

Western Province Athletics Fixture List 2011 (Final 2010/12/07)

DATE	DAY	EVENT	DIST	TIME		VENUE	CLUB	Contact Person	Contact No.	E-Mail
09-Jan-11	Sun	Ocean Basket Bay to Bay 30 km	30	06:00	RCS	Maiden's Cove, Camps Bay	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
	Sun	Ocean Basket Bay to Bay Relay	2 x15	06:00	RCS	Maiden's Cove, Camps Bay	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
	Sun	Ocean Basket Bay to Bay Fun Run	5	06:30		Maiden's Cove, Camps Bay	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
15-Jan-11	Sat	Hohenhort 15km	15	06:00		Alphen Centre, Main Road, Constantia	Pinelands AC	Pierre Cloete	082 654 3702	pscloete@pgwc.gov.za
19-Jan-11	Wed	KFC Brackenfell 10 Km	10	18:30		Brackenfell High School	Brackenfell AC	David McCarthy	079 913 0618	rochelle.mccarthy@parmalat.co.za
		KFC Brackenfell Fun Run	5	18:20		Brackenfell High School	Brackenfell AC	David McCarthy	079 913 0618	rochelle.mccarthy@parmalat.co.za
22-Jan-11	Sat	Red Hill 42.2	42.2	06:00		Fish Hoek Sports Grounds	Fish Hoek AC	Kim Jenkinsen - Wright	082 799 6785	race@fishhoekac.com
	Sat	Red Hill Classic	36	06:00		Fish Hoek Sports Grounds	Fish Hoek AC	Kim Jenkinsen - Wright	082 799 6785	race@fishhoekac.com
22-Jan-11	Sat	WPA Walking Grand Prix 1	20 W	07:30		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za
		WPA Walking Grand Prix 1	10 W	08:00		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za
		WPA Walking Grand Prix 1 Development race	5 W	08:45		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za
22-Jan-11	Sat	SA Cross Country Trials				Potchefstroom	ACNW			
26-Jan-11	Wed	Durbanville Pharmacy Dan Luyt 15km	15	18:30		Durbanville Library	Bellville AC	Martin Scott	083 320 8250	martins@eclipse.co.za
30-Jan-11	Sun	Kloof Nek Classic 21km	21,1	06:00		Camps Bay High School	Fit 2001 (WP)	Brenda Austin	082 561 7748	baustin@remax.net
05-Feb-11	Sat	Lion of Africa 21.1km	21,1	06:00	WPA	School of Technology, Tokai	Spartan Harriers AC	Simon Speck	021 761 8161	
05-Feb-11	Sat	Lion of Africa 10km	10	06:15	RCS	School of Technology, Tokai	Spartan Harriers AC	Mark Krober	083 440 9662	mark@goldpack.co.za
	Sat	Phillip Rabinowitz 10 Km Walk	10 W	07:00	RCS	School of Technology, Tokai	Spartan Harriers AC	David Kirby	082 298 7547	
	Sat	Lion of Africa Fun Run	5	07:15		School of Technology, Tokai	Spartan Harriers AC	Mark Krober	083 440 9662	mark@goldpack.co.za
12-Feb-11	Sat	Top Form 10km Challenge	10	07:30		Turfhall Park Stadium	Top Form AC	Russel Mehl	084 545 5851	Rmehl@pawc.gov.za
13-Feb-11	Sun	ASA Marathon Championship	42.2			George	ASWD			
16-Feb-11	Wed	Jacobus "Ballie" Brintjies Memorial Race	10	18:15		Florida Park, Ravensmead	Ravensmead AC	Martin Julies	082 636 4078	mjulies@monatic.co.za
19-Feb-11	Sat	Old Mutual Fun Run Series # 1								
19-Feb-11	Sat	Yellow Pages Series I				Potchefstroom	ACNW			
20-Feb-11	Sun	Peninsula Marathon	42,2	05:15		Green Point to Simon's Town	Celtic Harriers AC	Top Events	021 511 7130	info@topevents.co.za
	Sun	Peninsula Half Marathon	21,1	07:00		Bergvliet to Simon's Town	Celtic Harriers AC	Top Events	021 511 7130	info@topevents.co.za
25-Feb-10	Fri	Yellow Pages Series II				Pretoria	AGN			
26-Feb-11	Sat	Koeberg 15 km	15	07:00		Koeberg Nature Reserve	Eskom Gijimas	Kaylene van Dyk	082 509 2967	Flippie.vandyk@eskom.co.za
	Sat	Koeberg 5km Fun Run	5	07:15		Koeberg Nature Reserve	Eskom Gijimas	Kaylene van Dyk	082 509 2967	Flippie.vandyk@eskom.co.za
26-Feb-11	Sat	Southern Region Championships				Zambia	CAA S. Region			
26-Feb-11	Sat	Old Mutual Fun Run Series # 2								
02-Mar-11	Wed	Lighthouse 10 km	10	18:15		Green Point Lighthouse, Mouille Point	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
04-Mar-11	Fri	Provincial Youth & Junior Champs				ASA Provinces	ASA Provinces			
05-Mar-11	Sat	Provincial Youth & Junior Champs				ASA Provinces	ASA Provinces			
05-Mar-11	Sat	Century City 10km	10	07:30	WPA	Central Park, Century City	Century City AC	Alan Liebenberg	083 651 8165	alani@ccpoa.co.za
05-Mar-11	Sat	African Championships				TBA	CAA / ASA			
06-Mar-11	Sun	African Championships				TBA	CAA / ASA			
06-Mar-11	Sun	Jive Big Walk	Var	07:30		Greenpoint Track				
10-Mar-11	Thur	Yellow Pages Series III				Stellenbosch	BOLA			
11-Mar-11	Fri	LSEN National Championships				Gauteng	SASA			
12-Mar-11	Sat	LSEN National Championships				Gauteng	SASA			
12-Mar-11	Sat	Constantia Village	15	06:15	RCS	Constantia Village	Acscis VOB	Charlotte Kettlewell	021 761 8887	yobsec@mweb.co.za
	Sat	Constantia Village Family Fun Run	5	06:45		Fals Bay Rugby Club	Acscis VOB	Charlotte Kettlewell	021 761 8887	yobsec@mweb.co.za
12-Mar-11	Sat	Old Mutual Fun Run Series # 3								
13-Mar-11	Sun	Argus Cycle Tour	Var	06:00		Cape Town				
17-Mar-11	Thur	SASA National Primary Schools Champs				Germiston	SASA			
18-Mar-11	Fri	SASA National Primary Schools Champs				Germiston	SASA			
18-Mar-11	Fri	Provincial Senior Champs				ASA Provinces	ASA Provinces			
19-Mar-11	Sat	SASA National Primary Schools Champs				Germiston	SASA			
19-Mar-11	Fri	Provincial Senior Champs				ASA Provinces	ASA Provinces			
19-Mar-11	Sat	Seeff Weskus Marathon	42,2	06:30		West Coast National Park Offices, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@strandlopers.co.za
	Sat	Seeff Weskus Half Marathon	21,1	07:00		West Coast National Park Offices, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@strandlopers.co.za
	Sat	Seeff Weskus Fun Run	5	07:30		West Coast National Park Offices, Langebaan	Langebaan Strandlopers	Louis van der Walt	074 233 8865	weskusmarathon@strandlopers.co.za
20-Mar-11	Sun	UCT Memorial	10	07:00		Middle Campus, UCT	UCT	Sports Administration	021 650 3564	itevans@mweb.co.za
23-Mar-11	Wed	Sunset Team Time Trail	3 x 3	18:00		Green Point Lighthouse, Mouille Point	ATC Running	Steve Attwell	082 739 9010	steve@embark.co.za
24-Mar-11	Thur	SASA National Championships				Paarl	SASA			
25-Mar-11	Fri	SASA National Championships				Paarl	SASA			
26-Mar-11	Sat	SASA National Championships				Paarl	SASA			
26-Mar-11	Sat	Yellow Pages Interprovincial I				Germiston	CGA			

26-Mar-11	Sat	Old Mutual Fun Run Series # 4										
27-Mar-11	Sun	Vineyard Forest run 21km	21	07:30		In the Forest , Winey Road	Strand AC	Lester Burrow	082 424 8547	lb@telkomsa.net		
	Sun	Vineyard Forest run 10km	10	07:45		In the Forest , Winey Road	Strand AC	Lester Burrow	082 424 8547	lb@telkomsa.net		
02-Apr-11	Sat	Yellow Pages SA Youth, Junior & u23 Champs				Germiston	CGA					
03-Apr-11	Sun	Yellow Pages SA Youth, Junior & u23 Champs				Germiston	CGA					
03-Apr-11	Sun	Glenryck 30 Km	30	06:00		Parow Athletic Track, Parow North	Tygerberg Northlink AC	Leon Thelander	083 999 6450	leon.thelander@onthedot.co.za		
09-Apr-11	Sat	Pinelands 6 x 6 Relay	6 x 6	13:00		Lower Oval, Pinelands	Pinelands AC	Tony Will	072 783 4154	arwill@telkomsa.net		
09-Apr-11	Sat	Yellow Pages SA Senior Champs				Durban	AKZN					
10-Apr-11	Sun	Yellow Pages SA Senior Champs				Durban	AKZN					
10-Apr-11	Sun	SPAR Women's race	10	08:00		Belville Stadium Belville	WPA	WPA Office	021 699 0615	events@wpathletics.co.za		
	Sun	SPAR Women's race	5	08:30		Belville Stadium Belville	WPA	WPA Office	021 699 0615	events@wpathletics.co.za		
16-Apr-11	Sat	Pro Sano 10 km Challenge	10	07:30		Peninsula Technikon, Bellville	Telkom AC	Derrick Rondganger	082 465 8624	rondgado@telkom.co.za		
	Sat	Pro Sano 10 km Walk	10 W	07:40		Peninsula Technikon, Bellville	Telkom AC	Derrick Rondganger	082 465 8624	rondgado@telkom.co.za		
	Sat	Pro Sano Challenge Fun Run	5	08:00		Peninsula Technikon, Bellville	Telkom AC	Derrick Rondganger	082 465 8624	rondgado@telkom.co.za		
16-Apr-11	Sat	Yellow Pages Interprovincial II				Cape Town	WPA					
16-Apr-11	Sat	Combined Events African Champs				Mauritius	CAA					
16-Apr-11	Sat	Race Walking African Champs				Mauritius	CAA					
17-Apr-11	Sat	Combined Events African Champs				Mauritius	CAA					
17-Apr-11	Sun	Race Walking African Champs				Mauritius	CAA					
22-Apr-11	Fri	Two Oceans Fun Runs	Var	12:00		UCT Sports Fields	WPA	WPA Office	021 699 0615	events@wpathletics.co.za		
22-Apr-11	Fri	Old Mutual Two Oceans Trail Run	18	07:30		UCT Sports Fields	Two Oceans Marathon Association	Trevor Ball	082 896 4537	info@trailrunning.co.za		
	Fri	Old Mutual Two Oceans Trail Run	8	07:30		UCT Sports Fields	Two Oceans Marathon Association	Trevor Ball	082 896 4537	info@trailrunning.co.za		
23-Apr-11	Sat	Old Mutual Two Oceans Ultra Marathon	56	06:25	RCS	UCT Sports Fields	Two Oceans Marathon Association	TOMA Office	021 657 5140	info@twooceansmarathon.org.za		
	Sat	Old Mutual Two Oceans Half Marathon	21,1	06:00	RCS	UCT Sports Fields	Two Oceans Marathon Association	TOMA Office	021 657 5140	info@twooceansmarathon.org.za		
29-Apr-11	Fri	Yellow Pages USSA Champs				Stellenbosch	USSA					
30-Apr-11	Sat	Yellow Pages USSA Champs				Stellenbosch	USSA					
30-Apr-11	Sat	Cross Country Relay	CC			Pinehurst Primary School	Pinelands	Andy James	082 707 6040	admin@siaps.wcape.school.za		
07-Mei-11	Sat	Cross Country League 1	CC			UWC	UWC	Andy James	082 707 6040	admin@siaps.wcape.school.za		
07-Mei-11	Sat	WPA Walking Grand Prix 2	30 W	07:30		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za		
	Sat	WPA Walking Grand Prix 2	20 W	08:00		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za		
	Sat	WPA Walking Grand Prix 2	10 W	08:45		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za		
	Sat	WPA Walking Grand Prix 2 Development race	5 W	10:00		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za		
08-Mei-11	Sun	Milkwood	21,1	07:30	RCS	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Graeme Trautmann	079 516 5801	milkwood@haha.co.za		
	Sun	Milkwood	10	07:45	RCS	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Graeme Trautmann	079 516 5801	milkwood@haha.co.za		
14-Mei-11	Sat	Brackenfell Pick 'n Pay Family Store 21km	21,1	07:00		Brackenfell Primary School	Brackenfell AC	David McCarthy	079 913 0618	rochelle.mccarthy@parmalat.co.za		
	Sat	Brackenfell Pick 'n Pay Family Store Fun Run	5	07:15		Brackenfell Primary School	Brackenfell AC	David McCarthy	079 913 0618	rochelle.mccarthy@parmalat.co.za		
15-Mei-11	Sun	Cross Country League 2	CC			UCT Tennis Club	UCT	Andy James	082 707 6040	admin@siaps.wcape.school.za		
21-Mei-11	Sat	Darling Half Marathon	21,1	08:30		Darling Primary School	Darling AC	WPA Office	021 699 0615	events@wpathletics.co.za		
	Sat	Darling Fun Run	5	08:30		Darling Primary School	Darling AC	WPA Office	021 699 0615	events@wpathletics.co.za		
22-Mei-11	Sun	Cross Country League 3	CC			Elfindale	Top Form	Andy James	082 707 6040	admin@siaps.wcape.school.za		
22-Mei-11	Sun	ASA 10km Championship	10	TBA		Johannesburg	CGA					
28-Mei-11	Sat	Cross Country League 4	CC			Khayelitsha	Khayelitsha AC	Andy James	082 707 6040	admin@siaps.wcape.school.za		
29-Mei-11	Sun	Comrades	89			Durban						
04-Jun-11	Sat	UWC 10km Fast & Flat	10	07:30		UWC Main Campus	UWC	Jerome Walters	073 157 1755	walters@uwc.ac.za		
	Sat	UWC 10km Fast & Flat Walk	10 W	07:40		UWC Main Campus	UWC	Jerome Walters	073 157 1755	walters@uwc.ac.za		
	Sat	UWC 10km Fast & Flat Fun Run	5	08:00		UWC Main Campus	UWC	Jerome Walters	073 157 1755	walters@uwc.ac.za		
05-Jun-11	Sun	New Balance Table Mountain 16km	16	08:00		Constantia Nek	Acis VOB	Charlotte Kettlewell	021 761 8887	vobsec@mweb.co.za		
12-Jun-11	Sun	Itheke 21	21,1	07:00		Green Point Track	Lion os Africa Itheke Sport AC	Shiehaam Darries	084 991 1200	race@itheko.org		
	Sun	Itheke 10	10	07:30		Green Point Track	Lion os Africa Itheke Sport AC	Farouk Meyer	083 460 6786	race@itheko.org		
	Sun	Itheke 10 Walk	10 W	07:40		Green Point Track	Lion os Africa Itheke Sport AC	Farouk Meyer	083 460 6786	race@itheko.org		
18-Jun-11	Sat	Mamre 15km	15	08:00		Mamre Primary School	Mamre AC	Lesley Daniels	079 716 2955	daniellid@eskom.co.za		
	Sat	Mamre Fun Run/walk	5	08:15		Mamre Primary School	Mamre AC	Lesley Daniels	079 716 2955	daniellid@eskom.co.za		
18-Jun-11	Sat	Cross Country League 5	CC			Koeborg	Eskom Gijimas	Andy James	082 707 6040	admin@siaps.wcape.school.za		
25-Jun-11	Sat	Eersterivier 15	15	07:15	RCS	Stratford Primary School	Eersterivier AC	Johannes Kamfer	084 462 7431			
	Sat	Eersterivier Walk	10 W	07:30	RCS	Stratford Primary School	Eersterivier AC	Johannes Kamfer	084 462 7431			
	Sat	Eersterivier Fun Run	5	07:45		Stratford Primary School	Eersterivier AC	Gary Pekeur	072 905 0514	gpekeur@gpwg.gov.za		
02-Jul-11	Sat	Fine Food & Wine Spar Spookhill	15	08:00		Beaumont Primary School, Somerset West	Helderberg Harriers	Hans Hugo	072 290 8179	hugh@arc.agric.za		
	Sat	Fine Food & Wine Spar Spookhill Fun Run	5	08:00		Beaumont Primary School, Somerset West	Helderberg Harriers	Hans Hugo	072 290 8179	hugh@arc.agric.za		
02-Jul-11	Sat	Orak 12 Hour Race	Var	07:00		Vredendal Sports Grounds	Orak	Gerrie Cillers	083 650 0642	gerriecl@telkomsa.net		

02-Jul-11	Sun	ASA Half Marathon Championships	21	TBA		Port Elizabeth	EPA			
09-Jul-11	Sat	Pick 'n Pay/Cape Times Knysna Forrest 42.2km	42.2	07:00		Loerie Park, Knysna	Knysna Marahon Club	Moses Gericke	082 763 7974	
	Sat	Pick 'n Pay/Cape Times Knysna Forrest 21.1km	21.1	08:00		Loerie Park, Knysna	Knysna Marahon Club	Moses Gericke	082 763 7974	
	Sat	Pick 'n Pay/Cape Times Knysna Forrest 5km	5	07:30		Heineken Pavilion, Knysna	Knysna Marahon Club	Partick Bastian	084 437 4025	
17-Jul-11	Sun	Dave Spence Memorial race	10	07:00		NY 49 Stadium, Gugulethu	RCS Guguletu AC	Marshall Moiloa	084 650 8758	nbmultiport1@gmail.com
17-Jul-11	Sun	Dave Spence Memorial race	4	07:30		NY 49 Stadium, Gugulethu	RCS Guguletu AC	Stanley Malange	076 470 8592	
23-Jul-11	Sat	ArcelorMittal Saldanha 21km	21.1	08:00		SAS Saldanha Sports Fields	ArcelorMittal AC	Bossie Boshoff	083 462 4400	Saldanha.sport@arcelormittal.com
	Sat	ArcelorMittal Saldanha Fun Run	5	08:15		SAS Saldanha Sports Fields	ArcelorMittal AC	Marizelle van Heerden	083 448 2149	Saldanha.sport@arcelormittal.com
23-Jul-11	Sat	Cross Country League 6	CC			Strandfontein	Stragglers AC	Andy James	082 707 6040	admin@siaps.wcape.school.za
24-Jul-11	Sun	Voet of The Wine Route	10 W	07:30	RCS	Zevenwacht Mall Kuilsrivier	In Touch AC	Priscilla Williams	076 230 4919	priscilla@radionet.co.za
	Sun	Voet of The Wine Route 10km Walk	10 W	07:40	RCS	Zevenwacht Mall Kuilsrivier	In Touch AC	Magda Roos	082 412 9007	mroos@dla.gov.za
	Sun	Voet of The Wine Route 5km	5	07:45		Zevenwacht Mall Kuilsrivier	In Touch AC	Trixie van Zyl	082 711 1252	vanzyltnixie@gmail.com
30-Jul-11	Sat	Cross Country League 7	CC			Rocklands	Mitchells Plain Titans AC	Andy James	082 707 6040	admin@siaps.wcape.school.za
31-Jul-11	Sun	McKenna & Scott Pinelands 10km	10	07:30		Lower Oval , Pinelands	Pinelands AC	Hayley Smith	082 774 0228	stormsky@mweb.co.za
	Sun	McKenna & Scott Pinelands Fun Run	5	07:35		Lower Oval , Pinelands	Pinelands AC	Hayley Smith	082 774 0228	stormsky@mweb.co.za
06-Aug-11	Sat	Cross Country League 8	X/C			Pollsmoor	Correctional Service AC (WP)	Andy James	082 707 6040	admin@siaps.wcape.school.za
06-Aug-11	Sat	WPA Walking Grand Prix 3	30 W	07:30		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za
	Sat	WPA Walking Grand Prix 3	20 W	08:00		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za
	Sat	WPA Walking Grand Prix 3	10 W	08:45		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za
	Sat	WPA Walking Grand Prix 3 Development race	5 W	09:00		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za
09-Aug-11	Tues	Womens Day Challenge	10	08:00		Belville Stadium	Edgemead AC	Marc Naumann	083 465 8335	wdc@edgemeadrunners.org.za
	Tues	Womens Day Challenge	5	08:00		Belville Stadium	Edgemead AC	Marc Naumann	083 465 8335	wdc@edgemeadrunners.org.za
13-Aug-11	Sat	WPA Cross Country Championship	X/C			Pentech	Bonteheuwel AC	Andy James	082 707 6040	admin@siaps.wcape.school.za
14-Aug-11	Sun	Reutech Solutions John Korasie	30	07:00	RCS	Navy Sports Fields Simonstown	Defence AC	Will Honeyman	083 345 8507	willhoneyman@webmail.co.za
20-Aug-11	Sat	Easterns 15km	15	07:00		Fairbridge Mall, Brackenfell	Easterns Kraaifontein AC	William Swartbooi	084 247 7170	wilden@telkomsa.net
	Sat	Easterns 10 Walk	10W	07:15		Fairbridge Mall, Brackenfell	Easterns Kraaifontein AC	William Swartbooi	084 247 7170	wilden@telkomsa.net
21-Aug-11	Sun	Don Lock Memorial	8	07:30		Claremont Primary School, Claremont	Celtic Harriers AC	Sharon Austen	021 761 0081	mwceltic@mweb.co.za
	Sun	Don Lock Memorial Fun Run	5	07:45		Claremont Primary School, Claremont	Celtic Harriers AC	Sharon Austen	021 761 0081	mwceltic@mweb.co.za
26-Aug-11	Fri	Hi - Tec Tuffer Puffer	160	10:00		V & A to Cape Point to V&A	Fish Hoek AC	Serena Haupt	083 273 3260	puffer@fishhoekac.com
27-Aug-11	Sat	Hi- Tec Puffer	80	05:30		Cape Point to V&A	Fish Hoek AC	Serena Haupt	083 273 3260	puffer@fishhoekac.com
27-Aug-11	Sat	Atlantis	15	08:00		Westfleur Park, Atlantis	Atlantis Harris AC	Desmond Arendse	084 392 1061	Desmond.Arendse@capetown.gov.za
28-Aug-11	Sun	Blisters for bread	20	09:00		Green Point Track		Top Events	021 511 7130	info@topevents.co.za
04-Sep-11	Sun	Satori Camel Run	15	07:00		Noordhoek Sportsfields	Satori AC	Keith Gurney	083 948 0076	keithgurney@mweb.co.za
10-Sep-11	Sat	Medihelp Tekkie Challenge	10	07:00	RCS	Jan Kriel School Kuilsriver	New Balance Multi Sport	Clive Idas	082 784 5783	cliveidas@gmail.com
	Sat	Medihelp Tekkie Challenge	5	07:15		Jan Kriel School Kuilsriver	New Balance Multi Sport	Clive Idas	082 784 5783	cliveidas@gmail.com
10-Sep-11	Sat	WPA Walking Grand Prix 4	20 W	07:30		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za
	Sat	WPA Walking Grand Prix 4	10 W	08:00		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za
	Sat	WPA Walking Grand Prix 4 Development race	5 W	08:45		Youngsfield	WPA Race Walking	Eswee Walters	074 270 7099	swalters@cybersmart.co.za
10-Sep-11	Sat	ASA Cross Country Championships	Var	TBA		Bloemfontein	AFS			
11-Sep-11	Sun	Khayelitsha 21km	21	07:00		Khayelitsha Rugby Club	Khayelitsha Athletic Club	Patience Nkohla	083 946 7154	Nkohla@wesbank.co.za
	Sun	Khayelitsha 10km	10	07:30		Khayelitsha Rugby Club	Khayelitsha Athletic Club	Patience Nkohla	083 946 7154	Nkohla@wesbank.co.za
	Sun	Khayelitsha Fun Run	5	08:00		Khayelitsha Rugby Club	Khayelitsha Athletic Club	Patience Nkohla	083 946 7154	Nkohla@wesbank.co.za
17-Sep-11	Sat	Beachcomer Race against crime 10km	15	07:00		Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	mammoo01@gmail.com
	Sat	Beachcomer Race against crime 10km Walk	10 W	07:05		Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	mammoo01@gmail.com
	Sat	Beachcomer Race against crime Fun Run	5	07:15		Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	mammoo01@gmail.com
18-Sep-11	Sun	ARD 3 Vleis 10km	10	07:00		Fiarfont High School, Klip Rd, Gassy Park	ARD Athletic Club	Nusrullah Enus	082 574 5323	Maywoodbrokers@telkomsa.net
	Sun	ARD 3 Vleis Fun Run	5	07:15		Fiarfont High School, Klip Rd, Gassy Park	ARD Athletic Club	Nusrullah Enus	082 574 5323	Maywoodbrokers@telkomsa.net
23-Sep-11	Fri	LSEN National Championships				Nelspruit	SASA			
23-Sep-11	Fri	SASA National Championships				Nelspruit	SASA			
24-Sep-11	Sat	LSEN National Championships				Nelspruit	SASA			
23-Sep-11	Fri	SASA National Championships				Nelspruit	SASA			
25-Sep-11	Sun	Cape Town Marathon	42,2	06:30	WPA	Grand Parade, Cape Town	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sun	Cape Town Marathon	10	06:30		Grand Parade, Cape Town	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sun	Cape Town Marathon	4,2	06:30		Grand Parade, Cape Town	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
01-Okt-11	Sat	Cape Gate 10	10	07:00		Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	082 962 3538	jaques.vanheerden@dcs.gov.za
	Sat	Cape Gate 10 Walk	10 W	07:10		Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	082 962 3538	jaques.vanheerden@dcs.gov.za
	Sat	Cape Gate Fun Run	5	07:15		Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	082 962 3538	jaques.vanheerden@dcs.gov.za
01-Okt-11	Sat	Cape Town 100 Miler	160	06:00		Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
	Sat	Cape Town 100km	100	06:00		Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
	Sat	Cape Town 10 x 10	10 x 10	08:00		Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net

	Sat	Cape Town 5km	5	08:00		Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
02-Okt-11	Sun	Hewat 21	21,1	07:00		Beach Rd, Sea Point		Kanu Sukha	072 210 1127	4adu@telkomsa.net
05-Okt-11	Wed	Sure to Endure 10km	10	18:15		Fox Fitness & Leisure, Bellville	Belville AC	Pieter Carstens	084 404 4933	pieter.carstens@telkomsa.net
08-Okt-11	Sat	SA 50km Championships	50			Cape Town	WPA			
09-Okt-11	Sun	Outsurance 94,5 Kfm Gun Run	21,1	07:00		Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
	Sun	Outsurance 94,5 Kfm Gun Run	10	07:30		Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
	Sun	Outsurance 94,5 Kfm Gun Run	5	07:45		Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
15-Okt-11	Sat	Road to the Vineyard	10	07:00		Pick 'n Pay Shopping Centre Soneike	Blue Downs AC	Harry Noemdoe	084 789 5177	Patrick@burhose.co.za
16-Okt-11	Sun	Houtbay 16km	16	07:00		Hout Bay Yacht Club	Houtbay Athletic Club	Rob Graham	082 824 9124	rob@v-lab.co.za
19-Okt-11	Wed	Silver Queen	10	18:30		Air Force Base Ysterplaat	Defence AC	Rupert Hendricks	083 295 9784	rupert.hendricks@gmail.com
22-Okt-11	Sat	Strand 10km Classic	10	07:30		TBA	Strand AC	Lester Burrow	082 424 8547	lb@telkomsa.net
	Sat	Strand Classic Fun Run	5	08:00		TBA	Strand AC	Lester Burrow	082 424 8547	lb@telkomsa.net
23-Okt-11	Sun	Constantia Valley Grape Run	21,1	06:30		False Bay Rugby Club	Acis VOB	Charlotte Kettlewell	021 761 8887	yobsec@mweb.co.za
26-Okt-11	Wed	Old Mutual 10km	10	18:15	RCS	Old Mutual Sports Grounds Pinelands	Old Mutual AC	Robbie Visser	082 555 8157	rvisser@oldmutual.com
26-Okt-11	Wed	Old Mutual Fun Run	5	18:20		Old Mutual Sports Grounds Pinelands	Old Mutual AC	Robbie Visser	082 555 8157	rvisser@oldmutual.com
29-Okt-10	Sat	Olifants River Ritelfees Fun Run	5	08:00		Vredendal Sports Grounds	ORAK	Gerrie Cilliers	083 650 0642	gerrecil@telkomsa.net
29-Okt-11	Sat	Isostar /Sanparks Tokai 15km	15	06:30		Tokai Forest	Foresters AC	Gavin Wright	072 142 7263	gavin@delispices.co.za
30-Okt-11	Sun	Plexus Half Marathon	21,1	07:30		Durbanville Athletic Club Sportsgrounds	Durbac	Wayne Sneyd	082 820 5504	aces@plexus.co.za
	Sun	Plexus 10	10	07:45		Durbanville Athletic Club Sportsgrounds	Durbac	Wayne Sneyd	082 820 5504	aces@plexus.co.za
	Sun	Plexus Fun Run	5	08:00		Durbanville Athletic Club Sportsgrounds	Durbac	Wayne Sneyd	082 820 5504	aces@plexus.co.za
02-Nov-11	Wed	Eskom 10	10	18:30		Parow Athletic Track, Parow North	Eskom Gijimas	Kaylene van Dyk	082 509 2967	Flippie.vandyk@eskom.co.za
05-Nov-11	Sat	Elsies River 10km	10	07:00		Peninsula Technikon, Bellville	Elsies River AC	Bertram Windvogel	082 398 7148	parlab@mcnind.co.za
06-Nov-11	Sun	SOWETO Marathon				Soweto	ASA / CGA			
06-Nov-11	Sun	Landmarks 21km	21,1	06:00		WP Cricket Club Grounds	WPCC	Chet Sainsbury	082 462 0715	sainsbury@kingslev.co.za
	Sun	Landmarks Fun Run	6	07:00		WP Cricket Club Grounds	WPCC	Chet Sainsbury	082 462 0715	sainsbury@kingslev.co.za
12-Nov-11	Sat	Realtors International 21.1km	21,1	06:00		Seaside Village Centre Big Bay	West Coast AC	David Wilcock	084 490 5576	alancg@telkomsa.net
13-Nov-11	Sun	Crazy Store 21km Trail Run	21,1	TBA		Cape Point	Khayelitsha Athletic Club	Trevor Ball	082 896 4537	info@trailrunning.co.za
13-Nov-11	Sun	Discovery Cape Times Big Walk	Var			Various				
16-Nov-11	Wed	Pollsmoor 10km	10	06:30		Pollsmoor Correctional Facility	Correctional Service AC (WP)	Ashwin Silver	082 774 1061	Ashwin.silver@dcs.gov.za
19-Nov-11	Sat	Mr Price Winelands Marathon	42,2	05:30		Markotter Sports Complex ,Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	hughoh@arc.agric.za
	Sat	Mr Price Winelands Half Marathon	21,1	05:45		Markotter Sports Complex ,Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	hughoh@arc.agric.za
	Sat	Mr Price Winelands Fun Run	5	06:30		Markotter Sports Complex ,Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	hughoh@arc.agric.za
22-Nov-11	Tue	Twilight Run	5	19:30		Founder's Garden , Cape Town				
26-Nov-11	Sat	Brooks Phil Pansergrouw memorial 21km	21,1	06:00	RCS	Bellville Stadium	Belville AC	Johan Marnewick	073 265 0412	jmarnewick@uwc.ac.za
	Sat	Brooks Phil Pansergrouw memorial 10km	10	06:20	RCS	Bellville Stadium	Belville AC	Johan Marnewick	073 265 0412	jmarnewick@uwc.ac.za
	Sat	Brooks Phil Pansergrouw memorial 10km Walk	10 W	06:30	RCS	Bellville Stadium	Belville AC	Johan Marnewick	073 265 0412	jmarnewick@uwc.ac.za
30-Nov-11	Wed	Sanlam Niel Joubert Plaaswedloop	13	18:15		Niel Joubert at Klein Simonsvlei - Klapmuts	Sanlam AC	Lorna Loubser	076 171 1297	lorna.loubser@seb.sanlam.com
03-Dec-11	Sat	Run / Walk for life New Balance	21,1	06:30		Lourensford Wine Estate,Somerset West	Run / Walk for life AC	Marië Barnard	083 713 2858	runwalk@intekom.co.za
	Sat	Run / Walk for life New Balance	10	07:00		Lourensford Wine Estate,Somerset West	Run / Walk for life AC	Marië Barnard	083 713 2858	runwalk@intekom.co.za
	Sat	Run / Walk for life New Balance	10W	07:05		Lourensford Wine Estate,Somerset West	Run / Walk for life AC	Marië Barnard	083 713 2858	runwalk@intekom.co.za
	Sat	Run / Walk for life New Balance	4	07:30		Lourensford Wine Estate,Somerset West	Run / Walk for life AC	Marië Barnard	083 713 2858	runwalk@intekom.co.za
07-Dec-11	Wed	Metropolitan 10km Road Race	10	18:30		Parc Du Cap Bellville	Metropolitan AC	Kenneth Jantjies	083 412 3366	Kenneth.jantjies@t-systems.co.za
10-Dec-11	Sat	AVBOB 15km	15	06:00	RCS	Pick 'n Pay Shopping Centre, Table View	Tygerberg Northlink AC	Leon Thelander	083 999 6450	leon.thelander@onthedot.co.za
16-Dec-11	Fri	RCS Guguletu	10	07:30		NY 49 Stadium, Gugulethu	RCS Guguletu AC	Marshall Moila	084 650 8758	rbmultisport1@gmail.com
17-Dec-11	Sat	Mitchells Plain 21km	21,1	06:00		Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
	Sat	Mitchells Plain 10km	10	06:30		Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
	Sat	Mitchells Plain 10km Walk	10W	06:40		Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
21-Dec-11	Wed	Sundowner	10	18:00		V & A Waterfront	Easterns Athletic Club	Jonathan Maree	083 958 4317	jdma@sun.ac.za
26-Dec-11	Mon	Tokai Manor House	16	07:00		Tokai Forest	Southern Striders AC	Peter Powell	082 892 3778	Peter.Powell@capetown.gov.za
31-Dec-11	Sat	Brooks Runner's Memorial	8	18:01		Green Point Lighthouse, Mouille Point	Edgemead AC	Marc Naumann	083 465 8335	commitee@edgemeadrillers.co.za