

DATE	DAY	EVENT	DIST	TIME	VENUE	CLUB	CONTACT PERSON	CONTACT NO	EMAIL	WEBSITE	PRE ENTER
13-Jan-24	Sat	Leo Benning & Little Athletics			Parow Athletics Track	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
13-Jan-24	Sat	Hohenort 15 Km	15km	06:00	Alphen Centre, Constantia	Pinelands AC	Wendal Smith	0731774394	chairman@pinelandsathleticclub.co.za	www.pinelandsathleticclub.co.za	Yes
20-Jan-24	Sat	WPA T&F League 1			Parow Athletics Track	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
21-Jan-24	Sun	Bay to Bay	15km	05:30	Camps Bay /Hout Bay	Topform	Russell Mehl	0845455851	Russelmeh15@gmail.com		yes
21-Jan-24	Sun	Bay to Bay	30km	05:30	Camps Bay /Hout Bay	Topform	Russell Mehl	0845455851	Russelmeh15@gmail.com		yes
27-Jan-24	Sat	WPA Race Walking Grand Prix 1			TBC	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
27-Jan-24	Sat	Red Hill Classic and Marathon	36km	05:30	Fish Hoek Sports Fields	FHAC	Zeta Booysen	0715864806	race@fishhoekac.com	https://www.fishhoekac.com	yes
27-Jan-24	Sat	Red Hill Classic and Marathon	42km	05:30	Fish Hoek Sports Fields	FHAC	Zeta Booysen	0715864806	race@fishhoekac.com	https://www.fishhoekac.com	yes
27-Jan-24	Sat	Red Hill 13km Challenge	13km	06:30	Fish Hoek Sports Fields	FHAC	Zeta Booysen	0715864806	race@fishhoekac.com	https://www.fishhoekac.com	yes- limited to 300
02-Feb-23	Fri	Combined Events & T&F League 2			Parow Athletics Track	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
03-Feb-23	Sat	Combined Events & T&F League 2			Parow Athletics Track	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
03-Feb-24	Sat	Spartan Harriers Firgrove Challenge with Discovery Vitality	15km / 10km / 5km	05:45	Cape Academy for Maths and Science Firgrove Way, Tokai	Spartan Harriers	Michael Adams	0832965953	michaelmark.adams@gmail.com	www.topevents.co.za	Yes
10-Feb-23	Sat	Leo Benning & T&F League 3			Parow Athletics Track	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
10-Feb-24	Sat	CURRO 10KM CHALLENGE	10km & 5km	07:00	Meridian School, Pinehurst	Brackenfell RC	David McCarthy	079 913 0618	dcmccarthy8@gmail.com		Yes
11-Feb-24	Sun	ABAX Investment Milkwood Run	21.1km	06:30	Soetwater Resort	Harfield Harriers	Richard	082 643 6186	info@milkwoodrun.co.za	www.milkwoodrun.co.za	Yes
11-Feb-24	Sun	ABAX Investment Milkwood Run	10km	07:10	Soetwater Resort	Harfield Harriers	Richard	082 643 6186	info@milkwoodrun.co.za	www.milkwoodrun.co.za	Yes
11-Feb-24	Sun	ABAX Investment Milkwood Run	5km Fun Run	07:30	Soetwater Resort	Harfield Harriers	Richard	082 643 6186	info@milkwoodrun.co.za	www.milkwoodrun.co.za	Yes
17-Feb-23	Sat	FBZ High School T&F Semi Final									
18-Feb-24	Sun	Balwin Cape Peninsula Marathon and Half	21.1km	05:30	Simons Town Naval Base	Celtic Harriers	Glenn Muller	0829973252	info@celticsharriers.co.za	www.celticsharriers.co.za	Yes
18-Feb-24	Sun	Balwin Cape Peninsula Marathon and Half	42,2km	05:30	Simons Town Naval Base	Celtic Harriers	Glenn Muller	0829973252	info@celticsharriers.co.za	www.celticsharriers.co.za	Yes
23-Feb-24	Fri	TBZ High School T&F Semi Final									
23-Feb-24	Fri	Combined Events & T&F League 4			Parow Athletics Track	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
24-Feb-24	Sat	TBZ High School T&F Semi Final									
24-Feb-24	Sat	Combined Events & T&F League 4			Parow Athletics Track	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
24-Feb-24	Sat	WPA Race Walking Grand Prix 2			TBC	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
25-Feb-24	Sat	50km Runnifed Breaking Barriers Race / ASA 50km Championships			Marine Park, Cqeberha	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za		
25-Feb-24	Sun	Dan Luyt 15km	15km			Bellville AC					
01-Mar-24	Fri	NZ High School T&F Semi Final									
02-Mar-24	Sat	ASA 20km Race Walking Championships & Open International (TBC)			Cape Town, Youngsfield Military Base	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za		
02-Mar-24	Sat	NZ High School T&F Semi Final									
02-Mar-24	Sat	WPA T&F League 5			Parow Athletics Track	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
02-Mar-24	Sat	Century City Express	10km / 5km	07:00	Century City	Century City AC	Bertie Cloete	082998154	Bertiecloete007@gmail.com	Centurycityathletics.co.za	Yes
03-Mar-24	Sun	NZ High School T&F Semi Final									
06-Mar-24	Wed	Crazy Store Lighthouse TEN Night Race	10 & 5KM	18:30	Rocklands Beach, Sea Point Promenade	Walmers A.C	Top Events	021 511 7130	info@topevents.co.za	https://www.topevents.co.za/contact-us/	Yes (online) and on the day
07-Mar-24	Thu	WPA U/16, U/18, U20 & U/23 Track & Field Championships			Parow Athletics Track	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
07-Mar-24	Fri	WP High School T&F Championships									
08-Mar-24	Fri	WPA U/16, U/18, U20 & U/23 Track & Field Championships			Parow Athletics Track	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
08-Mar-24	Sat	WP High School T&F Championships									
09-Mar-24	Sat	WPA U/16, U/18, U20 & U/23 Track & Field Championships			Parow Athletics Track	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
09-Mar-24	Sat	Constantia Village Totalsports VOB 15km	15km & 15km Walk								
09-Mar-24	Sat	WP High School T&F Championships									
10-Mar-24	Sun	Motsepe Foundation ASA 10km Championships			Central Gauteng Athletics	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za		
10-Mar-24	Sun	WP High School T&F Championships									
14-Mar-24	Thu	Western Cape High School T&F Champs									Yes
15-Mar-24	Fri	WPA Senior & Combined Events Track & Field Championships			Parow Athletics Track / Green Point Stadium	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
15-Mar-24	Fri	Western Cape High School T&F Champs									Yes
16-Mar-24	Sat	WPA Senior & Combined Events Track & Field Championships			Parow Athletics Track / Green Point Stadium	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
16-Mar-24	Sat	Western Cape High School T&F Champs									Yes
21-Mar-24	Wed	Tyger Run/Walk with Discovery Vitality	6km	07:15	Tygervalley	Durbanville Athletics Club	Conrad Meier	081 470 5370	conradmeier@gmail.com	https://www.facebook.com/TygerRunWalk/	Yes
21-Mar-24	Wed	Tyger Run/Walk with Discovery Vitality	10km	06:45	Tygervalley	Durbanville Athletics Club	Conrad Meier	081 470 5370	conradmeier@gmail.com	https://www.facebook.com/TygerRunWalk/	Yes (To be confirmed)
21-Mar-24	Wed	Tyger Run/Walk with Discovery Vitality	15km	06:30	Tygervalley	Durbanville Athletics Club	Conrad Meier	081 470 5370	conradmeier@gmail.com	https://www.facebook.com/TygerRunWalk/	Yes
21-Mar-24	Thu	ASA U/16, U/18, U20 & U/23 Track & Field National Championships			Pilditch Stadium, Pretoria West	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za		
22-Mar-24	Fri	ASA U/16, U/18, U20 & U/23 Track & Field National Championships			Pilditch Stadium, Pretoria West	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za		
23-Mar-24	Sat	ASA U/16, U/18, U20 & U/23 Track & Field National Championships			Pilditch Stadium, Pretoria West	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za		
23-Mar-24	Sat	Ravensmead Road Race	15km	06:30	Florida Park	Ravensmead Athletic club	Sean Davids	0836434883	ravensmeadac@outlook.com		No
23-Mar-24	Sat	Ravensmead League Walk	10km	06:45	Florida Park	Ravensmead Athletic club	Sean Davids	0836434883	ravensmeadac@outlook.com		No
23-Mar-24	Sat	Ravensmead Fun Run/Walk	5km	07:00	Florida Park	Ravensmead Athletic club	Sean Davids	0836434883	ravensmeadac@outlook.com		No
24-Mar-24	Sun	PS T&F National Championships			Limpopo						
24-Mar-24	Sun	Tygerberg 30 km	30 km	06:00	Parow Athletic Track	Tygerberg	Leon Thelander	0839996450	leonthelander2@gmail.com		Yes
24-Mar-24	Sun	SPAR Women's Grand Prix	10km & 5km								
25-Mar-24	Mon	PS T&F National Championships			Limpopo						
26-Mar-24	Tue	PS T&F National Championships			Limpopo						
30-Mar-24	Sat	Topform 10km	10km	07:00	Turfhall /Athlone	Topform	Russell Mehl	0845455851	Russelmeh15@gmail.com		No
01-Apr-24	Mon	VAC Family Day Half Marathon 2024	21.1km	07:00	WESFLUER PRK	VELOCITY	Marlo Philander	0812564203	marloaka9@gmail.com		Yes
01-Apr-24	Mon	VAC DEVELOPMENT FUN RUN	5km	07:40	WESFLUER PRK	VELOCITY	Lee Shay Willemse	0812566725	shay5k@yahoo.com		Yes
03-Apr-24	Wed	SASA Track & Field Championships			Limpopo						
04-Apr-24	Thu	USSA Track & Field Championships			Stellenbosch, Cape Town	USSA	Jazz Mnyengeza	0722629752	mnyengezammb@tut.ac.za		
04-Apr-24	Thu	SASA Track & Field Championships			Limpopo						
05-Apr-24	Fri	USSA Track & Field Championships			Stellenbosch, Cape Town	USSA	Jazz Mnyengeza	0722629752	mnyengezammb@tut.ac.za		
05-Apr-24	Fri	SASA Track & Field Championships			Limpopo						

06-Apr-24	Sat	USSA Track & Field Championships				Stellenbosch, Cape Town	USA	Jazz Mnyengeza	0722629752	mnvengezamb@tut.ac.za			
06-Apr-24	Sat	SASA Track & Field Championships				Limpopo							
06-Apr-23	Sat	WPA T&F League 6					WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes	
13-Apr-24	Sat	Two Oceans Ultra Marathon	56km	05:00		UCT Sports Grounds	n/a	Hilton Kearns	021 200 0459	info@twooceansmarathon.org.za	twooceansmarathon.org.za	Yes	
13-Apr-24	Sat	WPA Little Athletics Final											
14-Apr-24	Sun	Two Oceans Half Marathon	21.1km	06:00		UCT Sports Grounds	n/a	Hilton Kearns	021 200 0459	info@twooceansmarathon.org.za	twooceansmarathon.org.za	Yes	
18-Apr-24	Thu	ASA Senior Track & Field National Championships and Multi Events & Relay				Msunduzi Athletics Stadium, KwaZulu Natal	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za			
19-Apr-24	Fri	ASA Senior Track & Field National Championships and Multi Events & Relay				Msunduzi Athletics Stadium, KwaZulu Natal	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za			
20-Apr-24	Sat	WPA Masters Championships											
20-Apr-24	Sat	ASA Senior Track & Field National Championships and Multi Events & Relay				Msunduzi Athletics Stadium, KwaZulu Natal	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za			
20-Apr-24	Sat	Timbulid Spookhill Challenge	15km	07:00		Beaumont Primary		Helderberg Harriers	Izette Mostert	izette@helderberg-harriers.co.za	https://www.helderberg-harriers.co.za/	Pre enter + on the day	
20-Apr-24	Sat	Timbulid Spookhill 5km Fun Run	5km	07:15		Beaumont Primary		Frances Abrahams	Frances Abrahams	frances@helderberg-harriers.co.za		Pre enter + on the day	
21-Apr-24	Sun	ASA Senior Track & Field National Championships and Multi Events & Relay				Msunduzi Athletics Stadium, KwaZulu Natal	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za			
26-Apr-24	Fri	Cape Milers Club/Endurocad Middle Distance Invitational 1				Green Point Athletics Stadium		Francois van Rensburg	0644931486	francois.capemilersclub@gmail.com			
27-Apr-24	Sat	Tymebank Langa Run 4 Freedom	10km	07:15		Langa Stadium		Aubrey Isaacs	0783408251	aubrevisaacs66@gmail.com	www.langaathleticclub.co.za	Yes	
27-Apr-24	Sat	Prescient 5km	5km					Molebatsi Matube	0670760400	molebatsi@me.com			
27-Apr-24	Sat	ASA Marathon Championships incorporating Durban International Marathon				Durban, KwaZulu Natal	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za			
27-Apr-24	Sat	WPA Race Walking Grand Prix 3					WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes	
28-Apr-24	Sun	WPA Cross Country					TBC	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za		
29-Apr-24	Mon	Cape Milers Club/Endurocad Middle Distance Invitational 2				Green Point Athletics Stadium		Francois van Rensburg	0644931486	francois.capemilersclub@gmail.com			
01-May-24	Wed	Lwandle Road Race	10KM	07:00		Lwandle Stadium		Lwandle Athletics Club	Buyiswa Matyesha-Mafuna	0736701840	lwandleathletics@gmail.com	N/A	
01-May-24	Wed	Lwandle Fun Run/Walk	5KM	07:15		Lwandle Stadium		Lwandle Athletics Club	Buyiswa Matyesha-Mafuna	0736701840	lwandleathletics@gmail.com	N/A	
04-May-24	Sat	WPA Cross Country					TBC	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za		
05-May-24	Sun	UCT 10KM MEMORIAL RACE	10km	07:00		UCT Upper Campus		UCT	Melissa Awu	0746922261		YES	
05-May-24	Sun	False Bay 50km	50km										
11-May-24	Sat	WPA Race Walking Grand Prix 4					TBC	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
12-May-24	Sun	ABSA CAPE TOWN 10KM	10km	09:00		Woodbridge Island, Milnerton		Brackenfell RC	David McCarthy	+27 79 913 0618	dcmccarthy8@gmail.com		
18-May-24	Sat	Easterns 15 km	15km	07:00		Brackenfell Centre (Pick n Pay Hypermarket)		Easterns Kraaifontein AC	Ashley Johnson	0835464520	ajjkhoozvp@gmail.com	www.webtickets.co.za	Yes and on Day
19-May-24	Sun	WPA Cross Country					TBC	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za		
26-May-24	Sun	Slave Route Challenge	21.1km	07:00		City Centre		Brimstone Itheke	Zarina Meyer	0832485655	zarina@itheko.co.za	www.itheko.co.za	Yes
26-May-24	Sun	Slave Route Challenge	10km	07:00		City Centre		Brimstone Itheke	Zarina Meyer	0832485655	zarina@itheko.com	www.itheko.co.za	Yes
26-May-24	Sun	Slave Route Challenge	5KM	07:00		City Centre		Brimstone Itheke	Zarina Meyer	0832485655	zarina@itheko.com	www.itheko.co.za	Yes
01-Jun-24	Sat	ASA Half Marathon Championships incorporating NMB Half Marathon				Pollock Beach, Summerstrand, Gqeberha	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za			
01-Jun-24	Sat	UWC Fast & Flat	10km										
02-Jun-24	Sun	WPA Cross Country					TBC	TBC	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	
08-Jun-24	Sat	SANLAM 10	10km	06:30		Sanlam Head Office		SANLAM ROAD RUNNING CLUB	ROBERT KEYNEL	082 474 0399	rkeynel@gmail.com		
08-Jun-24	Sat	SANLAM 10	5km	06:45		Sanlam Head Office		SANLAM ROAD RUNNING CLUB	ROBERT KEYNEL	082 474 0399	rkeynel@gmail.com		
15-Jun-24	Sat	WPA Cross Country					TBC	TBC	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	
16-Jun-24	Sun	RCS Gugs Youth Day Race	10km / 4,2km										
22-Jun-24	Sat	Mamre	21km	08:00		Mamre Primary School		Mamre	Lesley Daniels	0791116489	Danielljd@eskom.co.za		
22-Jun-24	Sat	Mamre	10km	08:10		Mamre Primary School		Mamre	Tania Bartes	0747077555	Tania.misst@gmail.com		
22-Jun-24	Sat	Mamre	5km	08:20		Mamre Primary School		Mamre					
		Table Mountain 16km	16km										
29-Jun-24	Sat	WPA Cross Country					TBC	TBC	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	
06-Jul-24	Sat	Eersterivier 15km	15km										
13-Jul-24	Sat	Cape Town Festival of Running Ultra	50km	07:00		Sea Point Promenade		Hewat AC	Winston Brooks	0764896043	winston@junocrp.co.za	Instagram:ctrunningfest/ FB: Cape Town Festival of Running	
13-Jul-24	Sat	Cape Town Festival of Running Ultra	100km	07:00		Sea Point Promenade		Hewat AC	Winston Brooks	0764896043	winston@junocrp.co.za	Instagram:ctrunningfest/ FB: Cape Town Festival of Running	
13-Jul-24	Sat	Cape Town Festival of Running 5x 5 Relay	5kmx5	12:00		Sea Point Promenade		Hewat AC	Winston Brooks	0764896043	winston@junocrp.co.za	Instagram:ctrunningfest/ FB: Cape Town Festival of Running	
14-Jul-24	Sun	Cape Town Festival of Running 21km	21km	07:30		Sea Point Promenade		Hewat AC	Winston Brooks	0764896043	winston@junocrp.co.za	Instagram:ctrunningfest/ FB: Cape Town Festival of Running	
20-Jul-24	Sat	CURRO HALF MARATHON	21km & 5km	07:30		Meridian School, Pinehurst		Brackenfell RC	David McCarthy	079 913 0618	dcmccarthy8@gmail.com		
21-Jul-24	Sun	WPA Cross Country					TBC	TBC	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	
27-Jul-24	Sat	WPA Cross Country					TBC	TBC	WPA Office	0214813232	events@wpathletics.co.za	www.wpa.org.za	
28-Jul-24	Sun	Pinelands 10 Km	10km / 5km	07:30		Pinelands Club, Lower Oval, Pinelands		Pinelands AC	Dion Stevens	0827308320	dionmstevens@gmail.com	www.pinelandsathleticclub.co.za	Y
03-Aug-24	Sat	Elsies 10km	10km										
03-Aug-24	Sat	WPA Race Walking Grand Prix 5					TBC	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
04-Aug-24	Sun	WPA Cross Country											
09-Aug-24	Fri	Totalsports Women's Day Race	10km/5km	08:00		Grand Parade		Edgemead Runners	Francois Gouws	0832368265	raceconvener@edgemeadrunners.org.za	www.stillwatersports.com	Yes
10-Aug-24	Sat	WPA Cross Country Championships											
11-Aug-24	Sun	John Korasie 30km	30km										
17-Aug-24	Sat	Bonteheuvel 10km	10km										
18-Aug-24	Sun	Satori Camel Run	16.1km	07:30		Noordhoek Sports fields		Satori AC	Stephen Sharwood	0828220883	stephen.sharwood@seiff.com	www.camelrun.co.za	Yes
24-Aug-24	Sat	Blouberg Marathon	42.2km	06:30		Table Bay Mall		WCAC	Monique Martens	0825573009	moniquemartens@gmail.com	www.westcoastathleticclub.co.za	yes
24-Aug-24	Sat	Blouberg Marathon	5km	07:00		Table Bay Mall		WCAC	Monique Martens	0825573009	moniquemartens@gmail.com	www.westcoastathleticclub.co.za	yes
25-Aug-24	Sun	Blouberg Marathon	21km	07:00		Table Bay Mall		WCAC	Monique Martens	0825573009	moniquemartens@gmail.com	www.westcoastathleticclub.co.za	yes
25-Aug-24	Sun	Blouberg Marathon	10km	07:30		Table Bay Mall		WCAC	Monique Martens	0825573009	moniquemartens@gmail.com	www.westcoastathleticclub.co.za	yes
01-Sep-24	Sun	KAC Road Race 21.1km	21km	07:00		Mandela Park Stadium		Khayelitsha AC	Nandi Mgingqi	0735941607	khayelitshaathleticclub@gmail.com		
01-Sep-24	Sun	KAC Road Race 10km	10km	07:30		Mandela Park Stadium		Khayelitsha AC	Nandi Mgingqi	0735941607	khayelitshaathleticclub@gmail.com		
01-Sep-24	Sun	KAC Road Race Fun Run	5km	08:00		Mandela Park Stadium		Khayelitsha AC	Nandi Mgingqi	0735941607	khayelitshaathleticclub@gmail.com		
07-Sep-24	Sat	ASA Cross Country Championships				Athletics Vaal Triangle	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za			
07-Sep-24	Sat	Tekkie Challenge	21.1km	07:00		Jan Kriel School	CMC	Lou Boltmann	072 885 4811	lou.armstrong79@gmail.com	https://www.jankriel.org.za/events	Yes	
07-Sep-24	Sat	Tekkie Challenge	10km	07:30		Jan Kriel School	CMC	Lou Boltmann	072 885 4812	lou.armstrong79@gmail.com	https://www.jankriel.org.za/events	No	
14-Sep-24	Sat	OUTSurance Gun Run	10km	7.30am		Viel Rd Green Point	AAC	Lynn Davis	082990333	info@atlanticathletic.co.za	http://atlanticathletic.co.za/	yes	

14-Sep-24	Sat	OUTSurance Gun Run Trail Run	18.8km	7:30am	Van Riebeeck Park	AAC	Lynn Davis	082990333	info@atlanticathletic.co.za	http://atlanticathletic.co.za/	yes
14-Sep-24	Sat	OUTSurance Gun Run Pet Walk	5km	8:30am	Vlei Rd Green Point	AAC	Lynn Davis	082990333	info@atlanticathletic.co.za	http://atlanticathletic.co.za/	yes
15-Sep-24	Sun	OUTSurance Gun Run	21.1km	6:30am	Vlei Rd Green Point	AAC	Lynn Davis	082990333	info@atlanticathletic.co.za	http://atlanticathletic.co.za/	yes
15-Sep-24	Sun	OUTSurance Gun Run Fun Run	5km	8:00am	Vlei Rd Green Point	AAC	Lynn Davis	082990333	info@atlanticathletic.co.za	http://atlanticathletic.co.za/	yes
21-Sep-24	Sat	Bakgat 10km									
22-Sep-24	Sun	Chapman's Peak Half Marathon	21.1km	06:30	Hout Bay	Hout Bay Harriers	Richard	082 643 6186	info@chapmanspeakhalf.co.za	www.chapmanspeakhalf.co.za	Yes
22-Sep-24	Sun	Chapman's Peak Half Marathon	10km	07:10	Hout Bay	Hout Bay Harriers	Richard	082 643 6186	info@chapmanspeakhalf.co.za	www.chapmanspeakhalf.co.za	Yes
24-Sep-24	Tue	Nantes Heritage Day Race	10km	07:00	Vangate Sports Complex	Nantes	Leon Hendricks	0824113913	leon.hendricks@dlkgroup.com	www.nantesac.co.za	Yes
28-Sep-24	Sat	Goodwood Harriers Heritage 10km Challenge	10km + 5km Fun run	06:30	Upper parking Deck N1 City Shopping Mall	Goodwood Harriers	Edward Stevens	082290602	edwardstevens74@gmail.com/goodwood	www.goodwoodharriers.co.za	Yes
28-Sep-24	Sat	WPA Little Athletics & T&F Non-Standard event			TBC						
28-Sep-24	Sat	WPA Race Walking Grand Prix 6			TBC	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
29-Sep-24	Sun	voet of the vine	15km / 10km / 5 km	06:00	Zevenwacht Mall	Intouch	Jacqui Bougardt	0834877219	jbougardt@gmail.com		Yes
05-Oct-24	Sat	Kloppers/Nedbank race	10 km and 5 km and possibly 21 km.	06:30	Cape Gate Life Style Centre	Nedbank	Mdu Nhleko	0832789316	Nhlekomm@gmail.com		Yes + Top Events
06-Oct-24	Sun	DCAS / WPA Walking Event									
09-Oct-24	Wed	Silver Queen 10km									
13-Oct-24	Sun	Ommiedraal 10km Road Race	10km	06:30	Primroses Sports Facility	Ommiedraa & Friends AC	Kaashiefa Anthony	0829245339	ommiedraa@gmail.com	www.ommiedraal.co.za	Yes
19-Oct-24	Sat	Sanlam Cape Town Marathon 5km Peace Run	5km	08:00	DHL Stadium Precinct	N/A	Barry van Blerk	0823390748	barry@capetownmarathon.com	www.capetownmarathon.com	Yes
19-Oct-24	Sat	Sanlam Cape Town Marathon 10km Peace Run	10km	07:00	DHL Stadium Precinct	N/A	Barry van Blerk	0823390748	barry@capetownmarathon.com	www.capetownmarathon.com	Yes
19-Oct-24	Sat	Sanlam Cape Town Marathon 11km Trail Run	11km	07:30	DHL Stadium Precinct	N/A	Barry van Blerk	0823390748	barry@capetownmarathon.com	www.capetownmarathon.com	Yes
19-Oct-24	Sat	Sanlam Cape Town Marathon 22km Trail Run	22km	06:45	DHL Stadium Precinct	N/A	Barry van Blerk	0823390748	barry@capetownmarathon.com	www.capetownmarathon.com	Yes
19-Oct-24	Sat	Cape Town Trail Marathon	46km	06:00	DHL Stadium Precinct	N/A	Barry van Blerk	0823390748	barry@capetownmarathon.com	www.capetownmarathon.com	Yes
20-Oct-24	Sun	Sanlam Cape Town Marathon	42,2km	06:15	DHL Stadium Precinct	N/A	Barry van Blerk	0823390748	barry@capetownmarathon.com	www.capetownmarathon.com	Yes
25-Oct-24	Fri	WPA Combined, Masters & Open Meeting			TBC	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
26-Oct-24	Sat	WPA Combined, Masters & Open Meeting			TBC	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
26-Oct-24	Sat	WPA Race Walking Grand Prix 7			TBC	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
26-Oct-24	Sat	ASA 5km & 1 Mile Championships			Bloemfontein, University of the Free State	ASA	Thabang Maleka	0761336131	ThabangM@athleticsa.co.za		
26-Oct-24	Sat	Table View High 10km	10km	07:00	Table View High	WCAC	Nic Carstens	0726188610	ncarstens@tvhcloud.co.za		No
27-Oct-24	Sun	Don Lock Memorial	15km / 8km	06:30	Claremont	Celtic Harriers	Glenn Muller	0829973252	info@celticarriers.co.za	www.celticarriers.co.za	Both
30-Oct-24	Wed	ATC Sunset TTT									
02-Nov-24	Sat	MSA 10km & 5km	10km / 5km	06:00	William Herbert	MSA Multisport	Amien Adams	0826257134	run5smog@gmail.com		Yes
03-Nov-24	Sun	Landmarks Half Marathon	21.1km		WPCC Club Rondebosch	WPCC	Mark Strybis	0832315919	running@wpcc.co.za		
09-Nov-24	Sat	Melkbos 15km									
10-Nov-24	Sun	ARD 3 Vlei Race	10km	06:30	Fairmount Secondary School, Klip Road, Grassy Park	ARD Athletics	Mubeen Davids	0760192207	secretary.ardac@gmail.com	www.ardathletics.co.za	yes
10-Nov-24	Sun	ARD 3 Vlei Race	5km	06:50	Fairmount Secondary School, Klip Road, Grassy Park	ARD Athletics	Mubeen Davids	0760192207	secretary.ardac@gmail.com	www.ardathletics.co.za	yes
16-Nov-24	Sat	Leo Benning & Little Athletics			TBC						
16-Nov-24	Sat	Chas Everitt Edgemead 10km	10km/5km	06:30	Edgemead High School	Edgemead Runners	Francois Gouws	0832368265	raceconvener@edgemeadrunners.org.za	www.webtickets.co.za	Yes
17-Nov-24	Sun	Totalsport VOB Grape Run									
23-Nov-23	Sat	MPTitans Road race	5km,10k,21km	06:00	Rocklands Sports field	MPTitans	Justin Valentine	0829693425	justinvalentine036@gmail.com		Yes and on the day
24-Nov-24	Sun	Tokai Manour House 16km & 8km									
27-Nov-24	Wed	SANLAM NIEL JOUBERT PLAASWEDLOOP	12.3 KM	18:15	Klein Simonsvlei, Klapmuts	SANLAM ROAD RUNNING CLUB	ROBERT KEYNEL	082 474 0399	rkeynel@gmail.com		NO
30-Nov-24	Sat	WPA T&F Open Meeting			TBC	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
30-Nov-24	Sat	Sportsmans Warehouse Winelands marathon	42,2km	05:30:00	Eikestad Primary	Helderberg Harriers	Izette Mostert		izette@helderbergharriers.co.za	https://www.helderbergharriers.co.za/	Only pre enter
30-Nov-24	Sat	Sportsmans Warehouse Winelands half marathon	21,1km	05:50:00	Eikestad Primary		Frances Abrahams		frances@helderbergharriers.co.za		Only pre enter
30-Nov-24	Sat	Sportsmans Warehouse Winelands 10km	10km	06:00:00	Eikestad Primary		Feijo Meeter		feijo@helderbergharriers.co.za		Only pre enter
30-Nov-24	Sat	Sportsmans Warehouse Winelands 5km Fun Run	5km	06:30:00	Eikestad Primary						Pre enter + on the day
01-Dec-24	Sun	Roben Island Memorial Run	10km								
04-Dec-24	Wed	Phoenix 10km & 5km									
07-Dec-24	Sat	TAC T&F Summer Series			Parow Athletics Stadium	WPA	WPA Office	0214183232	events@wpathletics.co.za	www.wpa.org.za	Yes
07-Dec-24	Sat	AVBOB 15 KM	15km	06:00	Pick 'n Pay Centre, Table View	Tygerberg	Leon Thelander	0839996450	leonthelander2@gmail.com		yes
		Bottelary 21km									
10-Dec-24	Tue	Growthpoint Properties Sundowner 10km	10km	18:15	V & A Waterfront , Cape Town	Easterns Kraaifontein AC	Ashley Johnson	0835464520	aj.ukhozvp@gmail.com	https://www.topevents.co.za/	Yes and on Day
16-Dec-24	Mon	Reconciliation Day 10km & 4.2km									
		Metropolitan 10km									
26-Dec-24	Thu	Central Athletics Nature Run	10km	07:00	False Bay Nature Reserve Headquarters	Central Athletics	Adnaan Mohamed	0834274648	adnaan.mohamed786@gmail.com	www.centralathletics.co.za	Yes and on the day
31-Dec-24	Tue	Runners Memorial 8km	8km	18:00	Mouille Point Light House	Edgemead Runners	Francois Gouws	0832368265	raceconvener@edgemeadrunners.org.za	www.webtickets.co.za	Yes