	06:00	Hunters Challenge	Maritimo Clubhouse	RR & W	10&21.1 KM	Maritimo MC	Natalie Louw	0712540208

NOVEMBER

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE	CLUB	ORGANISER	CONTACT NO
SATURDAY 6	06:00	Agape 3 in 1	Adelaars SG	RR & W	5,10,21,32 KM	Agape A/C	Marieta Bortoli	0824667031
Sun, 07		Nedbank SOWETO Marathon :	Soweto, GAUTENG	RR				
SATURDAY 13	06:00	Liquifruit Irene	Agricultural Centre Irene	RR & W	21.1 KM	Irene	Wynand Breytenbach	0126540005
	06:10	Liquifruit Irene	Agricultural Centre Irene	RR & W	5 & 10 KM	Irene	Wynand Breytenbach	0126540005
SATURDAY 20	06:00	Andrew Greyling Road Race	TBA	RR & W	5; 10 & 21 KM	PMC	Wynand du Preez	0823718292
SATURDAY 27	06:30	Tom Jenkins	Union Buildings	RR & W	5,10 & 21.1 KM	Arcadia	John Gwetsa	0824359212

DECEMBER

DATE	TIME	EVENT	VENUE	CATEGORY	DISTANCE	CLUB	ORGANISER	CONTACT NO
SATURDAY 6	06:00	SPAR Tops 10	LC de Villiers SG	RR & W	5 & 10 KM	Varsity SC	Event Office	0823445641
SATURDAY 11	06:00	The Great Run	TBA	RR & W	5 & 15km	Mamelodi AC	Mohau Molelekoa	0837333395
SATURDAY 18								
FRIDAY 31	17:00	Old Years Race	RietondalePark	RR & W	5 & 10KM	Arcadia	John Gwetsa	0824359212

