

## VERSION 6

## JANUARY

League

| DATE        | EVENT                    | VENUE                               | CATEGORY  | 5     | 10    | 15/16 | 21/25 | 32 | 42    | DISTANCE( KM)  | CLUB        |
|-------------|--------------------------|-------------------------------------|-----------|-------|-------|-------|-------|----|-------|----------------|-------------|
| FRIDAY 1    | New Years Race           | Botanical Gardens                   | RR & W    | TBA   | TBA   |       |       |    |       | 5 & 10         | RWFL        |
| SATURDAY 2  | Bophelong 10km Race      | Bophelong Community Centre,Mamelodi | RR & RW   | 06:15 | 06:00 |       |       |    |       | 5 & 10         | Bophelong A |
|             |                          |                                     | RR & RW   | 06:15 | 06:00 |       |       |    |       | 5 & 10         | Bophelong A |
| SATURDAY 9  | A4A Road Safety Run/Walk | Eco Boulevard                       | RR & W    | 6:15  | 6:00  |       | 6:00  |    |       | 5,10 & 21.1    | A4A         |
|             | A4A Road Safety Run/Walk | Eco Boulevard                       | RR & W    | 6:15  | 6:00  |       | 6:00  |    |       | 5,10 & 21.1    | A4A         |
| SATURDAY 16 | X ACE 10/21              | Eersterus Sports Stadium            | RR        | 06:15 | 06:00 |       | 06:00 |    |       | 5,10 & 21.1    | ACE         |
|             | X ACE 10/21              | Eersterus Sports Stadium            | RW        | 06:15 | 06:00 |       | 06:00 |    |       | 5,10 & 21.1    | ACE         |
| SATURDAY 23 | PwC George Claassen      | PwC Pretoria                        | RW        |       |       |       | 05:30 |    |       | 21             | PMC         |
|             | PwC George Claassen      | PwC Pretoria                        | RW        |       | 05:50 |       |       |    |       | 10             | PMC         |
|             | PwC George Claassen      | PwC Pretoria                        | RR & RW   | 06:15 |       |       |       |    |       | 5              | PMC         |
|             | PwC George Claassen      | PwC Pretoria                        | RR        |       |       |       | 06:00 |    |       | 21             | PMC         |
|             | PwC George Claassen      | PwC Pretoria                        | RR        |       | 06:10 |       |       |    |       | 10             | PMC         |
| SUNDAY 24   | Tshwane Trail Series     | TBA                                 | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |       | 5,10,15 & 21.1 | Running Inn |
|             | Tshwane Trail Series     | TBA                                 | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |       | 5,10,15 & 21.1 | Running Inn |
| SATURDAY 30 | Akasia 3 in 1            | Wonderpark Shopping Mall            | RR & W    |       |       |       |       |    | 05:30 | 42.2km         | Akasia AC   |
|             | Akasia 3 in 1            | Wonderpark Shopping Mall            | RR & W    |       |       |       | 05:45 |    |       | 21.1km         | Akasia AC   |
|             | Akasia 3 in 1            | Wonderpark Shopping Mall            | RR & W    | 06:15 | 06:00 |       |       |    |       | 5 & 10         | Akasia AC   |

## FEBRUARY

| DATE         | EVENT                          | VENUE                        | CATEGORY  | 5     | 10    | 15/16 | 21/25  | 32              | 42    | DISTANCE( KM)  | CLUB               |
|--------------|--------------------------------|------------------------------|-----------|-------|-------|-------|--------|-----------------|-------|----------------|--------------------|
| SATURDAY 6   | McCarthy Toyota Half Marathon  | Rietondale Park              | RR & RW   | 06:25 | 06:20 |       | 06:00  |                 |       | 5,10 & 21.1    | Magnolia RR        |
|              | McCarthy Toyota Half Marathon  | Rietondale Park              | RR & RW   | 06:25 | 06:20 |       | 06:00  |                 |       | 5,10 & 21.1    | Magnolia RR        |
| WEDNESDAY 10 | SPAR Lantern Night Race        | ArgiculturalResearch Council | RR & W    | 18:30 | 18:30 |       |        |                 |       | 5 & 10         | Irene AC           |
| SATURDAY 13  | Bronkhorstspuit                | Erasmus H/S                  | RR & W    | ?     | 06:15 |       |        | 06:00           |       | 32             | Bronkhorstspuit MC |
|              | Bronkhorstspuit                | Erasmus H/S                  | RR & W    | ?     | 06:15 |       |        | 06:00           |       | 10             | Bronkhorstspuit MC |
| SUNDAY 14    | Love the Run                   | Northens Rugby Club          | RR & W    | 06:30 | 06:16 |       | Cannot | few club & race |       | 5 & 10         | Northens AC        |
| SATURDAY 20  | Tuks Bestmed                   | LC de Villiers SG            | RR & W    | 06:40 |       |       |        |                 |       | 5              | Tuks A/C           |
|              | X Tuks Bestmed                 | LC de Villiers SG            | RR & W    |       | 06:30 |       |        |                 |       | 10             | Tuks A/C           |
|              | X Tuks Bestmed                 | LC de Villiers SG            | RR & W    |       |       |       | 06:00  |                 |       | 21.1           | Tuks A/C           |
|              | Tuks Bestmed Kiddies           | LC de Villiers SG            | RR & W    | 08:00 |       |       |        |                 |       | 1km Kiddies    | Tuks A/C           |
|              | Tuks Bestmed Wheelchair        | LC de Villiers SG            | W/chairs  | 06:20 | 06:20 |       |        |                 |       | Wheelchair     | Tuks A/C           |
| SUNDAY 21    | Tshwane Trail Series           | TBA                          | Trail Run | 07:30 | 07:30 | 07:30 | 07:30  |                 |       | 5,10,15 & 21.1 | Running Inn        |
|              | Tshwane Trail Series           | TBA                          | Trail Run | 07:30 | 07:30 | 07:30 | 07:30  |                 |       | 5,10,15 & 21.1 | Running Inn        |
| SATURDAY 27  | Race Against Drugs             | Mamelodi                     | RR & W    | 07:00 | 07:00 |       | NO     |                 |       | 5 & 10         | Mamelodi           |
| SUNDAY 28    | Deloitte Pretoria Marathon 5km | Hoffmeyer Park Lynnwood      | RR & W    | 07:00 |       |       |        |                 |       | 5              | Phobians MC        |
|              | Deloitte Pretoria Marathon     | Hoffmeyer Park Lynnwood      | RR & W    |       | 06:20 |       |        |                 |       | 10             | Phobians MC        |
|              | Deloitte Pretoria Marathon     | Hoffmeyer Park Lynnwood      | RR & W    |       |       |       | 06:00  |                 | 06:00 | 21.1 & 42.2    | Phobians MC        |

## MARCH

| DATE        | EVENT                              | VENUE                              | CATEGORY  | 5     | 10    | 15/16 | 21/25 | 32    | 42 | DISTANCE( KM)  | CLUB         |
|-------------|------------------------------------|------------------------------------|-----------|-------|-------|-------|-------|-------|----|----------------|--------------|
| SATURDAY 5  | Medihelp Sunrise Monster           | Harlequins Club Groenkloof         | RR & W    | 06:40 | 06:30 |       |       | 06:03 |    | 5,10 & 32      | Harlequins   |
|             | Medihelp Sunrise Monster           | Harlequins Club Groenkloof         | RR & W    | 06:40 | 06:30 |       |       | 06:03 |    | 5,10 & 32      | Harlequins   |
| SATURDAY 12 | Available                          |                                    |           |       |       |       |       |       |    |                |              |
| SUNDAY 13   | Tshwane Trail Series               | TBA                                | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |       |    | 5,10,15 & 21.1 | Running Inn  |
|             | Tshwane Trail Series               | TBA                                | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |       |    | 5,10,15 & 21.1 | Running Inn  |
| SATURDAY 19 | X VirSeker 3 in 1                  | Kolonade Shopping Mall             | RR & W    | 07:15 | 07:00 |       | 07:00 |       |    | 5,10 & 21.1    | Overkruin AC |
|             | X VirSeker 3 in 1                  | Kolonade Shopping Mall             | RR & W    | 07:15 | 07:00 |       | 07:00 |       |    | 5,10 & 21.1    | Overkruin AC |
| MONDAY 21   | Right to Run                       | Sunnypark Mall                     | RR & W    | 07:00 | 07:00 |       | 07:00 |       |    | 5,10 & 21.1    | Arcadia AC   |
|             | Right to Run                       | Sunnypark Mall                     | RR & W    | 07:00 | 07:00 |       | 07:00 |       |    | 5,10 & 21.1    | Arcadia AC   |
| SATURDAY 26 | Pta Bobbies W/Boom Junction 3 in 1 | W/Boom Junction Shp Cntr           | RR & W    | 05:50 | 05:40 |       | 05:30 |       |    | 5,10 & 21.1    | PPMC         |
|             | Pta Bobbies W/Boom Junction 3 in 1 | W/Boom Junction Shp Cntr           | RR & W    | 05:50 | 05:40 |       | 05:30 |       |    | 5,10 & 21.1    | PPMC         |
| SUNDAY 27   | Kosmosdal Fun Run                  | Kosmosdal Checkers Shopping Centre | RR & W    | 06:30 | 06:30 |       |       |       |    | 5              | Kosmosdal AC |
|             | Kosmosdal Fun Run                  | Kosmosdal Checkers Shopping Centre | RR & W    | 06:30 | 06:30 |       |       |       |    | 8              | Kosmosdal AC |
| MONDAY 28   | Family Day Fun/Walk                | The Grove Shopping Centre          | RR & W    | 07:15 | 07:00 |       | 07:00 |       |    | 5,10 & 21.1    | RWFL         |

## APRIL

| DATE | EVENT | VENUE | CATEGORY | 5 | 10 | 15/16 | 21/25 | 32 | 42 | DISTANCE( KM) | CLUB |
|------|-------|-------|----------|---|----|-------|-------|----|----|---------------|------|
|------|-------|-------|----------|---|----|-------|-------|----|----|---------------|------|

|              |   |                                |                          |           |       |       |       |       |  |       |  |                |                 |
|--------------|---|--------------------------------|--------------------------|-----------|-------|-------|-------|-------|--|-------|--|----------------|-----------------|
| SATURDAY 2   |   | Denel Road Race                | Denel Irene Campus       | RR & W    | 06:15 | 06:00 |       | 06:00 |  |       |  | 5,10 & 21.1    | Denel AC        |
|              |   | Denel Road Race                | Denel Irene Campus       | RR & W    | 06:15 | 06:00 |       | 06:00 |  |       |  | 5,10 & 21.1    | Denel AC        |
| SATURDAY 9   | X | Ford 3 in 1                    | Ford Sports & Recreation | RR & W    | 06:45 | 06:30 |       | 06:30 |  |       |  | 5,10 & 21.1    | Ford AC         |
|              | X | Ford 3 in 1                    | Ford Sports & Recreation | RR & W    | 06:45 | 06:30 |       | 06:30 |  |       |  | 5,10 & 21.1    | Ford AC         |
| SUNDAY 10    |   | Sizwe Dr Motlana Marathon      | ARC Campus, Irene        | RR & W    | 06:00 | 06:00 |       | 06:00 |  | 06:00 |  | 5,10,21.1 & 48 | Irene AC        |
|              |   | Tshwane Trail Series           | TBA                      | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |  |       |  | 5,10,15 & 21.1 | Running Inn     |
|              |   | Tshwane Trail Series           | TBA                      | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |  |       |  | 5,10,15 & 21.1 | Running Inn     |
| SATURDAY 16  |   | Morula Run                     | Giant Stadium            | RR & W    | 06:45 | 06:30 |       | 06:30 |  |       |  | 5,10 & 21.1    | Morula AC       |
|              |   | Morula Run                     | Giant Stadium            | RR & W    | 06:45 | 06:30 |       | 06:30 |  |       |  | 5,10 & 21.1    | Morula AC       |
| SATURDAY 23  |   | Forest Hill City Half Marathon | Forest Hill City         | RR & W    | 06:20 | 06:00 |       | 06:00 |  |       |  | 5,10 & 21.1    | Enduro AC       |
|              |   |                                |                          | RR & W    | 06:20 | 06:00 |       | 06:00 |  |       |  | 5,10 & 21.1    | Enduro AC       |
| SUNDAY 24    |   | Run with Freedom               | Northern Rugby Club      | RR & W    | 06:45 | 06:30 |       |       |  |       |  | 5 & 10         | Northern AC     |
| WEDNESDAY 27 |   | Freedom Run                    | Themba Stadium           | RR & W    | 07:30 | 07:15 |       | 07:00 |  |       |  | 5,10 & 21.1    | Addicted toLife |
|              |   | Freedom Run                    | Themba Stadium           | RR & W    | 07:30 | 07:15 |       | 07:00 |  |       |  | 5,10 & 21.1    | Addicted toLife |
| SATURDAY 30  |   | Solomon Mahlangu               | Moretele Park            | RR & W    | 06:15 | 05:45 |       | 05:45 |  |       |  | 5,10 & 21.1    | AGN             |

**MAY**

| DATE        |   | EVENT                                | VENUE                      | CATEGORY  | 5   | 10    | 15/16 | 21/25 | 32 | 42    |  | DISTANCE( KM)  | CLUB            |
|-------------|---|--------------------------------------|----------------------------|-----------|---|-------|-------|-------|----|-------|--|----------------|-----------------|
| SUNDAY 1    |   |                                      |                            |           |   |       |       |       |    |       |  |                |                 |
| MONDAY 2    |   | MIWay Wally Hayward Marathon         | Zwartkops High School      | RR & W    | 07:00                                     | 06:45 |       | 06:30 |    | 06:30 |  | 21.1 & 42.2    | Alpha Centurion |
|             |   | MIWay Wally Hayward Marathon         | Zwartkops High School      | RR & W    | 07:00                                     | 06:45 |       | 06:30 |    | 06:30 |  | 5 & 10         | Alpha Centurion |
| SATURDAY 7  |   | Jacaranda Centre Run/Walk            | Jacaranda Shopping Mall    | RR & W    | 07:15                                     | 07:00 |       | 07:00 |    |       |  | 5,10 & 21.1    | RWFL            |
| SUNDAY 8    |   | Wings For Life World Run             | Supersport Park,Centurion  |           | no distances but the race starts at 13h00 |       |       |       |    |       |  | mix            | Nedbank AC      |
| SATURDAY 14 | X | The Love Run                         | Hatfield Christian Church  | RR        | 07:10                                     | 07:00 |       | 06:45 |    |       |  | 5,10 & 21.1    | Love Running    |
|             | X | The Love Run                         | Hatfield Christian Church  | RW        | 07:10                                     | 06:45 |       | 06:45 |    |       |  | 5,10 & 21.1    | Love Running    |
| SATURDAY 21 |   | Jackie Mekler                        | DSC Thaba Tshwane          | RR & W    | 06:45                                     | 06:30 |       | 06:00 |    |       |  | 5,10 & 25      | PMMC            |
|             |   | Jackie Mekler                        | DSC Thaba Tshwane          | RR & W    | 06:45                                     | 06:30 |       | 06:00 |    |       |  | 5,10 & 25      | PMMC            |
| SUNDAY 22   |   | Tshwane Trail Series                 | TBA                        | Trail Run | 07:30                                     | 07:30 | 07:30 | 07:30 |    |       |  | 5,10,15 & 21.1 | Running Inn     |
|             |   | Tshwane Trail Series                 | TBA                        | Trail Run | 07:30                                     | 07:30 | 07:30 | 07:30 |    |       |  | 5,10,15 & 21.1 | Running Inn     |
| SATURDAY 28 |   | Dignity Dreams Road Race             | Pretoria Botanical Gardens | RR & W    | 7:00                                      | 7:00  |       |       |    |       |  | 5 & 10         | RWFL            |
| SATURDAY 28 |   | Nedbank Skosana Identity Talent Race | Correctional Services      | RR & W    | ??  | ??    |       |       |    |       |  |                | Nedbank AC      |

**JUNE**

| DATE        |   | EVENT                   | VENUE                     | CATEGORY  | 5     | 10    | 15/16 | 21/25 | 32 | 42 |  | DISTANCE( KM)  | CLUB            |
|-------------|---|-------------------------|---------------------------|-----------|-------|-------|-------|-------|----|----|--|----------------|-----------------|
| SATURDAY 4  | X | Race 4 Faith            | Silver Oaks Crossing      | RR & W    | 07:15 | 07:00 | 07:00 |       |    |    |  | 5,10 & 15      | RWFL            |
| SATURDAY 11 |   | Spar Ladies             | Supersport Park           | RR & W    |       |       |       |       |    |    |  | 5 & 10         | AGN             |
| SUNDAY 12   |   | Tshwane Trail Series    | TBA                       | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |    |  | 5,10,15 & 21.1 | Running Inn     |
|             |   | Tshwane Trail Series    | TBA                       | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |    |  | 5,10,15 & 21.1 | Running Inn     |
| THURSDAY 16 |   | Winter Warmer Road Race | ACRW Club House,Centurion | RR & RW   | 13:35 | 13:30 |       | 13:30 |    |    |  | 5,10 & 21.1    | Alpha Centurion |
|             |   | Winter Warmer Road Race | ACRW Club House,Centurion | RR & RW   | 13:35 | 13:30 |       | 13:30 |    |    |  | 5,10 & 21.1    | Alpha Centurion |
| SATURDAY 18 |   | Take 5 Team Relay       | AFB Waterkloof            | RR & W    | 08:00 |       |       |       |    |    |  | 5 X 5 & 3 x 5  | Faranani AC     |
| SATURDAY 25 |   | Run Walk for Bibles     | Zwartkops High School     | RR & W    | 07:35 | 07:30 |       | 07:30 |    |    |  | 5,10 & 21.1    | Alpha Centurion |
|             |   | Run Walk for Bibles     | Zwartkops High School     | RR & W    | 07:35 | 07:30 |       | 07:30 |    |    |  | 5,10 & 21.1    | Alpha Centurion |

**JULY**

| DATE        |   | EVENT                               | VENUE                      | CATEGORY  | 5     | 10    | 15/16 | 21/25 | 32 | 42 |  | DISTANCE( KM)  | CLUB           |
|-------------|---|-------------------------------------|----------------------------|-----------|-------|-------|-------|-------|----|----|--|----------------|----------------|
| SATURDAY 2  |   | Race 4 Friendship                   | The Field,Hatfield         | RR & W    | 07:15 | 07:00 |       | 07:00 |    |    |  | 5,10 & 21.1    | RWFL           |
| SATURDAY 9  |   | Mooikloof Realtors Winter Road Race | Garsfontein Primary School | RR        | 07:20 | 07:00 |       | 07:00 |    |    |  | 5,10 & 21.1    | Wingate        |
|             |   |                                     |                            | RW        | 07:20 | 07:10 |       | 07:10 |    |    |  | 5,10 & 21.1    | Wingate        |
| SATURDAY 16 |   | Afriforum Springbok Vasbyt          | Voortrekker Monument       | RR        | 07:45 | 07:20 |       | 07:20 |    |    |  | 5,10 & 25      | VTM AK         |
|             |   | Afriforum Springbok Vasbyt          | Voortrekker Monument       | RW        | 07:45 |       |       | 07:20 |    |    |  | 5 & 25         | VTM AK         |
| SATURDAY 23 |   | A4A Long Walk/Run to Freedom        | Eco Park                   | RR & W    | 06:45 | 06:30 |       | 06:30 |    |    |  | 5,10 & 21.1    | Aerobics 4 All |
|             |   | A4A Long Walk/Run to Freedom        | Eco Park                   | RR & W    | 06:45 | 06:30 |       | 06:30 |    |    |  | 5,10 & 21.1    | Aerobics 4 All |
| SUNDAY 24   |   | Tshwane Trail Series                | TBA                        | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |    |  | 5,10,15 & 21.1 | Running Inn    |
|             |   | Tshwane Trail Series                | TBA                        | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |    |  | 5,10,15 & 21.1 | Running Inn    |
| SATURDAY 30 | X | Zwartkop Road Race                  | Swartkop Lapa              | RR & W    | 07:10 | 07:00 |       | 07:00 |    |    |  | 5,10 & 21.1    | Denel          |
|             | X | Zwartkop Road Race                  | Swartkop Lapa              | RR & W    | 07:10 | 07:00 |       | 07:00 |    |    |  | 5,10 & 21.1    | Denel          |
|             | X | Zwartkop Road Race                  | Swartkop Lapa              | RR & W    | 07:10 | 07:00 |       | 07:00 |    |    |  | 5,10 & 21.1    | Denel          |

**AUGUST**

| DATE        | EVENT                       | VENUE                                | CATEGORY  | 5     | 10    | 15/16 | 21/25 | 32 | 42 | DISTANCE( KM)  | CLUB                |
|-------------|-----------------------------|--------------------------------------|-----------|-------|-------|-------|-------|----|----|----------------|---------------------|
| SATURDAY 6  | Tshwane AC Road Race        | Sepako Magatho Health & Science Univ | RR & W    | 07:15 | 07:00 |       | 07:00 |    |    | 5,10 & 21.1    | Tshwane AC          |
|             |                             |                                      | RR & W    | 07:15 | 07:00 |       | 07:00 |    |    | 5,10 & 21.1    | Tshwane AC          |
| TUESDAY 9   | Castle Walk 10              | Castle Walk Shopping Cntr            | RR & W    | 07:15 | 07:00 |       |       |    |    | 5 & 10         | Prestige Sport Club |
|             | Castle Walk 10              | Castle Walk Shopping Cntr            | RR & W    | 07:15 | 07:00 |       |       |    |    | 5 & 10         | Prestige Sport Club |
| SATURDAY 13 | X Wierie Road Race          | Centurian Mall                       | RR & W    | 07:00 | 06:30 |       | 06:30 |    |    | 10 & 21.1      | Alpha Centurion     |
|             | X Wierie Road Race          | Centurian Mall                       | RR & W    | 07:00 | 06:30 |       | 06:30 |    |    | 10 & 21.1      | Alpha Centurion     |
| SUNDAY 14   | Tshwane Trail Series        | TBA                                  | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |    | 5,10,15 & 21.1 | Running Inn         |
|             | Tshwane Trail Series        | TBA                                  | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |    | 5,10,15 & 21.1 | Running Inn         |
| SATURDAY 20 | Ocean Basket Marcel vt Slot | Pta Boys HS-Roper Str                | W         |       |       | 06:50 |       |    |    | 15             | Phobians            |
|             | Ocean Basket Marcel vt Slot | Pta Boys HS-Roper Str                | RR        | 07:15 | 07:00 |       |       |    |    | 5 & 15         | Phobians            |
| SATURDAY 27 | Dawn 2 Dusk                 | Akasia High School                   | RR & W    |       |       |       |       |    |    | 80 /12 HOURS   | Akasia              |
| SATURDAY 27 | Race Against Drugs          | Mamelodi                             | RR & W    |       |       | 06:30 |       |    |    | 15             | Mamelodi            |
|             | Race Against Drugs          | Mamelodi                             | RR & W    |       |       | 06:30 |       |    |    | 15             | Mamelodi            |

**SEPTEMBER**

| DATE         | EVENT                       | VENUE                    | CATEGORY  | 5     | 10    | 15/16 | 21/25 | 32 | 42    | DISTANCE( KM)    | CLUB        |
|--------------|-----------------------------|--------------------------|-----------|-------|-------|-------|-------|----|-------|------------------|-------------|
| SATURDAY 3   | Spirit of Flight            | AFB Swartkops            | RR & W    | 07:15 | 07:00 |       |       |    |       | 5 & 10           | PMMC        |
|              | Spirit of Flight            | AFB Swartkops            | RR & W    | 07:15 | 07:00 |       |       |    |       | 5 & 10           | PMMC        |
| SUNDAY 4     | The Spring Race             | Northens Rugby Club      | RR & W    | 07:00 | 06:30 |       | 06:00 |    | 05:30 | 5,10,21.1 & 42.2 | Northens AC |
| SATURDAY 10  | Value Log Ou Voetpad        | TUT Pta-West             | RR & W    | 7:00  |       | 7:00  |       |    |       | 5,10 & 16        | VTM AK      |
|              | Value Log Ou Voetpad        | TUT Pta-West             | RR & W    | 7:00  | 7:00  |       |       |    |       | 5,10 & 16        | VTM AK      |
| WEDNESDAY 14 | Lester Mills Tuks Nite Race | LC de Villiers SG        | RR & W    | 18:30 | 18:30 |       |       |    |       | 5 & 10           | Tuks A/C    |
|              | Lester Mills Tuks Nite Race | LC de Villiers SG        | RR & W    | 18:30 | 18:30 |       |       |    |       | 5 & 10           | Tuks A/C    |
| SATURDAY 17  | X Andrew Greyling           | Brooklyn                 | RW        | 06:10 | 06:00 |       | 06:00 |    |       | 5,10 & 21.1      | PMC         |
|              | X Andrew Greyling           | Brooklyn                 | RR        | 06:10 | 06:00 |       | 06:00 |    |       | 5,10 & 21.1      | PMC         |
| SUNDAY 18    | Tshwane Trail Series        | TBA                      | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |       | 5,10,15 & 21.1   | Running Inn |
|              | Tshwane Trail Series        | TBA                      | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |       | 5,10,15 & 21.1   | Running Inn |
| SATURDAY 24  | Clover Irene Spring Race    | Clover Irene Spring Race | RR & W    | 06:15 | 06:00 |       | 06:00 |    |       | 5; 10 & 21.1     | Irene AC    |

**OCTOBER**

| DATE        | EVENT                         | VENUE                     | CATEGORY  | 5     | 10    | 15/16 | 21/25  | 32 | 42    | DISTANCE( KM)  | CLUB        |
|-------------|-------------------------------|---------------------------|-----------|-------|-------|-------|--------|----|-------|----------------|-------------|
| SATURDAY 1  | Nat Business Challenge Relay  | Rietondale Park           | RR        |       |       |       |        |    | 06:00 | ±42.2          | Magnolia    |
|             | Nat Business Challenge Relay  | Rietondale Park           | RW        |       |       |       | 06:00  |    |       | ±21.1          | Magnolia    |
|             | Discovery Walk                |                           |           |       |       |       | 14:00  |    |       |                | AGN         |
| SATURDAY 8  | Capital Classic               | Pta High School OBC       | RR & W    | 06:15 | 06:00 |       | 06:00  |    |       | 5,10 & 21.1    | Phobians    |
|             | Capital Classic               | Pta High School OBC       | RR & W    | 06:15 | 06:00 |       | 06:00  |    |       | 5,10 & 21.1    | Phobians    |
| SUNDAY 6    | Supporting Orphans            | ??????                    | RR & W    | ??    | ??    |       | Cannot |    |       | 5 & 10         | KCM AC      |
|             |                               |                           |           |       |       |       |        |    |       |                |             |
| SATURDAY 15 | SABS Jacaranda City Challenge | SABS Groenkloof           | RR & RW   | 06:45 | 06:30 |       | 06:00  |    | 06:00 | 21.1 & 42.2    | Agape A/C   |
|             | SABS Jacaranda City Challenge | SABS Groenkloof           | RR & RW   | 06:45 | 06:30 |       | 06:00  |    | 06:00 | 5 & 10         | Agape A/C   |
| SUNDAY 16   | Tshwane Trail Series          | TBA                       | Trail Run | 07:30 | 07:30 | 07:30 | 07:30  |    |       | 5,10,15 & 21.1 | Running Inn |
|             | Tshwane Trail Series          | TBA                       | Trail Run | 07:30 | 07:30 | 07:30 | 07:30  |    |       | 5,10,15 & 21.1 | Running Inn |
| SATURDAY 22 | CSIR 10 /21                   | CSIR,Meiring Naude        | RR & W    | 06:30 | 06:15 |       | 06:00  |    |       | 5,10 & 21.1    | CSIR        |
|             | CSIR 10 /21                   | CSIR,Meiring Naude        | RR & W    | 06:30 | 06:15 |       | 06:00  |    |       | 5,10 & 21.1    | CSIR        |
| SATURDAY 29 | X King Price Irene Farm Race  | Agricultural Centre Irene | RR & W    | 06:10 | 06:00 |       | 06:00  |    |       | 5,10 & 21.1    | Irene AC    |

**NOVEMBER**

| DATE        | EVENT                      | VENUE                                      | CATEGORY  | 5     | 10    | 15/16 | 21/25 | 32 | 42 | DISTANCE( KM)  | CLUB               |
|-------------|----------------------------|--|-----------|-------|-------|-------|-------|----|----|----------------|--------------------|
| SATURDAY 5  | Amakhozikazi               | Union Buildings                            | RR & W    | 06:05 | 06:00 |       | 06:00 |    |    | 5 & 10         | Cap City Active AC |
|             | Amakhozikazi               | Union Buildings                            | RR & W    | 06:05 | 06:00 |       | 06:00 |    |    | 5 & 10         | Cap City Active AC |
| SATURDAY 12 | Kolonade Retail Park 10/21 | Kolonade Retail Shopping                   | RR & W    | 06:05 | 06:00 |       | 06:00 |    |    | 5,10 & 21.1    | Fit Pretoria       |
|             | Kolonade Retail Park 10/21 | Kolonade Retail Shopping                   | RR & W    | 06:05 | 06:00 |       | 06:00 |    |    | 5,10 & 21.1    | Fit Pretoria       |
| SATURDAY 19 | X Tom Jenkins              | Union Buildings                            | RR & W    | 06:00 | 06:00 |       | 06:00 |    |    | 5,10 & 21.1    | Arcadia            |
|             | X Tom Jenkins              | Union Buildings                            | RR & W    | 06:00 | 06:00 |       | 06:00 |    |    | 5,10 & 21.1    | Arcadia            |
| SUNDAY 20   | Tshwane Trail Series       | TBA  | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |    | 5,10,15 & 21.1 | Running Inn        |
|             | Tshwane Trail Series       | TBA  | Trail Run | 07:30 | 07:30 | 07:30 | 07:30 |    |    | 5,10,15 & 21.1 | Running Inn        |
| SATURDAY 26 | Muller Potgieter           | Pta Military Sports Grounds, Thaba Tshwane | RR        | 06:10 | 06:00 |       | 06:00 |    |    | 5,10 & 21.1    | VTM AK             |
|             | Muller Potgieter           | Pta Military Sports Grounds, Thaba Tshwane | RW        | 06:10 | 06:00 |       | 06:00 |    |    | 5,10 & 21.1    | VTM AK             |

**DECEMBER**

| DATE        | EVENT                       | VENUE                      | CATEGORY  |       | 5     | 10    | 15/16 | 21/25 | 32 | 42 |  | DISTANCE( KM)  | CLUB          |
|-------------|-----------------------------|----------------------------|-----------|-------|-------|-------|-------|-------|----|----|--|----------------|---------------|
| SATURDAY 3  | Babbas Lode Road Race       | Babbas Lodge               | RR & RW   |       | 06:15 | 06:00 |       | 06:00 |    |    |  | 5,10 & 21.1    | RunaVation    |
|             | Babbas Lode Road Race       | Babbas Lodge               | RR & RW   |       | 06:15 | 06:00 |       | 06:00 |    |    |  | 5,10 & 21.1    | RunaVation    |
| SUNDAY 4    | Tshwane Trail Series        | TBA                        | Trail Run |       | 07:30 | 07:30 | 07:30 | 07:30 |    |    |  | 5,10,15 & 21.1 | Running Inn   |
|             | Tshwane Trail Series        | TBA                        | Trail Run |       | 07:30 | 07:30 | 07:30 | 07:30 |    |    |  | 5,10,15 & 21.1 | Running Inn   |
| SATURDAY 10 | X Nedbank Skosana Road Race | Correctional Services      | RR & W    | 08:30 | 06:30 | 06:30 |       |       |    |    |  | 5 & 10         | Nedbank       |
|             | Nedbank Skosana Road Race   | Correctional Services      | RR & W    | 08:30 | 06:30 | 06:30 |       |       |    |    |  | 1Mile          | Nedbank       |
| SUNDAY 11   | Heart for Christmas         | Northens Rugby Club        | RR & W    |       | 06:30 | 06:00 |       |       |    |    |  | 5 & 10         | Northern AC   |
| FRIDAY 16   | Live Running                | Silverton Voortrekker Park | RR & W    |       | 06:30 | 06:00 |       | 06:00 |    |    |  | 5,10 & 21.1    | Vital Fitness |
|             | Live Running                | Silverton Voortrekker Park | RR & W    |       | 06:30 | 06:00 |       | 06:00 |    |    |  | 5,10 & 21.1    | Vital Fitness |
| SATURDAY 17 | The Wonderful Race          | The Forum,Akasia           | RR & W    |       | 06:30 | 06:00 |       | 06:00 |    |    |  | 5,10 & 21.1    | WonderPark AC |
|             | The Wonderful Race          | The Forum,Akasia           | RR & W    |       | 06:30 | 06:00 |       | 06:00 |    |    |  | 5,10 & 21.1    | WonderPark AC |
| SATURDAY 24 | Available                   |                            |           |       |       |       |       |       |    |    |  |                |               |
| SATURDAY 31 | Right to Run/Walk           | RietondalePark             | RR & W    |       | 17:00 | 17:00 |       |       |    |    |  | 5 & 10         | Arcadia       |
|             | Right to Run/Walk           | RietondalePark             | RR & W    |       | 17:00 | 17:00 |       |       |    |    |  | 5 & 10         | Arcadia       |

| ORGANISER         | CONTACT NO |
|-------------------|------------|
| Daan du Toit      | 0825724169 |
| Katlego Ncongwane | 0784461838 |
| Calvin Madonsela  | 0744083466 |
| Matome Lehomo     | 0836275326 |
| Mandla Mvalo      | 0722725858 |
| Roewyn Danster    | 0828042923 |
| Gesten Rennie     | 0824671588 |
| EC Orsmond        | 0833884842 |
|                   |            |
|                   |            |
|                   |            |
|                   |            |
| Max Lange         | 0123627322 |
| Iven Moorhouse    | 0127516139 |
| Pieter Luyt       | 0842948070 |
| Altje Conradie    | 0823727093 |
| Tommie Breedt     | 0828077217 |

| ORGANISER          | CONTACT NO |
|--------------------|------------|
| Hank Bezuidenhout  | 0129931356 |
| Colin Billau       | 0128422566 |
| Wynand Breytenbach | 0829370733 |
| Danie Kruger       | 0828270068 |
| Corne Bruwer       | 0835232482 |
| Charles Bosch      | 0726619155 |
| Vollie Spies       | 0834177377 |
| Jet Moses          | 0722594282 |
| Vollie Spies       | 0834177377 |
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| Jet Moses          | 0722594282 |
| Max Lange          | 0123627322 |
| Iven Moorhouse     | 0127516139 |
| Gabriel Makola     | 0781694643 |
| Gustav Meyer       | 827874949  |
| Gustav Meyer       | 827874949  |
| Graham Strangleman | 0762465185 |

| ORGANISER          | CONTACT NO |
|--------------------|------------|
| Geoff Hesse        | 0828964377 |
| Piet Ackerman      | 0823376909 |
|                    |            |
| Max Lange          | 0123627322 |
| Iven Moorhouse     | 0127516139 |
| Leon Marais        | 0723909775 |
| Willie Engelbrecht | 0813475353 |
| James Matshekoa    | 0825661595 |
| John Gwetsa        | 0824359212 |
| Dave Baker         | 0829208064 |
| Carl Visage        | 0828532932 |
| Patrick            | 0734735999 |
| Dudu               | 0784169351 |
| Daan du Toit       | 0825724169 |

| ORGANISER | CONTACT NO |
|-----------|------------|
|-----------|------------|

|                    |            |
|--------------------|------------|
| Corrie Fourie      | 0836292644 |
| Kierie vd Schuff   | 0828044803 |
| Dan Nkoana         | 0721717390 |
| Dan Nkoana         | 0721717390 |
| Wynand Breytenbach | 0829370733 |
| Max Lange          | 0123627322 |
| Iven Moorhouse     | 0127516139 |
| Kagiso Raborife    | 0828216293 |
| Vuyelwa Dlali      | 0820511823 |
| FJ van Dyk         | 0823258960 |
| Gideon Adriaanse   | ????       |
| Charles Bosch      | 0726619155 |
| Karabo Molokoane   | 0820528634 |
| Thabo Manyane      | 0845864806 |
| Office             | 0123274930 |

| ORGANISER        | CONTACT NO |
|------------------|------------|
| Bert vd Raad     | 0829226817 |
| Jorrie Jordaan   | 0823764865 |
| Daan du Toit     | 0825724169 |
| Enoch Skosana    | 0828258001 |
| Nick Bester      | 0824542222 |
| Winnie Koekemoer | 0832895270 |
| Philip Sergeant  | 828250725  |
| OB Segami        | 0720945636 |
| A Magrath        | 0823795342 |
| Max Lange        | 0123627322 |
| Iven Moorhouse   | 0127516139 |
| Daan du Toit     | 0825724169 |
| Enoch Skosana    | 0828258001 |

| ORGANISER       | CONTACT NO  |
|-----------------|-------------|
| Daan du Toit    | 0825724169  |
| AGN Office      | 0123274932  |
| Max Lange       | 0123627322  |
| Iven Moorhouse  | 0127516139  |
| Bert vd Raad    | 0829226817  |
| Jorrie Jordaan  | 0823764865  |
| Event Office    | 012 4609065 |
| Elize van Eeden | 0827528839  |
| Wynand Meiring  | 0827787327  |

| ORGANISER             | CONTACT NO |
|-----------------------|------------|
| Daan du Toit          | 0825724169 |
| Dalene Flynn          | 0825502808 |
| Natascha de Jager     | 0716888024 |
| Joep Joubert          | 0714055588 |
| Leon Bezuidenhout     | 0763739019 |
| Matome Lehomo         | 0836275326 |
| Mandla Mvalo          | 0722725858 |
| Max Lange             | 0123627322 |
| Iven Moorhouse        | 0127516139 |
| Kierie van der Schyff | 0828044803 |
| Jacques Marias        | 0767597710 |
| Corrie Fourie         | 0836292644 |

| ORGANISER           | CONTACT NO |
|---------------------|------------|
| Moses Lengweg       | 0824264455 |
| Rustus Tiabela      | 0763535198 |
| Liesel van Zyl      | 0833739818 |
| Alicia              | 0832303542 |
| Hennlie             | 0833577310 |
| Tiaan               | 0760909320 |
| Max Lange           | 0123627322 |
| Iven Moorhouse      | 0127516139 |
| Dimitri Kavallineas | 0827733603 |
| Grahan Strangleman  | 0762465185 |
| Gerrie Strydom      | 0829405453 |
| Gabriel Makola      | 0781694643 |
| John Mathane        | 0836360402 |

| ORGANISER          | CONTACT NO |
|--------------------|------------|
| OB Segami          | 0720945636 |
| A Magrath          | 0823795342 |
| Charles Bosch      | 0726619155 |
| Joep Joubert       | 0714055588 |
| Leon Bezuidenhout  | 0763739019 |
| Vollie Spies       | 0834177377 |
| Jet Moses          | 0722594282 |
| EC Orsmond         | 0833884842 |
| EC Orsmond         | 0833884842 |
| Max Lange          | 0123627322 |
| Iven Moorhouse     | 0127516139 |
| Wynand Breytenbach | 0829370733 |

| ORGANISER           | CONTACT NO |
|---------------------|------------|
| Event Office        | 0124609065 |
| Event Office        | 0124609065 |
| Office              | 0123274930 |
| Bert vdRaad         | 0829226817 |
| Dimitri Kavallineas | 0827733603 |
| Phumsine Baloyi     | 0788864223 |
| Junia Hopane        | 0826429994 |
| Marieta Bortoli     | 0824667031 |
| Kobus Stander       | 0826886697 |
| Max Lange           | 0123627322 |
| Iven Moorhouse      | 0127516139 |
| Corne Botha         | 0824657233 |
| James da Silva      | 0824482154 |
| Wynand Breytenbach  | 0829370733 |

| ORGANISER         | CONTACT NO |
|-------------------|------------|
| Dovhani Munyani   | 0715582000 |
| Thabiso Maleka    | 0723977992 |
| Alan Edmunds      | 0833257779 |
| Bossie Boshoff    | 0125482897 |
| James Matshekoa   | 0825661595 |
| John Gwetsa       | 0824359212 |
| Max Lange         | 0123627322 |
| Iven Moorhouse    | 0127516139 |
| Joep Joubert      | 0714055588 |
| Leon Bezuidenhout | 0763739019 |

| ORGANISER          | CONTACT NO |
|--------------------|------------|
| Pierre Jordaan     | 0828219836 |
| Alan Smith         | 0741980380 |
| Max Lange          | 0123627322 |
| Iven Moorhouse     | 0127516139 |
| Enoch Skosana      | 0828258001 |
| Catherine Skosana  | 0715882625 |
| Charles Bosch      | 0726619155 |
| Peter Mokhare      | 0829681150 |
| Mshengu Tshabalala | 0845513704 |
| Sakky Sekgothe     | 0827493689 |
| Lindi Morule       | 0826554878 |
|                    |            |
| James Matshekoa    | 0825661595 |
| John Gwetsa        | 0824359212 |