



WESTERN PROVINCE ATHLETICS

Western Province Fixture List 2012 (Final 2011/10/07)

DATE	DAY	EVENT	DIST	TIME	LEAGUE	PENBEV	VENUE	CLUB	Contact Person	Contact No.	E-Mail
08-Jan-12	Sun	Ocean Basket Bay to Bay 30 km	30	06:00		A	Maiden's Cove, Camps Bay	Atlantic AC	Tony Breslin	082 888 2307	
	Sun	Ocean Basket Bay to Bay Relay	2 x15	06:00		A	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
10-Jan-12	Tues	Collison 6					Vygieskraal Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
11-Jan-12	Wed	Cape Summer Trail series 1	Trail	18:00			Silvermine Nature Reserve East	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
14-Jan-12	Sat	Asic Hohenhort 15km	15	06:00		B	Alphen Centre, Main Road, Constantia	Pinelands AC	Pierre Cloete	082 654 3702	pscloete@pqwc.gov.za
14-Jan-12	Sat	Clive Truter 3					Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
15-Jan-12	Wed	Cape Summer Trail series 2	Trail	18:00			Lebanon Forest	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
18-Jan-12	Wed	KFC Brackenfell 10 Km	10	18:30		B	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
20-Jan-12	Fri	Combined events					Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
21-Jan-12	Sat	Red Hill 42.2	42.2	06:00	RCS	B	Fish Hoek Sports Grounds	Fish Hoek AC	Kim Jenkinson - Wright	082 468 6068	race@fishhoekac.com
	Sat	Red Hill Classic	36	06:00	RCS	B	Fish Hoek Sports Grounds	Fish Hoek AC	Kim Jenkinson - Wright	082 468 6068	race@fishhoekac.com
21-Jan-12	Sat	Belville Senior Open Meeting + Combined events					Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
22-Jan-12	Sun	ASA Cross Country Trails	X/C				TBA	ASA	ASA Office		
24-Jan-12	Tues	Collison 7					Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
25-Jan-12	Wed	Durbanville Pharmacy Dan Luyt 15km	15	18:30		B	Durbanville Library	Belville AC	Carlo Zylstra	073 907 5586	durapt@icon.co.za
25-Jan-12	Wed	Cape Summer Trail series 3	Trail	18:00			Silvermine Nature Reserve West	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
28-Jan-12	Sat	WPA Race Walking Grand Prix 1	20 W	07:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
		WPA Race Walking Grand Prix 1	10 W	08:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
		WPA Race Walking Development race	5 W	08:45		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
28-Jan-12	Sat	WPA Junior Meeting					Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
29-Jan-12	Sun	Kloof Nek Classic 21km	21,1	06:00		B	Camps Bay High School	Fit 2001 (WP)	Brenda Austin	082 561 7748	baustin1@remax.net
01-Feb-12	Wed	Jacobus "Ballie" Brintjies Memorial Race	10	18:15		C	Florida Park, Ravensmead	Ravensmead AC	Abram Mahdiehe	082 323 5828	amadiehe@mrc.ac.za
01-Feb-12	Wed	Cape Summer Trail series 4	Trail	18:00			Tygerberg Nature Reserve	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
04-Feb-12	Sat	Lion of Africa 21.1km	21,1	06:00		A	Academy for Mathematics Scienc & Tegnology, Tokai	Spartan Harriers AC	Reon Jacobs	082 540 3092	riacobs@sacollege.org.za
	Sat	Lion of Africa 10km	10	06:15		A	Academy for Mathematics Scienc & Tegnology, Tokai	Spartan Harriers AC	Reon Jacobs	082 540 3092	riacobs@sacollege.org.za
	Sat	Phillip Rabinowitz 10 Km Walk	10 W	07:00		A	Academy for Mathematics Scienc & Tegnology, Tokai	Spartan Harriers AC	David Kirby	082 298 7547	
	Sat	Lion of Africa Fun Run	5	07:15			Academy for Mathematics Scienc & Tegnology, Tokai	Spartan Harriers AC	Mark Krober	083 440 9662	mark@goldpack.co.za
04-Feb-12	Sat	Junior Meeting					Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
05-Feb-12	Sun	Cape Summer Trail series 5	Trail	07:30			Oak Valley, Elgin	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
	Sun	Cape XL 1	Trail	07:30			Oak Valley, Elgin	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
07-Feb-12	Tues	Collison 8					Parow Athletic Track	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
08-Feb-12	Sat	Stragglers 10km	10	07:00		C	TBA	Stragglers AC	Pro Arumugam	082 926 5840	Mammoo01@gmail.com
11-Feb-12	Sat	Top Form 10km Road Race	10	07:30		C	Turfhall Park Stadium	Top Form AC	Russel Mehl	084 545 5851	Russel.Mehl@pqwc.gov.za
	Sat	Top Form 5km Fun Run	10	08:00			Turfhall Park Stadium	Top Form AC	Russel Mehl	084 545 5851	Russel.Mehl@pqwc.gov.za
11-Feb-12	Sat	Senior League Meeting					Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
12-Feb-12	Sun	ASA Marathon Championship	42,2	TBA			TBA	ASA	ASA Office		
15-Feb-12	Wed	Suzman Shield Meeting					Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
18-Feb-12	Sat	Junior League Meeting					Parow Athletic Track	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
19-Feb-12	Sun	Cape Peninsula Marathon	42,2	05:15		A + V	Green Point to Simon's Town	Celtic Harriers Club	Top Events	021 511 7130	info@topevents.co.za
	Sun	Cape Peninsula Half Marathon	21,1	07:00		A + V	Bergvliet to Simon's Town	Celtic Harriers Club	Top Events	021 511 7130	info@topevents.co.za
21-Feb-12	Tues	Collison 9					Parow Athletic Track	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
25-Feb-12	Sat	Koeborg 15 km	15	07:00	RCS	B	Koeborg Nature Reserve	Eskom Gijimas	Kaylene van Dyk	082 509 2967	Flippie.vandyk@eskom.co.za
	Sat	Koeborg 5km Fun Run	5	07:15			Koeborg Nature Reserve	Eskom Gijimas	Kaylene van Dyk	082 509 2967	Flippie.vandyk@eskom.co.za
25-Feb-12	Sat	Interprovincial 1					TBA	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
25-Feb-12	Sat	Senior or Junior League Meeting					Parow Athletic Track	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
26-Feb-12	Sun	Milkwood	21,1	07:30		B	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Graeme Trautmann	079 516 5801	milkwood@haha.co.za
	Sun	Milkwood	10	07:45		B	Soetwater Recreation Area, Kommetjie	Harfield Harriers	Graeme Trautmann	079 516 5801	milkwood@haha.co.za
29-Feb-12	Wed	Sunset Team Time Trail	4 x 3	18:00		C	Green Point Urban Park	ATC Running	Steve Attwell	082 739 9010	steve@embark.co.za
03-Mar-12	Sat	Century City 10km Express	10	07:30		B	Central Park, Century City	Century City AC	Alan Liebenberg	083 651 8165	alanl@ccpoa.co.za
03-Mar-12	Sat	Interprovincial 2					TBA	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
04-Mar-12	Sun	1 Up Big Walk	Var	07:30			Greenpoint Track				

07-Mar-12	Wed	Lighthouse 10 km	10	18:15		B + V	Green Point Lighthouse, Mouille Point	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
08-Mar-12	Thr	WPA Junior Championship	T/F				Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
09-Mar-12	Fri	WPA Junior Championship	T/F				Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
10-Mar-12	Sat	Constantia Village	15	06:15		A + V	Constantia Village	Accis VOB	Charlotte Kettlewell	021 761 8887	vobsec@mweb.co.za
	Sat	Constantia Village Family Fun Run	5	06:45			Fals Bay Rugby Club	Accis VOB	Charlotte Kettlewell	021 761 8887	vobsec@mweb.co.za
10-Mar-12	Fri	WPA Junior Championship	T/F				Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
11-Mar-12	Sun	Argus Cycle Tour	Var	06:00			Cape Town				
15-Mar-12	Thr	WPA Senior/Master Championship	T/F				Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
16-Mar-12	Fri	WPA Senior/Master Championship	T/F				Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
17-Mar-12	Sat	Seeff Weskus Marathon	42,2	06:30		B	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		B	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
17-Mar-12	Sat	WPA Senior/Master Championship	T/F				Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
18-Mar-12	Sun	African Cross Country Championship	X/C				TBA	ASA	ASA Office		
20-Mar-12	Tues	Yellow Pages 1	T/F				TBA	ASA	ASA Office		
21-Mar-12	Wed	Plexus Half Marathon	21,1	07:30		B	Durbanville Athletic Club Sportsgrounds	Durbac	Wayne Sneyd	082 820 5504	aces@plexus.co.za
23-Mar-12	Fri	Yellow Pages 2	T/F				TBA	ASA	ASA Office		
24-Mar-12	Sun	Vineyard Forest run 10km	10	07:45		C	In the Forest , Winery Road	Strand AC	Lester Burrow	082 424 8547	ljb@telkomsa.net
24-Mar-12	Sat	Top Ten	T/F				Belville Stadium	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
25-Mar-12	Sun	Glenryck 30 Km	30	06:00	RCS	B + V	Parow Athletic Track, Parow North	Tygerberg Northlink AC	Leon Thelander	083 999 6450	leon.thelander@onthedot.co.za
29-Mar-12	Thr	SA Junior / Youth / U23 Championship	T/F				TBA	ASA	ASA Office		
30-Mar-12	Fri	SA Junior / Youth / U23 Championship	T/F				TBA	ASA	ASA Office		
31-Mar-12	Sat	Prosano Challenge 10km	10	07:30		B	Peninsula Technikon, Bellville	Telkom AC	Ysuuf Samsodien	081 354 1495	samsody@telkomsa.co.za
	Sat	Prosano Challenge 10km Walk	10 W	07:35		B	Peninsula Technikon, Bellville	Telkom AC	Ysuuf Samsodien	081 354 1495	samsody@telkomsa.co.za
	Sat	Prosano Challenge Fun Run	5	08:00			Peninsula Technikon, Bellville	Telkom AC	Ysuuf Samsodien	081 354 1495	samsody@telkomsa.co.za
31-Mar-12	Sat	SA Junior / Youth / U23 Championship	T/F				TBA	ASA	ASA Office		
05-Apr-12	Fri	Yellow Pages 3	T/F				TBA	ASA	ASA Office		
06-Apr-12	Fri	Old Mutual Two Oceans Fun Runs	Var	11:45		A + V	UCT Sports Fields	Two Oceans Marathon Association	TOMA Offices	021 657 5140	info@twooceansmarathon.org.za
	Fri	Old Mutual Two Oceans Fun Runs	22	07:30		A + V	UCT Sports Fields	Two Oceans Marathon Association	Trevor Ball	082 896 4597	trevor@absellafrica.co.za
	Fri	Old Mutual Two Oceans Fun Runs	10	07:30		A + V	UCT Sports Fields	Two Oceans Marathon Association	Trevor Ball	082 896 4597	trevor@absellafrica.co.za
06-Apr-12	Fri	SA Combined Events	T/F				TBA	ASA	ASA Office		
07-Apr-12	Sat	Old Mutual Two Oceans Ultra Marathon	56	06:25	RCS	A + V	Main Road Newlands	Two Oceans Marathon Association	TOMA Offices	021 657 5140	info@twooceansmarathon.org.za
	Sat	Old Mutual Two Oceans Half Marathon	21,1	06:00	RCS	A + V	Main Road Newlands	Two Oceans Marathon Association	TOMA Offices	021 657 5140	info@twooceansmarathon.org.za
07-Apr-12	Sat	SA Combined Events	T/F				TBA	ASA	ASA Office		
13-Apr-12	Fri	SA Seniors	T/F				Port Elizabeth	ASA	ASA Office		
14-Apr-12	Sat	SA Seniors	T/F				Port Elizabeth	ASA	ASA Office		
14-Apr-12	Sat	Clive Truter 4	T/F				TBA	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
15-Apr-12	Sun	SPAR Women's race	10	08:00		A + V	Green Point Track	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sun	SPAR Women's race	5	08:30		A + V	Green Point Track	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
20-Apr-12	Fri	International Meeting	T/F				TBA	ASA	ASA Office		
21-Apr-12	Sat	Cross Country Relay	CC				Pinehurst Primary School	Pinelands AC	WPA Office	021 699 0615	events@wpathletics.co.za
21-Apr-12	Fri	International Meeting	T/F				TBA	ASA	ASA Office		
22-Apr-12	Sun	Itheke 21	21,1	07:00		C	Grand Parade, Cape Town	Lion of Africa Itheke Sport AC	Shiehaam Darries	084 991 1200	race@itheko.org
	Sun	Itheke 10	10	07:30		C	Grand Parade, Cape Town	Lion of Africa Itheke Sport AC	Farouk Meyer	083 460 6786	race@itheko.org
	Sun	Itheke 10 Walk	10 W	07:40			Grand Parade, Cape Town	Lion of Africa Itheke Sport AC	Farouk Meyer	083 460 6786	race@itheko.org
27-Apr-12	Fri	Ravensmead 15km	15	07:00		C	Florida Park, Ravensmead	Ravensmead AC	Abram Mahdiehe	082 323 5828	amadiehe@mrc.ac.za
27-Apr-12	Fri	SA Student Championship	T/F				University of Johannesburg	ASA	ASA Office		
28-Apr-12	Sat	SA Student Championship	T/F				University of Johannesburg	ASA	ASA Office		
04-May-12	Fri	SA Open Championship	T/F				TBA	ASA	ASA Office		
27-Apr-12	Sat	SA Open Championship	T/F				TBA	ASA	ASA Office		
05-May-12	Sat	Cross Country League 1	CC				UWC	UWC	WPA Office	021 699 0615	events@wpathletics.co.za
06-May-12	Sun	UCT Memorial	10	07:00		B	Middle Campus, UCT	UCT	Sports Administration	021 650 3564	itevans@mweb.co.za
06-May-12	Sun	Jonkershoek Mountain Challenge	Trail	06:30			Jonkershoek	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
12-May-12	Sat	Brackenfell Pick 'n Pay Family Store 21km	21,1	07:00	RCS	B	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
13-May-12	Sun	Cross Country League 2	CC				UCT Tennis Club	UCT	WPA Office	021 699 0615	events@wpathletics.co.za
19-May-12	Sat	Darling Half Marathon	21,1	08:30		C	Darling Primary School	Darling AC	Mary Ashford	082 684 5575	mary@toucancape.co.za
	Sat	Darling 10km	10	08:45		C	Darling Primary School	Darling AC	Mary Ashford	082 684 5575	mary@toucancape.co.za
19-May-12	Sat	WPA Race Walking 30km Champs	30W	07:30		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
	Sat	WPA Race Walking Grand Prix 2	20 W	07:30		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za

	Sat	WPA Race Walking Grand Prix 2	10 W	09:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
	Sat	WPA Race Walking Junior 10km Champs	10 W	09:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
	Sat	WPA Race Walking Development race	5 W	10:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
20-May-12	Sun	Cross Country League 3	CC				Elfindale	Top Form AC	WPA Office	021 699 0615	events@wpathletics.co.za
20-May-12	Sun	Helderberg Mountain Challenge	Trail	07:00			Helderberg Nature Reserve	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
20-May-12	Sun	ASA 10km Championship	10	TBA			TBA	ASA	ASA Office		
22-May-12	Tues	Cape Winter Taril Series 1	Trail	09:00			Tygerberg Nature Reserve	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
26-May-12	Sat	Cross Country League 4	CC				Khayelitsha	Khayelitsha AC	WPA Office	021 699 0615	events@wpathletics.co.za
27-May-12	Sun	UCT Memorial	10	07:00		B	Middle Campus, UCT	UCT	Sports Administration	021 650 3564	jtevans@mweb.co.za
29-May-12	Tues	Cape Winter Taril Series 2	Trail	09:00			Paarl Mountain	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
02-Jun-12	Sat	UWC 10km Fast & Flat	10	07:30		B	UWC Main Campus	UWC	Jerome Walters	073 157 1755	jwalters@uwc.ac.za
	Sat	UWC 10km Fast & Flat Walk	10 W	07:40		B	UWC Main Campus	UWC	Jerome Walters	073 157 1755	jwalters@uwc.ac.za
	Sat	UWC 10km Fast & Flat Fun Run	5	08:00			UWC Main Campus	UWC	Jerome Walters	073 157 1755	jwalters@uwc.ac.za
03-Jun-12	Sun	Comrades	89				Durban				
03-Jun-12	Sun	New Balance Table Mountain 16km	16	08:00		C	Constantia Nek	Acis VOB	Charlotte Kettlewell	021 761 8887	vobsec@mweb.co.za
06-Jun-12	Wed	Old Fisherman's Trail Challenge	Trail				Houtbay		Claire Ashworth		trailchallenge@sports4u.co.za
09-Jun-12	Sat	Cross Country League 5	CC				Koeborg	Eskom Gijimas	WPA Office	021 699 0615	events@wpathletics.co.za
16-Jun-12	Sat	Mamre 15km	15	08:00		C	Mamre Primary School	Mamre AC	Lesley Daniels	079 716 2955	daniell@eskom.co.za
	Sat	Mamre Fun Run/walk	5	08:15			Mamre Primary School	Mamre AC	Lesley Daniels	079 716 2955	daniell@eskom.co.za
23-Jun-12	Sat	Eersterivier 15	15	07:15	RCS	B	Stratford Primary School	Eersterivier AC	Johannes Kamfer	084 462 7431	
	Sat	Eersterivier Walk	10 W	07:30	RCS	B	Stratford Primary School	Eersterivier AC	Johannes Kamfer	084 462 7431	
	Sat	Eersterivier Fun Run	5	07:45			Stratford Primary School	Eersterivier AC	Gert Pekeur	074 434 2332	gpekeur@pqwc.gov.za
30-Jun-12	Sat	Fine Food & Wine Spar Spookhill	15	08:00		B	Beaumont Primary School, Somerset West	Helderberg Harriers	Hans Hugo	072 290 8179	huqoh@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	huqoh@arc.agric.za
07-Jul-12	Sat	Orak 12 Hour Race	Var	07:00		B	Vredendal Sports Grounds	Orak	Gerrie Cillers	083 650 0642	gerriecil@telkomsa.net
08-Jul-12	Sun	Dave Spence Memorial race	10	07:00	RCS		NY 49 Stadium, Gugulethu	RCS Guguletu AC	Marshall Molloa	084 650 8758	nbrmultisport1@gmail.com
	Sun	Dave Spence Memorial race	4	07:30			NY 49 Stadium, Gugulethu	RCS Guguletu AC	Stanley Malange	076 470 8592	ncebax@qmail.com
21-Jul-12	Sat	Gordonsbay 21km	21	07:45		B	Gordonsbay Spur	Strand AC	Lester Burrow	082 424 8547	jlb@telkomsa.net
21-Jul-12	Sat	Cross Country League 6	CC				Strandfontein	Stragglers AC	WPA Office	021 699 0615	events@wpathletics.co.za
22-Jul-12	Sun	Voet of The Wine Route	10	07:30		B + V	Zevenwacht Mall Kuilsrivier	In Touch AC	Pricilla Willaims	076 230 4919	pricilla@radionet.co.za
	Sun	Voet of The Wine Route 10km Walk	10 W	07:35		B + V	Zevenwacht Mall Kuilsrivier	In Touch AC	Marie Uys	082 897 5416	ma@absamail.co.za
	Sun	Voet of The Wine Route 5km	5	07:45			Zevenwacht Mall Kuilsrivier	In Touch AC	Magda Roos	082 412 9007	mroos@dla.gov.za
28-Jul-12	Sat	Cross Country League 7	CC				Rocklands	Mitchell's Plain Titans AC	WPA Office	021 699 0615	events@wpathletics.co.za
28-Jul-12	Sat	Houtbay Trail Challenge	Trail				Houtbay		Claire Ashworth		trailchallenge@sports4u.co.za
04-Aug-12	Sat	ArcelorMittal Saldanha 21km	21,1	08:00		C	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
04-Aug-12	Sat	WPA Race Walking Grand Prix 3	30 W	07:30		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
	Sat	WPA Race Walking Grand Prix 3	20 W	07:30		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
	Sat	WPA Race Walking Grand Prix 3	10 W	09:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
	Sat	WPA Race Walking Development race	5 W	10:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
04-Aug-12	Sat	Cross Country League 8	X/C				Pollsmoor	Correctional Services AC (WP)	WPA Office	021 699 0615	events@wpathletics.co.za
05-Aug-12	Sun	McKenna & Scott Pinelands 10km	10	07:30		C	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
05-Aug-12	Sun	Cape Winter Taril Series 3	Trail	09:00			Bottelary Hills	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
09-Aug-11	Tues	Womens Day Challenge	10	08:00		A + V	N1 City Shopping Centre	Edgemead AC	Marc Naumann	083 465 8335	wdc@edgemeadrunners.org.za
	Tues	Womens Day Challenge	5	08:00		A + V	N1 City Shopping Centre	Edgemead AC	Marc Naumann	083 465 8335	wdc@edgemeadrunners.org.za
11-Aug-12	Sat	WPA Cross Country Championship	X/C				Pentech	Bonteheuwel AC	WPA Office	021 699 0615	events@wpathletics.co.za
11-Aug-12	Sun	Cape Winter Taril Series 4	Trail	09:00			Kogelberg Bioshere Reserve, Kleinmond	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
	Sun	Cape XL 2	Trail	08:30			Kogelberg Bioshere Reserve, Kleinmond	Wildrunner	Owen Middleton	084 221 8422	owen@wildrunner.co.za
12-Aug-12	Sun	Reutech Solutions John Korasie	30	07:00		B	Navy Sports Fields Simonstown	Defence AC	Will Honeyman	083 345 8507	willhoneyman@webmail.co.za
18-Aug-12	Sat	Easterns 15km	15	07:00		C	Fairbridge Mall, Brackenfell	Easterns Kraaifontein AC	William Swartbooi	084 247 7170	willden@telkomsa.net
	Sat	Easterns 5km Fun Run	5	07:30			Fairbridge Mall, Brackenfell	Easterns Kraaifontein AC	William Swartbooi	084 247 7170	willden@telkomsa.net
19-Aug-12	Sun	Don Lock Memorial Run	8	07:30		C + V	Brookside	Celtic Harriers Club	Sharon Austen	021 761 0081	mwceltic@mweb.co.za
	Sun	Don Lock Memorial Fun Run	5	07:45		C + V	Brookside	Celtic Harriers Club	Sharon Austen	021 761 0081	mwceltic@mweb.co.za
25-Aug-12	Sat	Puffer	80	05:30		C	Cape Point to V&A	Fish Hoek AC	Serena Haupt	083 273 3260	puffer@fishhoekac.com
25-Aug-12	Sat	Atlantis	15	08:00	RCS	C	Westfleur Park, Atlantis	Atlantis Harris AC	Desmond Arendse	084 392 1061	desmond.arendse@capetown.gov.za
26-Aug-12	Sun	ASA Half Marathon Championship	21	TBA			TBA	ASA	ASA Office		
26-Aug-12	Sun	Blisters for bread	Var	09:00			Green Point Track				

01-Sep-12	Sat	Farmlun		10km	07:30		C	Arbeidsvreugd Farm	Namaqua AC	Adele Maas	083 672 7759	adele@cybersmart.co.za
	Sat	Farmlun		5km	07:30			Arbeidsvreugd Farm	Namaqua AC	Elrine Smith	0853 633 4042	elrine@namaquawines.com
	Sat	Farmlun		Nappy	07:30			Arbeidsvreugd Farm	Namaqua AC	Elrine Smith	0853 633 4042	elrine@namaquawines.com
02-Sep-12	Sun	Satori Camel Run		16	07:30		B	Noordhoek Sportsfields	Satori AC	Keith Gurney	083 948 0076	ktgurney@web.co.za
08-Sep-12	Sat	Medihelp Tekkie Challenge		10	07:00		B + V	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
08-Sep-12	Sat	WPA Race Walking Grand Prix 4		20 W	07:30		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
	Sat	WPA Race Walking Grand Prix 4		10 W	08:00		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
	Sat	WPA Race Walking Development race		5 W	08:45		C	Youngsfield	WPA Race Walking	Gideon Cillie	083 321 2668	Gideon@mevernel.co.za
09-Sep-12	Sun	Khayelitsha 21km		21	07:00		C	Khayelitsha Rugby Club	Khayelitsha Athletic Club	Patience Nkohla	083 946 7154	Nnkhohla@wesbank.co.za
	Sun	Khayelitsha 10km		10	07:30		C	Khayelitsha Rugby Club	Khayelitsha Athletic Club	Patience Nkohla	083 946 7154	Nnkhohla@wesbank.co.za
	Sun	Khayelitsha Fun Run		5	08:00			Khayelitsha Rugby Club	Khayelitsha Athletic Club	Patience Nkohla	083 946 7154	Nnkhohla@wesbank.co.za
15-Sep-12	Sun	ASA Cross Country Championship		X/C	TBA			KZN	ASA	ASA Office		
15-Sep-12	Sat	Beachcomer Race aginst crime 10km		15	07:00		C	Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	Mammoo01@gmail.com
	Sat	Beachcomer Race aginst crime 10km Walk		10 W	07:10		C	Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	Mammoo01@gmail.com
	Sat	Beachcomer Race aginst crime Fun Run		5	07:30			Strandfontein Sports Complex	Stragglers AC	Pro Arumugam	082 926 5840	Mammoo01@gmail.com
16-Sep-12	Sun	ARD 3 Vlei 10km		10	07:00		C	Fairmont High School, Klip Rd, Gassy Park	ARD Athletic Club	Nasrullah Enus	082 574 5323	Maywoodbrokers@telkomsa.net
	Sun	ARD 3 Vlei Fun Run		5	07:15			Fairmont High School, Klip Rd, Gassy Park	ARD Athletic Club	Nasrullah Enus	082 574 5323	Maywoodbrokers@telkomsa.net
22-Sep-12	Sat	Cape Town Marathon Relay		5	14:00		A + V	Urban Park, Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sat	Cape Town Marathon Fun Run		5	16:00		A + V	Urban Park, Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
23-Sep-12	Sun	Cape Town Marathon 4.2km		4.2	08:00		A + V	Urban Park, Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sun	Cape Town Marathon 10km		10	06:30	RCS	A + V	Urban Park, Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
	Sun	Cape Town Marathon 42km		42	06:30	RCS	A + V	Urban Park, Green Point	WPA	WPA Office	021 699 0615	events@wpathletics.co.za
29-Sep-12	Sat	Hewat 100 Miler		160	06:00		C	Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
	Sat	Hewat 100km		100	06:00		C	Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
	Sat	Hewat 10 x 10		10 x 10	08:00		C	Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
	Sat	Hewat 5km		5	08:00		C	Three Achor Bay	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
30-Sep-12	Sun	Hewat 21		21,1	07:00		C	Beach Rd, Sea Point	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
	Sun	Gandhi Peace Walk		8	10:00		C	Beach Rd, Sea Point	Hewat AC	Kanu Sukha	072 210 1127	4adu@telkomsa.net
03-Oct-12	Wed	Bakgat 10km		10	18:30		C	Premier Fitness & Leisure, Bellville	Belville AC	Pieter Carstens	084 404 4933	pieter.carstens@telkomsa.net
06-Oct-12	Sat	Cape Gate 10		10	07:00		B	Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	071 688 4842	jaques.vanheerden@dcs.gov.za
	Sat	Cape Gate 10 Walk		10 W	07:10		B	Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	071 688 4842	jaques.vanheerden@dcs.gov.za
	Sat	Cape Gate Fun Run		5	07:15			Cape Gate Centre , Brackenfell	Nedbank Running Club	Jaques van Heerden	071 688 4842	jaques.vanheerden@dcs.gov.za
07-Oct-12	Sun	Houtbay 16km		16	07:00		C	Hout Bay Yacht Club	Houtbay Athletic Club	Rob Graham	082 824 9124	rob@y-lab.co.za
14-Oct-12	Sun	Outsurance 94,5 Kfm Gun Run		21,1	07:00	RCS	A + V	Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
	Sun	Outsurance 94,5 Kfm Gun Run		10	07:30	RCS	A + V	Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
	Sun	Outsurance 94,5 Kfm Gun Run		5	07:45		A + V	Sea Point Promenade	Atlantic AC	Tony Breslin	082 888 2307	breslin@mweb.co.za
17-Oct-12	Wed	Silver Queen		10	18:30		C	Air Force Base Ysterplaas	Defence AC	Rupert Hendricks	083 295 9784	rupert.hendricks@gmail.com
20-Oct-12	Sat	Road to the Vineyard		10	07:00		B	Pick 'n Pay Shopping Centre Soneike	Blue Downs AC	Harry Noemdoo	084 789 5177	Patrick@burhose.co.za
21-Oct-12	Sun	Constantia Valley Grape Run		21,1	06:30		B + V	False Bay Rugby Club	Acis VOB	Charlotte Kettlewell	021 761 8887	vobsec@mweb.co.za
24-Oct-12	Wed	Sunset Team Time Trail		3 x 3	18:00		C	Green Point Lighthouse, Mouille Point	ATC Running	Steve Attwell	082 739 9010	steve@embark.co.za
27-Oct-12	Sat	First Ascent/ Sanparks Forest 15km		15	06:30		B	Tokai Forest	Foresters RC	Gavin Wright	072 142 7263	gavin@delispices.co.za
27-Oct-12	Sat	Huisgenoot Rittelfees Fun Run		5	08:00		C	Vredendal Sports Grounds	Orak	Gerrie Cillers	083 650 0642	gerriecil@telkomsa.net
31-Oct-12	Wed	Old Mutual 10km		10	18:15		B + V	Mutual Park Pinelands	Old Mutual AC	Robbie Visser	082 555 8157	rvisser@oldmutual.com
	Wed	Old Mutual Fun Run		5	18:20			Mutual Park Pinelands	Old Mutual AC	Robbie Visser	082 555 8157	rvisser@oldmutual.com
03-Nov-12	Sun	Elsies River 10km		10	07:00		C	Peninsula Technikon, Bellville	Elsies River AC	Bertram Windvogel	082 398 7148	parlab@mcgrind.co.za
04-Nov-12	Sun	Landmarks 21km		21,1	06:00		B + V	WP Cricket Club Grounds	WPCC	Chet Sainsbury	082 462 0715	sainsburv@kingslev.co.za
	Sun	Landmarks Fun Run		6	07:00			WP Cricket Club Grounds	WPCC	Chet Sainsbury	082 462 0715	sainsbury@kingslev.co.za
10-Nov-12	Sat	Realtors International 21.1km		21,1	06:00	RCS	C	Seaside Village Centre Big Bay	West Coast AC	David Wilcock	084 490 5576	alancq@telkomsa.net
11-Nov-12	Sun	Crazy Store 21km Trail Run		21,1	TBA		C	Cape Point	Khayelitsha Athletic Club	Patience Nkohla	083 946 7154	Nnkhohla@wesbank.co.za
11-Nov-12	Sun	Discovery Cape Times Big Walk		Var				Various				
17-Nov-12	Sat	Mr Price Winelands Marathon		42,2	05:30		A + V	Markotter Sports Complex, Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	huqoh@arc.agric.za
	Sat	Mr Price Winelands Half Marathon		21,1	05:45		A + V	Markotter Sports Complex, Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	huqoh@arc.agric.za
	Sat	Mr Price Winelands Fun Run		5	06:30			Markotter Sports Complex, Stellenbosch	Helderberg Harriers	Hans Hugo	072 290 8179	huqoh@arc.agric.za
20-Nov-12	Tue	Twilight Run		5	19:30			Founder's Garden , Cape Town				
24-Nov-12	Sat	Mitchells Plain 21km		21,1	06:00		B	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
	Sat	Mitchells Plain 10km Run/Walk		10	06:15		B	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
	Sat	Mitchells Plain 5km Fun Run		5	08:30		B	Rocklands Sports Grounds Mitchell's Plain	Mitchells Plain Titans AC	Lance Scheepers	076 245 5872	lance.scheepers@gmail.com
28-Nov-12	Wed	Sanlam Niel Joubert Plaaswedloop		13	18:15		B	Klein Simonsvlei, Klapmuts	Sanlam AC	Lorna Loubser	076 171 1297	Lorna.loubser@seb.sanlam.com

01-Dec-12	Sat	Vitalrun 21km	21,1	06:30	RCS	A + V	Lourensford Wine Estate,Somerset West	Run / Walk for life AC	Mariè Barnard	083 713 2858 / 021 852 8473	Runwalk@intekom.co.za
	Sat	Vitalrun 10km Run	10	07:30	RCS	A + V	Lourensford Wine Estate,Somerset West	Run / Walk for life AC	Mariè Barnard	083 713 2858 / 021 852 8473	Runwalk@intekom.co.za
	Sat	Vitalrun 10km	10W	07:30	RCS	A + V	Lourensford Wine Estate,Somerset West	Run / Walk for life AC	Mariè Barnard	083 713 2858 / 021 852 8473	Runwalk@intekom.co.za
	Sat	Vitalrun 4km Fun Run	4	07:45			Lourensford Wine Estate,Somerset West	Run / Walk for life AC	Mariè Barnard	083 713 2858 / 021 852 8473	Runwalk@intekom.co.za
05-Dec-12	Wed	Metropolitan 10km Road Race	10	18:30		B + V	Parc Du Cap Bellville	Metropolitan AC	Kenneth Jantjies	083 412 3366	Kenneth.jantjies@t-systems.co.za
08-Dec-12	Sat	AVBOB 15km	15	06:00		B	Pick 'n Pay Shopping Centre, Table View	Tygerberg Northlink AC	Leon Thelander	083 999 6450	leon.thelander@onthedot.co.za
12-Dec-12	Wed	Pollsmoor 10km	10	06:30		C	Pollsmoor Correctional Facility	Correctional Service AC (WP)	Ashwin Silver	082 774 1061	ashwin.silver@dcs.gov.za
16-Dec-12	Fri	RCS Guguletu	10	07:30		B	NY 49 Stadium, Gugulethu	RCS Guguletu AC	Marshall Molloa	084 650 8758	nbmultiposport1@gmail.com
19-Dec-12	Wed	Sundowner	10	18:00		A + V	V & A Waterfront	Easterns Athletic Club	Jonathan Maree	083 958 4317	jdma@sun.ac.za
26-Dec-12	Wed	Manor House	16	07:00		C	Tokai Forest	Southern Striders AC	Laura Hiddleston	083 964 1756	Laura@redstable.co.za
31-Dec-12	Sat	Brooks Runner's Memorial	8	18:00		C	Green Point Lighthouse, Mouille Point	Edgemead AC	Marc Naumann	083 465 8335	committe@edgemeadrunners.co.za

"A" Grade – 2000+ participants

"B" Grade - 750 to 2000 participants

"C" Grade – less than 750 participants (clubs to collect Coke from Penbev)

"V" Vending Point (Selling Product)