

RUNNING EVENTS

Last Updated: 31 January 2008

SOUTH-WESTERN CAPE RUNNERS

2008

<u>Annual Fixed Dates</u>	<u>Weekend / Weekday Dates</u>	<u>Day of the Week</u>	<u>Type</u>	<u>Races</u>	<u>Dis-tan-ces</u>	<u>Pro- vin- ces</u>	<u>AC</u>	<u>Star- ting Times</u>	<u>Venues</u>	<u>Entries</u>	<u>Contact Persons</u>	<u>Contact Details</u>	<u>SI Le- vel</u>
----- 2008 -----													
----- January -----													
	2008/01/05	Saturday	RR	> 15km Poppy Road Race	15.0	WPA	Hewat	06:30	Seaside Village Shopping Centre, Big Bay, Cape Town	Raceday	Peter Muirhead	082-8834493	8.
	2008/01/13	Sunday	RR	> Mallinicks Bay to Bay 30km	30.0	WPA	Atlantic	06:30	Maidens Cove, Clifton, Camps Bay, Cape Town	Raceday	Chris Readman	082-8084114	8.
	2008/01/13	Sunday	RR	Mallinicks Bay to Bay 2x15km	30.0	WPA	Atlantic	06:30	Maidens Cove, Clifton, Camps Bay, Cape Town	Raceday	Chris Readman	082-8084114	8.
	2008/01/13	Sunday	FR	Mallinicks Bay to Bay 5km Fun Run / Walk	5.0	WPA	Atlantic	06:45	Maidens Cove, Clifton, Camps Bay, Cape Town	Raceday	Chris Readman	082-8084114	8.
	2008/01/19	Saturday	RR	> Build It Hohenort 15km Road Race	15.0	WPA	Pinelands	06:00	Constantia Community Centre, Constantia, Cape Town	Raceday	Michael Mortley	083-4409689	8.
	2008/01/23	Wednesday	RR	> Brackenfell 10km	10.0	WPA	Brackenfell	18:30	Brackenfell High School, Brackenfell, Cape Town	Raceday	Johan Tolken	082-7852698	8.
	2008/01/23	Wednesday	FR	Brackenfell 5km Fun Run / Walk	5.0	WPA	Brackenfell	18:40	Brackenfell High School, Brackenfell, Cape Town	Raceday	Johan Tolken	082-7852698	8.
	2008/01/26	Saturday	MR	> Red Hill 42.2km Marathon	42.2	WPA	Fish Hoek	06:00	Fish Hoek Sports Complex, Fisk Hoek, Cape Town	Raceday	Andy McAughey	083-6263222	8.
	2008/01/26	Saturday	RR	Red Hill 36.2km Classic	36.2	WPA	Fish Hoek	06:00	Fish Hoek Sports Complex, Fisk Hoek, Cape Town	Raceday	Andy McAughey	083-6263222	8.
	2008/01/26	Saturday	FR	Red Hill 5km Fun Run	5.0	WPA	Fish Hoek	07:00	Fish Hoek Sports Complex, Fisk Hoek, Cape Town	Raceday	Andy McAughey	083-6263222	8.
	2008/01/30	Wednesday	RR	> Dan Luyt 15km Night Race	15.0	WPA	Bellville	18:30	Durbanville Civic Centre, Durbanville, Cape Town	Raceday	Martin Scott	082-3208250	8.
	2008/01/30	Wednesday	TR	> Montrail Capestorm Summer Trail Series #1	9.0	WPA	Private	17:45	Silvermine Nature Reserve East, Cape Town	Raceday	Owen Middleton	084-2218422	8.
----- February -----													
	2008/02/02	Saturday	RR	> United Bulk Prison to Prison Half Marathon	21.1	BA	Brandvlei CS	07:00	Worcester Prison, Worcester	Raceday	Derrick Losper	073-9254939	7.
	2008/02/02	Saturday	FR	United Bulk Prison to Prison Fun Run	5.0	BA	Brandvlei CS	07:00	Brandvlei Prison, Worcester	Raceday	Derrick Losper	073-9254939	7.
	2008/02/03	Sunday	RR	> Kloof Nek 21.1km Classic	21.1	WPA	FIT2000	06:00	Camps Bay High School, Camps Bay, Cape Town	Raceday	Ashley Bradley	072-4223224	8.
	2008/02/06	Wednesday	RR	> Silver Queen 10km Runway Night Race	10.0	WPA	Defence WP	18:30	Air Force Base, Ysterplaat, Cape Town	Raceday	Bramville Jefferies	073-8223341	8.
	2008/02/06	Wednesday	FR	Silver Queen 5km Fun Run/Walk	5.0	WPA	Defence WP	18:40	Air Force Base, Ysterplaat, Cape Town	Raceday	Bramville Jefferies	073-8223341	8.
	2008/02/06	Wednesday	TR	> Montrail Capestorm Summer Trail Series #2	8.0	WPA	Private	17:45	Rondevlei Nature Reserve, Cape Town	Raceday	Owen Middleton	084-2218422	8.
	2008/02/09	Saturday	RR	> The Lion of Africa Half Marathon	21.1	WPA	Spartans	06:00	Cape Academy for MST, Constantia, Cape Town	Raceday	Ruth Cameron	072-2937333	8.
	2008/02/09	Saturday	W	Philip Rabinowitz 10km Walk	10.0	WPA	Spartans	06:30	Cape Academy for MST, Constantia, Cape Town	Raceday	Ruth Cameron	072-2937333	8.
	2008/02/09	Saturday	FR	Philip Rabinowitz 5km Fun Run / Walk	5.0	WPA	Spartans	07:00	Cape Academy for MST, Constantia, Cape Town	Raceday	Ruth Cameron	072-2937333	8.
	2008/02/13	Wednesday	TR	> Montrail Capestorm Summer Trail Series #3	10.0	WPA	Private	17:45	Silvermine Nature Reserve West, Cape Town	Raceday	Owen Middleton	084-2218422	8.
2008/02/13	Valentine's D	Wednesday	RR	> St Valentine 10km Night Race	10.0	BA	Worcester	18:15	Worcester Mall, Worcester	Raceday	Kosie Koopman	082-6141027	7.
2008/02/13	Valentine's D	Wednesday	FR	St Valentine 5km Fun Run	5.0	BA	Worcester	18:15	Worcester Mall, Worcester	Raceday	Kosie Koopman	082-6141027	7.
	2008/02/14	Thursday	RR	> Thomas Mbiza 10km Road Race	10.0	WPA	Private	18:30	Simon's Town Naval Sports Grounds	Raceday	Majozi Mbiza	073-7679760	7.
	2008/02/16	Saturday	RR	> Swartrivier Genadendal Halfmarathon	21.1	BA	Genadendal	07:00	L R Schmidt Primary School, Genadendal	Raceday	Johan Wessels	028-2518093	6.
	2008/02/17	Sunday	MR	> Puma Peninsula Marathon	42.2	WPA	Celtics	05:15	Hotel Graeme, Green Point, Cape Town	Pre: 1 Feb	Top Events	021-5117130	8.
	2008/02/17	Sunday	RR	Puma Peninsula Half Marathon	21.1	WPA	Celtics	07:00	Bergvliet Sports Club, Bergvliet, Cape Town	Pre: 1 Feb	Top Events	021-5117130	8.
	2008/02/17	Sunday	FR	Puma Peninsula 8km Fun Run / Walk	8.0	WPA	Celtics	08:30	Naval Sports Grounds, Simon's Town, Cape Town	Raceday	Top Events	021-5117130	8.

2008/02/20	Wednesday	TR	>	Montrail Capestorm Summer Trail Series #4	10.0	WPA	Private	17:45	Constantia/Newlands, Cape Town	Raceday	Owen Middleton	084-2218422	8.	
2008/02/22	Friday	FR		Infantry School Cango Fun Run	5.0	ASWD	Defence	17:30	Infantry School Club House, Oudtshoorn	Raceday	Cassie Coetzee	082-8550115	3.	
2008/02/23	Saturday	MR	>	Infantry School Cango Run	42.2	ASWD	Defence	06:00	Cango Caves, Oudtshoorn	Raceday	Cassie Coetzee	082-8550115	6.	
2008/02/23	Saturday	RR		Infantry School Cango Run/Walk	21.1	ASWD	Defence	06:00	Park Road, Oudtshoorn	Raceday	Cassie Coetzee	082-8550115	5.	
2008/02/23	Saturday	RR	>	Top Form 15km Road Race	15.0	WPA	Top Form	06:00	Turfhall Sports Complex, Lansdowne, Cape Town	Raceday	Achmat Peters	082-7820866	5.	
2008/02/23	Saturday	FR		Top Form 5km Fun Run	5.0	WPA	Top Form	07:00	Turfhall Sports Complex, Lansdowne, Cape Town	Raceday	Achmat Peters	082-7820866	3.	
2008/02/23	Saturday	RR	>	Oude Molen Elgin Road Race	21.1	BA	Elgin/Grabou	07:00	Oude Molen Distillery, Elgin, Grabouw	Raceday	Derrick Uren	082-7077497	8.	
2008/02/23	Saturday	RR		Oude Molen Elgin Road Race	10.0	BA	Elgin/Grabou	08:00	Oude Molen Distillery, Elgin, Grabouw	Raceday	Derrick Uren	082-7077497	8.	
2008/02/23	Saturday	FR		Oude Molen Elgin Fun Run	5.0	BA	Elgin/Grabou	08:15	Oude Molen Distillery, Elgin, Grabouw	Raceday	Derrick Uren	082-7077497	8.	
2008/02/23	Saturday	TR	>	Bat Run	?	WPA	Private	19:00	Kloofnek, Cape Town	Pre: Limit	?	?	8.	
2008/02/27	Wednesday	FR	>	The Oaks Nedbank Challenge	8.0	BA	Paarl	18:30	Paarl Shopping Mall, Paarl	Raceday	Sasha Strack	078-1383987	1.	
2008/02/27	Wednesday	FR		The Oaks Nedbank Challenge	5.0	BA	Paarl	18:30	Paarl Shopping Mall, Paarl	Raceday	Sasha Strack	078-1383987	1.	
2008/02/27	Wednesday	RR	>	Gino's 10km Night Race	10.0	BA	Maties	18:30	Coetzenburg Athletics Stadium, Stellenbosch	Raceday	Joep Loots	021-8284694	8.	
2008/02/27	Wednesday	FR		Die Boord Superspar 5km Fun Run	5.0	BA	Maties	18:45	Coetzenburg Athletics Stadium, Stellenbosch	Raceday	Joep Loots	021-8284694	8.	
2008/02/27	Wednesday	TR	>	Montrail Capestorm Summer Trail Series #5	11.0	WPA	Private	17:45	Silvermine Nature Reserve Homestead, Cape Town	Raceday	Owen Middleton	084-2218422	8.	
----- March -----														
2008/03/01	Saturday	RR	>	Koeberg	15.0	WPA	Eskom Gijim:	07:00	Koeberg Nature Reserve	Raceday	Kaylene v Dyk	082-5092967	5.	
2008/03/01	Saturday	FR		Koeberg	5.0	WPA	Eskom Gijim:	07:15	Koeberg Nature Reserve	Raceday	Kaylene v Dyk	082-5092967	5.	
2008/03/01	Saturday	RR	>	Breede River Vineyard Challenge	21.1	BA	Bonnievale	07:00	Riggton River Farm, Bonnievale	Raceday	Henus Crafford	083-3866164	3.	
2008/03/01	Saturday	RR		Breede River Vineyard Challenge	10.0	BA	Bonnievale	07:30	Riggton River Farm, Bonnievale	Raceday	Henus Crafford	083-3866164	3.	
2008/03/02	Sunday	RR	>	Glynryck Tygerberg 30km Road Race	30.0	WPA	Tygerberg	06:00	Parow Athletics Track, Parow North	Raceday	Voice Link	088-1301155	5.	
2008/03/02	Sunday	W	>	Jive 10km Big Walk	Various	WPA	Private	07:30	Greenpoint Track, Green Point, Cape Town	Raceday	Farouk Meyer	083-4606786	5.	
2008/03/05	Wednesday	RR	>	Men's Health Lighthouse 10km	10.0	WPA	Atlantic	18:15	Mouille Point Lighthouse, Green Point, Cape Town	Raceday	Willem van Dugterer	082-7741980	8.	
2008/03/08	Saturday	RR	>	The Constantia Village 15km Road Race	15.0	WPA	VOB	06:15	Constantia, Cape Town	Raceday	Richard Acheson	082-4115533	8.	
2008/03/08	Saturday	RR	>	MKB Swartland Half Marathon	21.1	BA	Swartland	07:00	Moorreesburg	Raceday	Denie Truter	082-8958395	3.	
2008/03/08	Saturday	RR		MKB Swartland 10km	10.0	BA	Swartland	07:15	Moorreesburg	Raceday	Denie Truter	082-8958395	3.	
2008/03/08	Saturday	FR		MKB Swartland Fun Run	5.0	BA	Swartland	07:30	Moorreesburg	Raceday	Denie Truter	082-8958395	1.	
2008/03/12	Wednesday	RR	>	Boland Correctional Services 10 km Night R	10.0	BA	Boland CS	18:15	Faure Stadium, Paarl	Raceday	Dawid Strauss	021-8648000	3.	
2008/03/15	Saturday	RR	>	Kleinmond Half Marathon	21.1	BA	Hangklip	07:00	Primary School, Kleinmond	Raceday	Stefaans Olivier	082-9236822	3.	
2008/03/15	Saturday	RR		Kleinmond Perdekop 10km	10.0	BA	Hangklip	10:00	Primary School, Kleinmond	Raceday	Stefaans Olivier	082-9236822	3.	
2008/03/15	Saturday	FR		Kleinmond Fun Run	5.0	BA	Hangklip	11:30	Primary School, Kleinmond	Raceday	Stefaans Olivier	082-9236822	1.	
2008/03/15	Saturday	RR	>	Worcester East Farm Road Race	15.0	BA	Worcester	07:00	Oudewagendrif, Overhex, Worcester	Raceday	Arina Botes	082-3775183	3.	
2008/03/15	Saturday	FR		Worcester East Farm Road Race	5.0	BA	Worcester	07:00	Oudewagendrif, Overhex, Worcester	Raceday	Arina Botes	082-3775183	1.	
2008/03/16	Sunday	RR	>	UCT Women's Memorial 10km Road Race	10.0	WPA	UCT	07:00	UCT Middle Campus, Cape Town	Raceday	Sports Administratio	021-6503564	8.	
2008/03/21	Human Right:	Friday	RR	>	Fairbridge Mall & TygerBurger Half Marath	21.1	WPA	Harmony	06:30	Fairbridge Mall, Bellville	Raceday	Jacques v Heerden	082-9623538	1.
2008/03/21	Human Right:	Friday	W	Fairbridge Mall & TygerBurger 10km Walk	10.0	WPA	Harmony	06:45	Fairbridge Mall, Bellville	Raceday	Jacques v Heerden	082-9623538	1.	
2008/03/21	Human Right:	Friday	FR	Fairbridge Mall & TygerBurger Fun Run	5.0	WPA	Harmony	07:00	Fairbridge Mall, Bellville	Raceday	Jacques v Heerden	082-9623538	1.	
2008/03/21	Good Friday	Friday	FR	>	Oxygen Two Oceans Fun Run	8.0	WPA	WPA	14:00	UCT Upper Campus, Cape Town	Raceday	Carol Sowray	021-6719407	3.
2008/03/21	Good Friday	Friday	FR	Oxygen Two Oceans Fun Run	5.0	WPA	WPA	15:00	UCT Upper Campus, Cape Town	Raceday	Carol Sowray	021-6719407	3.	
2008/03/22	Easter Weeke	Saturday	UR	>	Old Mutual Two Oceans Ultra Marathon	56.0	WPA	WPA	06:25	SAB, Newlands, Cape Town	Pre: 18 Feb	Carol Sowray	021-6719407	8.
2008/03/22	Easter Weeke	Saturday	RR	Old Mutual Two Oceans Half Marathon	21.1	WPA	WPA	06:00	SAB, Newlands, Cape Town	Pre: 18 Feb	Carol Sowray	021-6719407	8.	
2008/03/29	Saturday	RR	>	Moedta Festival Half Marathon	21.1	BA	Tulbach	07:00	Montpellier Estate, Tulbach	Raceday	Jannie v Wyngaardt	072-5541995	3.	
2008/03/29	Saturday	RR		Moedta Festival Road Race Run	10.0	BA	Tulbach	07:00	Montpellier Estate, Tulbach	Raceday	Jannie v Wyngaardt	072-5541995	3.	
2008/03/29	Saturday	W		Moedta Festival Road Race Walk	10.0	BA	Tulbach	07:00	Montpellier Estate, Tulbach	Raceday	Jannie v Wyngaardt	072-5541995	3.	
2008/03/29	Saturday	FR		Moedta Festival Fun Run	5.0	BA	Tulbach	07:00	Montpellier Estate, Tulbach	Raceday	Jannie v Wyngaardt	072-5541995	1.	
2008/03/29	Saturday	RR	>	Telkom 10km Challenge	10.0	WPA	Telkom	07:00	Peninsula Technikon, Bellville	Raceday	Lionel Samuels	082-7705302	3.	
2008/03/29	Saturday	FR		Telkom Fun Run	5.0	WPA	Telkom	07:00	Peninsula Technikon, Bellville	Raceday	Lionel Samuels	082-7705302	1.	

----- April -----

2008/04/05	Saterdag	RR > Melkbos 15km	15.0	WPA	Melkbos	07:00	Sixth Avenue, Melkbosstrand	Raceday	Julie Swanepoel	078-7295859	3.	
2008/04/05	Saterdag	FR Melkbos 5km	5.0	WPA	Melkbos	07:15	Sixth Avenue, Melkbosstrand	Raceday	Julie Swanepoel	078-7295859	3.	
2008/04/12	Saterdag	MR > Petro SA Marathon	42.2	ASWD	Mossel Bay	06:00	Santos Caravan Park, Mossel Bay	Pre: 10 Feb	Maryke Sass	082-5685490	3.	
2008/04/12	Saterdag	RR Petro SA Half Marathon	21.1	ASWD	Mossel Bay	06:00	Santos Caravan Park, Mossel Bay	Pre: 10 Feb	Maryke Sass	082-5685490	3.	
2008/04/12	Saterdag	FR Petro SA Fun Run	5.0	ASWD	Mossel Bay	06:15	Santos Caravan Park, Mossel Bay	Raceday	Maryke Sass	082-5685490	1.	
2008/04/12	Saterdag	RR > Rola Motor Group 21km Classic	21.1	WPA	Strand	07:00	Somerset College, Somerset-West	Raceday	Barry Hattingh	082-5705489	3.	
2008/04/12	Saterdag	W Rola Motor Group 10km Walk	10.0	WPA	Strand	07:00	Somerset College, Somerset-West	Raceday	Barry Hattingh	082-5705489	3.	
2008/04/12	Saterdag	FR Rola Motor Group 5km Fun Run	5.0	WPA	Strand	07:00	Somerset College, Somerset-West	Raceday	Barry Hattingh	082-5705489	3.	
2008/04/12	Saterdag	TR > Xterra Scramble	12.0	BA	TotalSports	08:00	Grabouw	Raceday	Top Events	011-8031794	1.	
2008/04/12	Saterdag	TR Xterra Scramble	6.0	BA	TotalSports	08:00	Grabouw	Raceday	Top Events	011-8031794	1.	
2008/04/13	Sunday	RR > Spar Women's Race	10.0	WPA	WPA	08:00	Bellville Velodrome	Pre: 7 Sep	WPA	079-7814724	3.	
2008/04/13	Sunday	FR Spar Women's Race	5.0	WPA	WPA	08:15	Bellville Velodrome	Pre: 7 Sep	WPA	079-7814724	3.	
2008/04/19	Saterdag	RR > Rainbow Chicken Road Race	21.1	BA	Worcester	07:30	Worcester Health & Fitness Gym	Raceday	Paul de Wet	082-8003853	3.	
2008/04/19	Saterdag	RR Rainbow Chicken Road Race	10.0	BA	Worcester	07:30	Worcester Health & Fitness Gym	Raceday	Paul de Wet	082-8003853	1.	
2008/04/19	Saterdag	FR Rainbow Chicken Road Race	5.0	BA	Worcester	07:30	Worcester Health & Fitness Gym	Raceday	Paul de Wet	082-8003853	1.	
2008/04/19	Saterdag	RR > Worcester Health & Fitness 10 km Mini Mar	10.0	BA	Worcester	07:15	Worcester Health & Fitness Gym	Raceday	Jenny Botha	082-4363572	3.	
2008/04/19	Saterdag	FR Worcester Health & Fitness 5km Fun Run	5.0	BA	Worcester	08:15	Worcester Health & Fitness Gym	Raceday	Jenny Botha	082-4363572	1.	
2008/04/20	Sunday	RR > Milkwood	21.1	WPA	Harfield Harri	07:00	Soetwater Recreation, Kommetjie	Raceday	Carl Watermeyer	083-4620876	3.	
2008/04/20	Sunday	RR Milkwood	10.0	WPA	Harfield Harri	07:30	Soetwater Recreation, Kommetjie	Raceday	Carl Watermeyer	083-4620876	3.	
2008/04/20	Sunday	FR Milkwood	5.0	WPA	Harfield Harri	07:45	Soetwater Recreation, Kommetjie	Raceday	Carl Watermeyer	083-4620876	1.	
2008/04/21	Monday	TR > RAW Africa	250.0	BA	Private	08:00	Infanta	Pre: Limit	Mark Pinnock	+377-977751	8.	
2008/04/26	Saterdag	MR > Seeff Weskus Marathon	42.2	WPA	Langebaan	07:00	West Coast National Park, Langebaan	Pre: 17 Apr	Louis v d Walt	082-9492333	7.	
2008/04/26	Saterdag	RR Seeff Weskus Half Marathon	21.1	WPA	Langebaan	07:30	West Coast National Park, Langebaan	Pre: 17 Apr	Louis v d Walt	082-9492333	7.	
2008/04/26	Saterdag	FR Seeff Weskus Fun Run / Walk	5.0	WPA	Langebaan	08:00	West Coast National Park, Langebaan	Raceday	Louis v d Walt	082-9492333	7.	
2008/04/26	Saterdag	RR > Footgear 10km Race	10.0	WPA	CPUT	07:00	Green Point Cricket Club	Raceday	Annelie Swarts	021-4603740	1.	
2008/04/26	Saterdag	MR > Nedbank Outeniqua Marathon	42.2	ASWD	Outeniqua	07:00	George Sport Club, George	Raceday	Johann du Preez	084-5010168	3.	
2008/04/26	Saterdag	RR Nedbank Outeniqua Half Marathon	21.1	ASWD	Outeniqua	08:00	George Sport Club, George	Raceday	Johann du Preez	084-5010168	3.	
2008/04/26	Saterdag	RR > Liebenberg Half Marathon	21.1	BA	Swartland	07:30	Wesbank Sports Grounds, Malmesbury	Raceday	Janine Adonis	082-5539760	3.	
2008/04/26	Saterdag	RR Liebenberg Run / Walk	10.0	BA	Swartland	07:45	Wesbank Sports Grounds, Malmesbury	Raceday	Janine Adonis	082-5539760	3.	
2008/04/26	Saterdag	FR Liebenberg Fun Run / Walk	5.0	BA	Swartland	08:00	Wesbank Sports Grounds, Malmesbury	Raceday	Janine Adonis	082-5539760	1.	
2008/04/26	Saterdag	RR > Pniel Freedom Race	18.5	BA	Boland CS	08:00	Drakenstein Prison, Pniel	Raceday	Matthew Cyster	021-8851300	3.	
2008/04/28	Freedom Day	Monday	RR > Spar Fine Food & Wine Spookhill	15.0	WPA	Helderberg	07:30	Beaumont Primary School, Somerset West	Raceday	Hans Hugo	072-2908179	3.
2008/04/28	Freedom Day	Monday	FR Spar Fine Food & Wine Spookhill	5.0	WPA	Helderberg	07:35	Beaumont Primary School, Somerset West	Raceday	Hans Hugo	072-2908179	1.

----- May -----

2008/05/01	Worker's Day	Thursday	RR	>	SAD Safari Half Marathon	21.1	BA	Wellington	07:00	Sport Grounds, Wellington	Pre: 19 Apr	Top Events	021-5117130	3.
2008/05/01	Worker's Day	Thursday	W		SAD Safari 10km Walk	10.0	BA	Wellington	09:45	Sport Grounds, Wellington	Raceday	Top Events	021-5117130	3.
2008/05/01	Worker's Day	Thursday	FR		SAD Safari 5km Fun Run	5.0	BA	Wellington	07:00	Sport Grounds, Wellington	Raceday	Top Events	021-5117130	3.
2008/05/03	Saturday	UR	>		Wilpro Knysna Classic Two Lagoons Ultra	65.3	ASWD	Knysna	07:00	Lightleys, Knysna	Raceday	Moses Gericke	082-7637974	3.
2008/05/03	Saturday	RR			Wilpro Wilderness Lakes	32.0	ASWD	Eden	08:00	Ebb and Flow, Wilderness	Raceday	Ad Cole	083-3781227	3.
2008/05/03	Saturday	RR			Wilpro Wilderness Lakes	10.0	ASWD	Eden	08:00	Ebb and Flow, Wilderness	Raceday	Ad Cole	083-3781227	3.
2008/05/03	Saturday	FR	>		Hermanus Wheels & Runners Relay Race	10.0	BA	Whalers	12:30	Old Harbour, Hermanus	Pre: 12 Apr	Karin Coetzee	082-9233201	3.
2008/05/03	Saturday	CC	>		WPA Cross Country Relay	Various	WPA	Pinelands	12:30	Pinelands High School	Raceday	Ben Olivier	021-8545867	3.
2008/05/04	Sunday	RR	>		VWS Trail Challenge 2007	25.0	WPA	Cape Fires	06:30	Kloof Nek, Cape Town	Raceday	Paul Morris	072-4356195	1.
2008/05/04	Sunday	RR			VWS Trail Challenge 2007	10.0	WPA	Cape Fires	07:00	Kloof Nek, Cape Town	Raceday	Paul Morris	072-4356195	1.
2008/05/10	Saturday	RR	>		Michell's Pass Half Marathon	21.1	BA	Ceres	08:00	J.P. Venter Sportsgrounds, Ceres	Raceday	Willem v Wyk	082-4934548	3.
2008/05/10	Saturday	RR			Michell's Pass 10km Road Race	10.0	BA	Ceres	08:30	J.P. Venter Sportsgrounds, Ceres	Raceday	Willem v Wyk	082-4934548	3.
2008/05/10	Saturday	FR			Michell's Pass 5km Fun Run	5.0	BA	Ceres	08:30	J.P. Venter Sportsgrounds, Ceres	Raceday	Willem v Wyk	082-4934548	1.
2008/05/10	Saturday	CC	>		WPA 1st Cross Country League	Various	WPA	UCT	12:30	UCT Campus, Cape Town	Raceday	Ben Olivier	021-8545867	3.
2008/05/11	Sunday	UR	>		4 Hills for Lindsay	56.0	WPA	Celtics	06:00	Fish Hoek AC	Pre: Limit	Nikki Campbell	083-6907970	1.
2008/05/11	Sunday	MR	>		Plexus Marathon	42.2	WPA	Durbanville	07:00	Durbanville Sport Grounds, Durbanville, Cape Town	Raceday	Mark Siddons	083-6350927	3.
2008/05/11	Sunday	RR			Plexus Half Marathon	21.1	WPA	Durbanville	07:30	Durbanville Sport Grounds, Durbanville, Cape Town	Raceday	Mark Siddons	083-6350927	3.
2008/05/11	Sunday	FR			Plexus Fun Run	5.0	WPA	Durbanville	07:45	Durbanville Sport Grounds, Durbanville, Cape Town	Raceday	Mark Siddons	083-6350927	3.
2008/05/17	Saturday	TR	>		Asics X-treme 17 Mountain Race	17.0	BA	Montagu	08:30	Avalon Springs, Montagu	Raceday	Ilse Esterhuysen	072-1251854	3.
2008/05/17	Saturday	TR			Asics X-treme 10 Trial Run	10.0	BA	Montagu	09:00	Avalon Springs, Montagu	Raceday	Ilse Esterhuysen	072-1251854	3.
2008/05/17	Saturday	TR			Asics X-treme 5 Fun Run	5.0	BA	Montagu	09:00	Avalon Springs, Montagu	Raceday	Ilse Esterhuysen	072-1251854	1.
2008/05/17	Saturday	TR			Salomon Night Trail Run	12.0	BA	Montagu	18:00	Avalon Springs, Montagu	Raceday	Ilse Esterhuysen	072-1251854	1.
2008/05/17	Saturday	W	>		WP Open and Interclub Walk	30.0	WPA	WPA	07:00	Youngsfield Military Base, Cape Town	Raceday	Gideon Cillie	083-3211668	3.
2008/05/17	Saturday	W			WP Open and Interclub Walk	20.0	WPA	WPA	07:00	Youngsfield Military Base, Cape Town	Raceday	Gideon Cillie	083-3211668	3.
2008/05/17	Saturday	W			WP Open and Interclub Walk	10.0	WPA	WPA	09:00	Youngsfield Military Base, Cape Town	Raceday	Gideon Cillie	083-3211668	3.
2008/05/17	Saturday	W			WP Open and Interclub Walk	5.0	WPA	WPA	10:00	Youngsfield Military Base, Cape Town	Raceday	Gideon Cillie	083-3211668	3.
2008/05/17	Saturday	CC	>		WPA 2nd Cross Country League	Various	WPA	UWC	12:30	UWC Campus, Cape Town	Raceday	Ben Olivier	021-8545867	3.
2008/05/18	Sunday	FR	>		Don Lock Memorial 8km Fun Run	8.0	WPA	Celtics	07:30	Claremont, Cape Town	Raceday	Phyllis Tooley	021-6710849	3.
2008/05/18	Sunday	FR			Don Lock Memorial 5km Fun Run	5.0	WPA	Celtics	07:45	Claremont, Cape Town	Raceday	Phyllis Tooley	021-6710849	3.
2008/05/24	Saturday	FR	>		Puma Development 5km Township Fun Run	5.0	WPA	WPA	08:00	Langa Sports Complex, Cape Town	Raceday	Top Events	021-5117130	3.
2008/05/24	Saturday	RR	>		Darling Half Marathon	21.1	WPA	Atlantis	08:00	Weskleur Park, Atlantis	Raceday	Desmond Arendse	084-3921061	1.
2008/05/24	Saturday	FR			Darling Fun Run	5.0	WPA	Atlantis	08:00	Weskleur Park, Atlantis	Raceday	Desmond Arendse	084-3921061	1.
2008/05/24	Saturday	RR	>		Darling Half Marathon	21.1	WPA	Darling	08:30	Darling Primary School	Raceday	Mary Ashford	082-6845575	3.
2008/05/24	Saturday	FR			Darling Fun Run	5.0	WPA	Darling	08:30	Darling Primary School	Raceday	Mary Ashford	082-6845575	3.
2008/05/25	Sunday	CC	>		WPA 3rd Cross Country League	Various	WPA	Brackenfell	12:30	Brackenfell High School, Cape Town	Raceday	Ben Olivier	021-8545867	3.
2008/05/31	Saturday	RR	>		The Fast & Flat 10km Challenge	10.0	WPA	UWC	07:30	UWC Campus, Cape Town	Raceday	Jerome Walters	083-7665188	3.
2008/05/31	Saturday	FR			The Fast & Flat 5km Fun Run & Walk	5.0	WPA	UWC	07:45	UWC Campus, Cape Town	Raceday	Jerome Walters	083-7665188	1.
2008/05/31	Saturday	RR	>		APL Cartons De Doorns Half Marathon	21.1	BA	Hexvallei	08:00	De Doorns Sports Grounds, De Doorns	Raceday	Bennie du Plessis	083-3241875	3.
2008/05/31	Saturday	RR			APL Cartons De Doorns Road Race	10.0	BA	Hexvallei	08:00	De Doorns Sports Grounds, De Doorns	Raceday	Bennie du Plessis	083-3241875	3.
2008/05/31	Saturday	FR			APL Cartons De Doorns Fun Run	5.0	BA	Hexvallei	08:15	De Doorns Sports Grounds, De Doorns	Raceday	Bennie du Plessis	083-3241875	1.

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2008/06/01	Sunday	TR > New Balance Table Mountain	16.0	WPA	VOB	08:00	Constantia Nek, Cape Town	Pre: Limit	Richard Acheson	082-4115533	3.
2008/06/07	Saturday	RR > Drakenstein Correctional Services Half Mar	21.1	BA	Boland CS	07:30	Dal Josafat Stadium, Paarl	Raceday	Dawid Strauss	083-9806495	3.
2008/06/07	Saturday	FR Drakenstein Correctional Services Fun Run	5.0	BA	Boland CS	07:45	Dal Josafat Stadium, Paarl	Raceday	Dawid Strauss	083-9806495	1.
2008/06/07	Saturday	CC > WPA 4th Cross Country League	Various	WPA	Stragglers	12:30	Strandfontein, Cape Town	Raceday	Ben Olivier	021-8545867	3.
2008/06/07	Saturday	RR > The Miles of Smiles Robertson Half Marath	21.1	BA	Robertson	07:00	Robertson Winery, Robertson	Raceday	John Booysen	083-4583237	3.
2008/06/07	Saturday	RR The Miles of Smiles Robertson Road Race	10.0	BA	Robertson	07:00	Robertson Winery, Robertson	Raceday	John Booysen	083-4583237	3.
2008/06/07	Saturday	FR The Miles of Smiles Robertson Fun Run	5.0	BA	Robertson	08:20	Robertson Winery, Robertson	Raceday	John Booysen	083-4583237	1.
2008/06/14	Saturday	RR > New Balance Khayelitsha Development Run	10.0	WPA	WPA	?	?	Raceday	WPA Office	021-6990615	3.
2008/06/15	Sunday	UR > Comrades Ultra Marathon	89.0	KZNA	KZNA	05:30	Durban / City Hall, Pietermaritzburg	Pre: 7 May	Comrades Office	033-8978650	3.
2008/06/21	Saturday	RR > Napier Half Marathon	21.1	BA	Bredasdorp	08:30	High School Napier	Raceday	Sakkie le Roux	082-5610345	3.
2008/06/21	Saturday	FR Napier Fun Run	10.0	BA	Bredasdorp	09:00	High School Napier	Raceday	Sakkie le Roux	082-5610345	1.
2008/06/21	Saturday	RR > Mamre 15km	15.0	WPA	Mamre	08:00	Primary School Mamre	Raceday	Peter Julies	082-4333780	3.
2008/06/21	Saturday	TR > Old Fisherman's Trail Challenge	22.0	WPA	Hout Bay	08:00	Hout Bay, Cape Town	Pre: Limit	Claire Ashworth	082-5533833	1.
2008/06/21	Saturday	CC > WPA 5th Cross Country League	Various	WPA	Eskom Gijim	12:30	Koeberg, Cape Town	Raceday	Ben Olivier	021-8545867	3.
2008/06/28	Saturday	RR > INCA Eersterivier 15km	15.0	WPA	Eersterivier	07:15	Stratford Primary School, Eersteriver	Raceday	Johannes Kamfer	072-1780578	3.
2008/06/28	Saturday	W INCA Eersterivier 10km Walk	10.0	WPA	Eersterivier	07:20	Stratford Primary School, Eersteriver	Raceday	Johannes Kamfer	072-1780578	3.
2008/06/28	Saturday	FR INCA Eersterivier 5km	5.0	WPA	Eersterivier	07:15	Stratford Primary School, Eersteriver	Raceday	Johannes Kamfer	072-1780578	3.

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2008/07/12	Saturday	MR > Pick 'n Pay / Cape Times Knysna Forest Mar	42.2	ASWD	Knysna	07:00	The Glebe, Knysna	Pre: Limit	Kenny Wilkinson	073-3825305	3.
2008/07/12	Saturday	RR Pick 'n Pay / Cape Times Knysna Forest Hal	21.1	ASWD	Knysna	08:00	The Glebe, Knysna	Pre: Limit	Kenny Wilkinson	073-3825305	3.
2008/07/12	Saturday	FR Pick 'n Pay / Cape Times Knysna Forest Fun	5.0	ASWD	Knysna	07:30	Knysna	Raceday	Kenny Wilkinson	073-3825305	1.
2008/07/12	Saturday	RR > The Bastille Festival 10km Freedom Run	10.0	BA	Boland CS	08:00	Boschendal, Dwarsrivier Valley	Raceday	Dawid Strauss	083-9806495	3.
2008/07/12	Saturday	W The Bastille Festival 15 km Long Walk	15.0	BA	Boland CS	08:30	Drakenstein Correctional Services, Dwarsrivier Valley	Raceday	Dawid Strauss	083-9806495	3.
2008/07/19	Saturday	RR > Worcester Voorsieners Hospice Half	21.1	BA	Worcester	08:00	Worcester Voorsieners	Raceday	Kosie Koopman	082-2202841	3.
2008/07/19	Saturday	RR Worcester Voorsieners Hospice 10Km	10.0	BA	Worcester	08:00	Worcester Voorsieners	Raceday	Kosie Koopman	082-2202841	1.
2008/07/19	Saturday	FR Worcester Voorsieners Hospice Fun Run	5.0	BA	Worcester	08:00	Worcester Voorsieners	Raceday	Kosie Koopman	082-2202841	1.
2008/07/19	Saturday	CC > WPA 6th Cross Country League	Various	WPA	Bonteheuwel	12:30	Pentech, Cape Town	Raceday	Ben Olivier	021-8545867	3.
2008/07/26	Saturday	RR > Cape Winelands Queen of the Mountain	10.0	BA	Stellenbosch	08:00	Dwarsrivier Sports Complex, Pniel	Raceday	Dirk v d Merwe	083-7731956	1.
2008/07/26	Saturday	FR Cape Winelands Queen of the Mountain	5.0	BA	Stellenbosch	08:00	Dwarsrivier Sports Complex, Pniel	Raceday	Dirk v d Merwe	083-7731956	1.
2008/07/26	Saturday	RR > Ravensmead 15km Run	15.0	WPA	Ravensmead	07:00	Florida Park Sports Grounds, Ravensmead	Raceday	Mack Manuel	083-5335726	3.
2008/07/26	Saturday	W Ravensmead 15km Walk	15.0	WPA	Ravensmead	07:00	Florida Park Sports Grounds, Ravensmead	Raceday	Mack Manuel	083-5335726	3.
2008/07/26	Saturday	TR > Men's Health Hout Bay Trail Challenge	35.0	WPA	Hout Bay	06:30	Hout Bay Yacht Club	Pre: Limit	Claire Ashworth	082-5533833	1.
2008/07/27	Sunday	CC > WPA 7th Cross Country League	Various	WPA	Mitchells Plai	12:30	Rocklands, Mitchells Plain, Cape Town	Raceday	Ben Olivier	021-8545867	3.

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	2008/08/02	Saterdag	MR > PPC Riebeeck Bergmarathon	42.2	BA	Swartland	07:30	PPC, Riebeeck Wes	Pre: 21 Jul	Karel Liebetrau	022-4481565	3.
	2008/08/02	Saterdag	RR PPC Riebeeck Bergmarathon	21.1	BA	Swartland	07:50	PPC, Riebeeck Wes	Pre: 21 Jul	Karel Liebetrau	022-4481565	3.
	2008/08/02	Saterdag	RR PPC Riebeeck Bergmarathon	10.0	BA	Swartland	08:10	PPC, Riebeeck Wes	Pre: 21 Jul	Karel Liebetrau	022-4481565	3.
	2008/08/02	Saterdag	FR PPC Riebeeck Bergmarathon	5.0	BA	Swartland	08:20	PPC, Riebeeck Wes	Pre: 21 Jul	Karel Liebetrau	022-4481565	1.
	2008/08/02	Saterdag	CC > WPA 8th Cross Country League	Various	WPA	NB Khayelitsha	12:30	Khayelitsha, Cape Town	Raceday	Ben Olivier	021-8545867	3.
	2008/08/03	Sunday	RR > Stax Video Pinelands 10km Road Race	10.0	WPA	Pinelands	07:30	Lower Oval, Pinelands	Raceday	Pierre Cloete	082-6543702	3.
	2008/08/03	Sunday	FR Stax Video Pinelands Fun Run/Walk	5.0	WPA	Pinelands	07:35	Lower Oval, Pinelands	Raceday	Pierre Cloete	082-6543702	3.
2008/08/09	Nat Women's	Saterdag	RR > Total Sports Women's Race	10.0	WPA	Edgemead	08:00	Bellville Velodrome	Pre: 27 Jul	Top Events	021-5117130	3.
2008/08/09	Nat Women's	Saterdag	FR Total Sports Women's Race	5.0	WPA	Edgemead	08:00	Bellville Velodrome	Pre: 27 Jul	Top Events	021-5117130	3.
	2008/08/09	Saterdag	RR > Worcester Health and Fitness Road Race	10.0	BA	Worcester	08:00	Worcester Health & Fitness Gym	Raceday	Jenny Botha	023-3476050	1.
	2008/08/09	Saterdag	RR > Swellendam Half Marathon	21.1	ASWD	Langeberg	08:00	Primary School, Swellendam	Raceday	Willem Hough	083-2876952	3.
	2008/08/09	Saterdag	RR Swellendam Run	10.0	ASWD	Langeberg	08:00	Primary School, Swellendam	Raceday	Willem Hough	083-2876952	1.
	2008/08/09	Saterdag	FR Swellendam Fun Run	5.0	ASWD	Langeberg	08:00	Primary School, Swellendam	Raceday	Willem Hough	083-2876952	1.
	2008/08/10	Sunday	RR > Elsies Rivier 10km Road Race	10.0	WPA	Elsies	08:00	Elsies River, Cape Town	Raceday	Bertram Windvogel	082-3987148	3.
	2008/08/16	Saterdag	TR > Palmiet Trail Run	19.0	BA	Private	09:00	Palmiet River, Kleinmond	Pre: Limit	Gravity River Tours	021-6833698	1.
	2008/08/16	Saterdag	TR Palmiet Trail Run	10.0	BA	Private	09:00	Palmiet River, Kleinmond	Pre: Limit	Gravity River Tours	021-6833698	1.
	2008/08/16	Saterdag	CC > WPA Cross Country Championships	Various	WPA	Harmony	08:30	Bellville High School	Raceday	Ben Olivier	021-8545867	3.
	2008/08/16	Saterdag	RR > Muskadel Half Marathon	21.1	BA	Montagu	08:00	Montagu Primary School	Raceday	Kowie Willemse	076-5064038	3.
	2008/08/16	Saterdag	RR Muskadel Road Race	10.0	BA	Montagu	08:15	Montagu Primary School	Raceday	Kowie Willemse	076-5064038	3.
	2008/08/17	Sunday	RR > RDL John Korasie Road Race	30.0	WPA	Defence WP	07:00	Simon's Town Naval Sports Grounds	Raceday	Des Frechtas	082-4469033	3.
	2008/08/17	Sunday	RR Thomas Mbiza 10km Road Race	10.0	WPA	Private	18:30	Simon's Town Naval Sports Grounds	Raceday	Majozi Mbiza	073-7679760	3.
	2008/08/17	Sunday	FR RDL John Korasie Fun Run	5.0	WPA	Defence WP	08:00	Simon's Town Naval Sports Grounds	Raceday	Des Frechtas	082-4469033	1.
	2008/08/22	Friday	UR > Tuffer Puffer	160.0	WPA	Fish Hoek	05:30	Ferryman's, V&A Waterfront	Pre: Limit	Jean-Paul Belle	021-7823923	3.
	2008/08/23	Saterdag	UR > Puffer	80.0	WPA	Fish Hoek	05:30	Cape Point Restaurant	Pre: Limit	Jean-Paul Belle	021-7823923	3.
	2008/08/23	Saterdag	RR > Potberg Challenge Fynbos Half Marathon	21.1	BA	Bredasdorp	08:30	Potberg Nature Reserve, Swellendam	Raceday	Mariaan Dunn	028-5421326	3.
	2008/08/23	Saterdag	FR Potberg Challenge Fynbos Fun Run	6.0	BA	Bredasdorp	08:30	Potberg Nature Reserve, Swellendam	Raceday	Mariaan Dunn	028-5421326	1.
	2008/08/23	Saterdag	RR > Atlantis Harriers AC 15km Road Race	15.0	WPA	Atlantis	08:00	Weskleur Park, Atlantis	Raceday	Desmond Arendse	084-3921061	3.
	2008/08/23	Saterdag	FR Atlantis Harriers AC 5km Fun Run	5.0	WPA	Atlantis	08:00	Weskleur Park, Atlantis	Raceday	Desmond Arendse	084-3921061	1.
	2008/08/30	Saterdag	RR > McCarthy Toyota Paarlberg Half Marathon	21.1	BA	Paarl	07:00	Noord-Eind Primary School, Paarl	Raceday	Gary Bernhardt	082-9254733	3.
	2008/08/30	Saterdag	RR McCarthy Toyota Paarlberg Half Marathon	10.0	BA	Paarl	07:00	Noord-Eind Primary School, Paarl	Raceday	Gary Bernhardt	082-9254733	3.
	2008/08/30	Saterdag	FR McCarthy Toyota Paarlberg Half Marathon	5.0	BA	Paarl	07:20	Noord-Eind Primary School, Paarl	Raceday	Gary Bernhardt	082-9254733	1.
	2008/08/30	Saterdag	RR > Hessaqua Riversdale Half Marathon	21.1	ASWD	Langeberg	07:00	Civic Centre, Riversdale	Raceday	Ronelle Marais	082-8707124	3.
	2008/08/30	Saterdag	FR Hessaqua Riversdale Fun Run	5.0	ASWD	Langeberg	07:00	Civic Centre, Riversdale	Raceday	Ronelle Marais	082-8707124	1.
	2008/08/31	Sunday	RR > Spar Women's Race	10.0	WPA	WPA	08:00	Sahara Park, Newlands	Raceday	WPA	021-6990615	1.
	2008/08/31	Sunday	RR > Nedbank Matha Series SA 10km Champions	10.0	BA	ASA	08:10	Coetzenburg Stadium, Stellenbosch	Pre: 2 Aug	Boland Athletics	021-8620924	3.
	2008/08/31	Sunday	FR Nedbank Matha Series SA 5km Fun Run	5.0	BA	ASA	08:40	Coetzenburg Stadium, Stellenbosch	Raceday	Boland Athletics	021-8620924	1.
	2008/08/31	Sunday	W > Blisters for Bread Walk	20.0	WPA	Private	09:00	Green Point Track	Pre: 31 Aug	Top Events	021-5117130	3.
	2008/08/31	Sunday	W Blisters for Bread Walk	10.0	WPA	Private	09:30	Green Point Track	Pre: 31 Aug	Top Events	021-5117130	3.
	2008/08/31	Sunday	W Blisters for Bread Walk	5.0	WPA	Private	10:00	Green Point Track	Pre: 31 Aug	Top Events	021-5117130	3.

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2008/09/06	Saturday	RR	>	Riebeeck Kasteel Spring Festival	21.1	BA	Riebeeck Valle	07:30	Riebeeck Kasteel Primary School	Raceday	Peter Hall	072-3568693	3.
2008/09/06	Saturday	RR		Riebeeck Kasteel Spring Festival	10.0	BA	Riebeeck Valle	08:00	Riebeeck Kasteel Primary School	Raceday	Peter Hall	072-3568693	3.
2008/09/06	Saturday	FR		Riebeeck Kasteel Spring Festival	5.0	BA	Riebeeck Valle	08:15	Riebeeck Kasteel Primary School	Raceday	Peter Hall	072-3568693	1.
2008/09/06	Saturday	RR	>	Sandveld Potato Half Marathon	21.1	WPA	Tygerberg	08:30	Church Square, Redelinghuys	Raceday	Voice Li nk	088-1301155	1.
2008/09/06	Saturday	W		Sandveld Potato Half Marathon Walk	21.1	WPA	Tygerberg	08:00	Church Square, Redelinghuys	Raceday	Voice Li nk	088-1301155	1.
2008/09/06	Saturday	FR		Sandveld Potato Fun Run	8.0	WPA	Tygerberg	08:10	Church Square, Redelinghuys	Raceday	Voice Li nk	088-1301155	1.
2008/09/06	Saturday	MR	>	Daisy Marathon	42.2	NWCA	Springbok	06:00	Sports Grounds, Springbok	Raceday	Ingrid Cloete	084-8230705	1.
2008/09/06	Saturday	RR		Daisy Half Marathon	21.1	NWCA	Springbok	07:00	Sports Grounds, Springbok	Raceday	Ingrid Cloete	084-8230705	1.
2008/09/06	Saturday	FR		Daisy Fun Run	5.0	NWCA	Springbok	09:00	Sports Grounds, Springbok	Raceday	Ingrid Cloete	084-8230705	1.
2008/09/06	Saturday	CC	>	ASA Cross Country Championships	Various	ASA	ASA	08:30	Lesedi, Mpumalanga	Raceday	Ben Olivier	021-8545867	3.
2008/09/06	Saturday	RR	>	Citrusdal Cellars Half Marathon	21.1	WPA	Harmony	07:00	Citrusdal Cellars	Raceday	Jacques van Heerden	082-9623538	3.
2008/09/07	Sunday	RR	>	Satori Camel Run	15.0	WPA	Private	07:00	Noordhoek Sportsfields	Raceday	Charissa Balman	083-3773806	3.
2008/09/13	Saturday	RR	>	Spar / Loeriesfontein Half Marathon	21.1	BA	Wellington	08:00	Loeriesfontein Show Grounds, Loeriesfontein	Raceday	Elza Smith	027-6621472	1.
2008/09/13	Saturday	FR		Spar / Loeriesfontein Fun Run	6.0	BA	Wellington	08:15	Loeriesfontein Show Grounds, Loeriesfontein	Raceday	Elza Smith	027-6621472	1.
2008/09/13	Saturday	RR	>	Kogelberg Mountain Race	17.0	BA	Hangklip	08:00	Pringle Bay CBD	Raceday	Stefaans Olivier	0847998923	3.
2008/09/13	Saturday	FR		Mini Mountain Challenge	6.0	BA	Hangklip	08:10	Pringle Bay CBD	Raceday	Stefaans Olivier	0847998923	1.
2008/09/13	Saturday	TR	>	Crazy Store Table Mountain Challenge	35.6	WPA	Private	07:30	Kloof Nek, Cape Town	Pre: 11 Sep	Adventure Works	021-7909015	1.
2008/09/13	Saturday	FR	>	International Physiotherapy Day Fun Run / V	10.0	WPA	Private	08:30	Rondebosch Boys High School	Raceday	Shirley	021-5312717	1.
2008/09/13	Saturday	FR		International Physiotherapy Day Fun Run / V	5.0	WPA	Private	08:30	Rondebosch Boys High School	Raceday	Shirley	021-5312717	1.
2008/09/13	Saturday	FR	>	Stikland Hospital Fun Run / Walk	5.0	WPA	Sanlam	08:30	Stikland Hospital Grounds	Raceday	Christo McDonald	082-5330045	1.
2008/09/13	Saturday	W	>	WPA Race Walking Grand Prix	20.0	WPA	WPA	07:00	Youngsfield, Cape Town	Raceday	Gideon Cillie	083-3211668	3.
2008/09/13	Saturday	W		WPA Race Walking Grand Prix	10.0	WPA	WPA	07:00	Youngsfield, Cape Town	Raceday	Gideon Cillie	083-3211668	3.
2008/09/13	Saturday	RR	>	Hexkoel Orchard Primary School Road Race	10.0	BA	Boland CS	08:00	Orchard Primary School	Raceday	D J Blom	023-3548840	3.
2008/09/14	Sunday	RR	>	Brackenfell 21.1 km	21.1	WPA	Brackenfell	07:00	Brackenfell High School	Raceday	Johan Tolken	082-7852698	3.
2008/09/20	Saturday	RR	>	Stragglers Beachcomber	15.0	WPA	Stragglers	07:00	Strandfontein Sports Complex	Raceday	Pro Arumugam	082-9265840	3.
2008/09/20	Saturday	W		Stragglers Beachcomber	10.0	WPA	Stragglers	07:10	Strandfontein Sports Complex	Raceday	Pro Arumugam	082-9265840	1.
2008/09/20	Saturday	UR	>	Karoo Ultra Marathon	80.0	ASWD	Laingsburg	06:00	Municipality, Laingsburg	Pre: 21 Sep	Berti van As	073-1715896	3.
2008/09/21	Sunday	MR	>	Nedbank City of Cape Town Marathon	42.2	WPA	ASA	06:30	Grand Parade, Cape Town	Pre: 3 Sep	WPA	021-6990611	3.
2008/09/21	Sunday	RR		Nedbank City of Cape Town Marathon	10.0	WPA	ASA	06:30	Grand Parade, Cape Town	Pre: 3 Sep	WPA	021-6990611	3.
2008/09/21	Sunday	FR		Nedbank City of Cape Town Marathon	5.0	WPA	ASA	09:00	Grand Parade, Cape Town	Raceday	WPA	021-6990611	1.
2008/09/22	Monday	RR	>	Jonkershoek Road Race	21.1	BA	Maties	07:00	Coetzenburg Stadium, Stellenbosch	Raceday	Joep Loots	021-8284694	3.
2008/09/24	Wednesday	UR	>	Bainskloof Ultra Marathon	84.4	BA	Wellington	06:00	Wellington	Pre: 1Jun	Noël Daniels	073-7789703	3.
2008/09/24	Wednesday	RR		Bainskloof Half Marathon	21.1	BA	Wellington	08:00	Wellington	Raceday	Noël Daniels	073-7789703	3.
2008/09/24	Wednesday	RR		Bainskloof 10km	10.0	BA	Wellington	08:00	Wellington	Raceday	Noël Daniels	073-7789703	3.
2008/09/24	Wednesday	FR		Bainskloof Fun Run	6.0	BA	Wellington	07:45	Wellington	Raceday	Noël Daniels	073-7789703	1.
2008/09/27	Saturday	RR	>	Total Whale Half Marathon	21.1	BA	Whalers	07:00	High School Hermanus	Raceday	Micky Milne	083-4467840	3.
2008/09/27	Saturday	FR		Total Whale Fun Run	6.0	BA	Whalers	08:15	High School Hermanus	Raceday	Micky Milne	083-4467840	1.
2008/09/27	Saturday	UR	>	Cape Town Festival of Running 100 Miler	160.9	WPA	Hewat	06:00	Three Anchor Bay, Cape Town	Pre: 21 Sep	Kanu Sukha	072-2101127	3.
2008/09/27	Saturday	UR		Cape Town Festival of Running 100km	100.0	WPA	Hewat	06:00	Three Anchor Bay, Cape Town	Pre: 21 Sep	Kanu Sukha	072-2101127	3.
2008/09/27	Saturday	RR		Cape Town Festival of Running 10x10km R	100.0	WPA	Hewat	08:00	Three Anchor Bay, Cape Town	Pre: 21 Sep	Kanu Sukha	072-2101127	3.
2008/09/28	Sunday	RR	>	Cape Town Festival of Running 21,1km Cla	21.1	WPA	Hewat	07:00	Three Anchor Bay, Cape Town	Pre: 21 Sep	Kanu Sukha	072-2101127	3.
2008/09/28	Sunday	W		Cape Town Festival of Running 10km Walk	10.0	WPA	Hewat	10:00	Three Anchor Bay, Cape Town	Pre: 21 Sep	Community Chest	021-4243344	1.

----- October -----

2008/10/03	Friday	RR > Boland Masters Road Race	10.0	BA	BA	19:00	Paarl Shopping Mall	Raceday	Noël Daniels	073-7789703	3.
2008/10/04	Saterdag	RR Boland Masters Road Race	21.1	BA	BA	07:00	Paarl Shopping Mall	Raceday	Noël Daniels	073-7789703	3.
2008/10/04	Saterdag	RR > Cape Gate 10km Run	10.0	WPA	Harmony	07:00	Cape Gate Centre, Brackenfell	Raceday	Clive Idas	082-7845783	3.
2008/10/04	Saterdag	FR Cape Gate Fun Run	5.0	WPA	Harmony	07:15	Cape Gate Centre, Brackenfell	Raceday	Clive Idas	082-7845783	3.
2008/10/08	Wednesday	RR > Hi-Q Prima Tyres Road Race	10.0	WPA	Bellville	18:00	Prima Tyres, Voortrekker Road, Bellville	Raceday	Pieter Carstens	084-4044933	3.
2008/10/08	Wednesday	TR > The Cape Odyssey Trail Run	211.0	BA	Private	08:00	Old Harbour, Hermanus	Pre: Limit	Tanya Odendaal	021-4267716	4.
2008/10/10	Friday	RR > Deetlefs Estate Night Race	10.0	BA	Worcester	18:00	Deetlefs Wine Estate, Rawsonville	Raceday	Gert Griesel	023-3491260	3.
2008/10/10	Friday	FR Deetlefs Estate Night Race	5.0	BA	Worcester	18:30	Deetlefs Wine Estate, Rawsonville	Raceday	Gert Griesel	023-3491260	1.
2008/10/10	Friday	FR > Caltex Voet van Afrika Fun Run/Walk	4.0	BA	Bredasdorp	18:00	Bredasdorp Sport Complex	Raceday	Christine Britz	028-4251087	1.
2008/10/11	Saterdag	MR > Caltex Voet van Afrika Marathon	42.2	BA	Bredasdorp	06:00	Bredasdorp Sport Complex	Pre: 13 Sep	Christine Britz	028-4251087	3.
2008/10/11	Saterdag	RR Caltex Voet van Afrika Half Marathon	21.1	BA	Bredasdorp	06:30	Bredasdorp Police Station	Pre: 13 Sep	Christine Britz	028-4251087	3.
2008/10/11	Saterdag	RR Caltex Voet van Afrika 10km	10.0	BA	Bredasdorp	07:00	Bredasdorp Police Station	Pre: 13 Sep	Christine Britz	028-4251087	3.
2008/10/12	Sunday	RR > Outsurance / 94.5 KFM Gun Run	21.1	WPA	Atlantic	07:00	Hamiltons Rugby Club, Green Point	Pre: 24 Aug	WPA Office	021-6990615	3.
2008/10/12	Sunday	RR Outsurance / 94.5 KFM Gun Run	10.0	WPA	Atlantic	07:30	Hamiltons Rugby Club, Green Point	Pre: 24 Aug	WPA Office	021-6990615	3.
2008/10/12	Sunday	FR Outsurance / 94.5 KFM Gun Run	5.0	WPA	Atlantic	07:45	Hamiltons Rugby Club, Green Point	Raceday	WPA Office	021-6990615	3.
2008/10/18	Saterdag	RR > Road to the Vineyard Race	10.0	WPA	Blue Downs	07:00	Pick a Pay F Supermarket, Kuils River	Raceday	Rodney Cupido	083-3095095	3.
2008/10/18	Saterdag	FR Road to the Vineyard Race	4.0	WPA	Blue Downs	07:05	Pick a Pay F Supermarket, Kuils River	Raceday	Rodney Cupido	083-3095095	1.
2008/10/18	Saterdag	RR > Van Loveren Wine on the River	10.0	BA	Bonnievale	07:30	Van Loveren Wine Estate, Bonnievale	Raceday	Henus Crafford	083-3866164	3.
2008/10/25	Saterdag	RR > Botrivier Van der Stel Pas Wedloop	10.0	BA	Private	08:15	Botrivier Station	Raceday	Anthony	083-7732574	1.
2008/10/25	Saterdag	FR Botrivier Van der Stel Pas Wedloop	5.0	BA	Private	08:15	Botrivier Station	Raceday	Anthony	083-7732574	1.
2008/10/25	Saterdag	RR > Rola Motor Group 10km Spring Classic	10.0	WPA	Strand	07:00	Beaumont Primary School, Somerset West	Raceday	Barry Hattingh	082-5705489	3.
2008/10/25	Saterdag	FR Rola Motor Group 10km Spring Classic	5.0	WPA	Strand	08:30	Beaumont Primary School, Somerset West	Raceday	Barry Hattingh	082-5705489	3.
2008/10/25	Saterdag	RR > Bainskloof Pass 10km Mountain Race	10.0	BA	Wellington	08:00	Hawekwa Youth Camp, Wellington	Raceday	Steven von Schslicht	082-5754628	3.
2008/10/25	Saterdag	RR > Tradouw Pass Half Marathon	21.1	ASWD	Langeberg	07:00	South Cape Winery, Barrydale	Raceday	Willem Hough	083-2876952	3.
2008/10/25	Saterdag	W > Drakenstein Hospice Mountain Walk	22.0	BA	Private	06:00	Paarl Rugb Club	Raceday	Maxwell	083-4463636	1.
2008/10/25	Saterdag	W Drakenstein Hospice Spring Walk	11.0	BA	Private	06:00	Paarl Rugb Club	Raceday	Maxwell	083-4463636	1.
2008/10/25	Saterdag	W Drakenstein Hospice Fun Walk	8.0	BA	Private	06:00	Paarl Rugb Club	Raceday	Maxwell	083-4463636	1.
2008/10/25	Saterdag	W Drakenstein Hospice Kiddies Walk	3.0	BA	Private	06:00	Paarl Rugb Club	Raceday	Maxwell	083-4463636	1.
2008/10/25	Saterdag	FR > K4K Charity 4x4km Relay	16.0	WPA	Private	13:00	Bishops Campus	Raceday	Lara	072-9850466	1.
2008/10/25	Saterdag	FR K4K Fun Run	4.0	WPA	Private	13:00	Bishops Campus	Raceday	Lara	072-9850466	1.
2008/10/26	Sunday	RR > Constantia Valley Graperun Half Marathon	21.1	WPA	VOB	06:30	Constantia	Pre: 18 Oct	Richard Acheson	082-4115533	3.
2008/10/29	Wednesday	RR > Oxygen Old Mutual	10.0	WPA	Old Mutual	18:30	Old Mutual Sports Grounds, Pinelands	Raceday	Shaun Williams	083-9630276	3.
2008/10/29	Wednesday	FR Oxygen Old Mutual	5.0	WPA	Old Mutual	18:30	Old Mutual Sports Grounds, Pinelands	Raceday	Shaun Williams	083-9630276	1.

----- November -----

2008/11/01	Saterdag	RR > Dwars River Valley Road Races	21.1	BA	Dwarsriver	07:00	Dwarsrivier Sports Complex, Pniel	Raceday	Mike Fraser	083-5187272	3.
2008/11/01	Saterdag	RR Dwars River Valley Road Races	10.0	BA	Dwarsriver	07:30	Dwarsrivier Sports Complex, Pniel	Raceday	Mike Fraser	083-5187272	3.
2008/11/01	Saterdag	FR Dwars River Valley Road Races	5.0	BA	Dwarsriver	08:00	Dwarsrivier Sports Complex, Pniel	Raceday	Mike Fraser	083-5187272	1.
2008/11/01	Saterdag	RR > Rawson Melkbos 21.1km Road Race	21.1	WPA	Melkbos	06:30	Beach Road, Melkbosstrand	Raceday	Barbara Rheeder	082-4108578	1.
2008/11/01	Saterdag	FR Rawson Melkbos 5km Beach Fun Run	5.0	WPA	Melkbos	06:30	Beach Road, Melkbosstrand	Raceday	Barbara Rheeder	082-4108578	1.
2008/11/01	Saterdag	RR > Bonnievale Bonanza 2007 Fun Run/Walk	10.0	ASWD	Private	07:30	Riggstreet, Bonnievale	Raceday	Chrisna	082-9203104	1.
2008/11/01	Saterdag	FR Bonnievale Bonanza 2007 Fun Run/Walk	5.0	ASWD	Private	07:30	Riggstreet, Bonnievale	Raceday	Chrisna	082-9203104	1.
2008/11/01	Saterdag	TR > Three Peaks Challenge	50.0	WPA	Private	05:00	Greenmarket Square, Cape Town	Pre: 12 Oct	Gavin Snell	082-7929380	1.
2008/11/01	Saterdag	MR > Medihelp National Business Challenge Relay	42.2	WPA	Private	13:00	Durbanville Primary School	Pre: 24 Oct	Dave	084-9214026	1.
2008/11/01	Saterdag	W Medihelp National Business Challenge Relay	21.1	WPA	Private	13:00	Durbanville Primary School	Pre: 24 Oct	Dave	084-9214026	1.
2008/11/01	Saterdag	RR > Isostar / Sanparks Tokai Forest 15km	15.0	WPA	Foresters	06:30	Tokai Forest, Tokai, Cape Town	Raceday	Gavin Wright	072-1427263	3.
2008/11/01	Saterdag	RR > Olifants River Half Marathon	21.1	WPA	ORAK	06:00	Voortrekker Str, Vredendal	Raceday	Gerrie Cilliers	083-6500642	1.
2008/11/01	Saterdag	RR Olifants River Rittelfees	10.0	WPA	ORAK	07:00	Voortrekker Str, Vredendal	Raceday	Gerrie Cilliers	083-6500642	3.
2008/11/01	Saterdag	FR Olifants River Rittelfees	5.0	WPA	ORAK	07:00	Voortrekker Str, Vredendal	Raceday	Gerrie Cilliers	083-6500642	3.

2008/11/02	Sunday	RR	> Pick 'n Pay Ladies Race4Change	10.0	WPA	WPA	08:00	?	?	WPA Office	021-6990615	3.
2008/11/05	Wednesday	RR	> Eskom 10km	10.0	WPA	Eskom Gijim	19:00	Jan Burger Sports Park, Parow North	Raceday	Kaylene van Dyk	082-5092967	3.
2008/11/08	Saturday	RR	> International Realtors 21.1km Race	21.1	WPA	West Coast	06:00	Seaside Shopping Centre, Big Bay, Cape Town	Raceday	Russel Worthington	082-7731835	3.
2008/11/09	Sunday	W	> Discovery Cape Times Big Walk	80.0	WPA	Spartan Harri	03:45	Rhodes High School, Mowbray	Pre: 27 Oct	Race Office	021-6853333	3.
2008/11/09	Sunday	W	Discovery Cape Times Big Walk	50.0	WPA	Spartan Harri	06:00	Fish Hoek Beach	Pre: 27 Oct	Race Office	021-6853333	3.
2008/11/09	Sunday	W	Discovery Cape Times Big Walk	30.0	WPA	Spartan Harri	08:15	Long Beach, Simon's Town	Pre: 27 Oct	Race Office	021-6853333	3.
2008/11/09	Sunday	W	Discovery Cape Times Big Walk	25.0	WPA	Spartan Harri	08:00	Fish Hoek Beach	Pre: 27 Oct	Race Office	021-6853333	3.
2008/11/09	Sunday	W	Discovery Cape Times Big Walk	20.0	WPA	Spartan Harri	07:45	Dolphin Beach, Blouberg	Pre: 27 Oct	Race Office	021-6853333	3.
2008/11/09	Sunday	W	Discovery Cape Times Big Walk	15.0	WPA	Spartan Harri	08:15	Cnr Ladies Mile & Main Road, Retreat	Pre: 27 Oct	Race Office	021-6853333	3.
2008/11/09	Sunday	W	Discovery Cape Times Big Walk	10.0	WPA	Spartan Harri	07:45	Green Point Stadium	Pre: 27 Oct	Race Office	021-6853333	3.
2008/11/09	Sunday	W	Discovery Cape Times Big Walk	5.0	WPA	Spartan Harri	08:30	Rhodes High School, Mowbray	Pre: 27 Oct	Race Office	021-6853333	3.
2008/11/15	Saturday	RR	> Easterns Tata 10km Run	10.0	WPA	Easterns	07:00	Aristea Primary School, Kraaifontein	Raceday	William Swaartbooi	084-2477170	3.
2008/11/15	Saturday	W	Easterns Tata 10km Walk	10.0	WPA	Easterns	07:00	Aristea Primary School, Kraaifontein	Raceday	William Swaartbooi	084-2477170	3.
2008/11/15	Saturday	FR	Easterns Tata Fun Run	5.0	WPA	Easterns	07:00	Aristea Primary School, Kraaifontein	Raceday	William Swaartbooi	084-2477170	3.
2008/11/16	Sunday	RR	> The Landmarks SW Half Marathon	21.1	WPA	WPCC	06:00	WP Cricket Club	Raceday	Alan Glasser	082-4097347	3.
2008/11/16	Sunday	FR	The Landmarks SW Fun Run	6.0	WPA	WPCC	07:00	WP Cricket Club	Raceday	Alan Glasser	082-4097347	3.
2008/11/19	Wednesday	FR	> Bellville Senior Sentrum Fun Run	6.0	WPA	Private	18:00	Chrismar Villas, Bellville	Raceday	Bellville Senior Senti	021-9101250	1.
2008/11/22	Saturday	RR	> Môreson Franschoek Half Marathon	21.1	BA	Franschoek	07:00	Hugenote Monument, Franschoek	Raceday	Geddan Ruddock	082-5783017	3.
2008/11/22	Saturday	FR	Môreson Franschoek Fun Run	5.0	BA	Franschoek	07:00	Hugenote Monument, Franschoek	Raceday	Geddan Ruddock	082-5783017	1.
2008/11/22	Saturday	MR	> Mr Price Winelands Marathon	42.2	WPA	Helderberg	05:30	Markotter Sports Grounds, Stellenbosch	Pre: 31 Oct	Hans Hugo	072-2908179	3.
2008/11/22	Saturday	RR	Mr Price Winelands Half Marathon	21.1	WPA	Helderberg	05:45	Markotter Sports Grounds, Stellenbosch	Pre: 31 Oct	Hans Hugo	072-2908179	3.
2008/11/22	Saturday	FR	Mr Price Winelands Fun Run	5.0	WPA	Helderberg	06:30	Markotter Sports Grounds, Stellenbosch	Raceday	Hans Hugo	072-2908179	1.
2008/11/25	Tuesday	FR	> Twilight Team Run	5.0	WPA	WPA	19:30	Founder's Garden, Artscape, Cape Town	Raceday	WPA Office	021-6990615	3.
2008/11/26	Wednesday	RR	> Niel Joubert 13km Plaaswedloop	13.0	WPA	Sanlam	18:15	Klein Simonsvlei, Klappmuts	Raceday	Christiaan Pieters	084-2348224	3.
2008/11/29	Saturday	MR	> Vlakte Marathon	42.2	ASWD	Langeberg	05:30	Heidelberg High School	Raceday	Endri Uys	082-4941926	3.
2008/11/29	Saturday	RR	Vlakte Half Marathon	21.1	ASWD	Langeberg	07:00	Panorama Farm, Soutpan, Heidelberg	Raceday	Endri Uys	082-4941926	3.
2008/11/29	Saturday	FR	Vlakte Fun Run	10.0	ASWD	Langeberg	07:00	Panorama Farm, Soutpan, Heidelberg	Raceday	Endri Uys	082-4941926	1.
2008/11/29	Saturday	RR	> Brooks Phil Pansegrouw Memorial 21.1km	21.1	WPA	Bellville	06:00	Bellville Athletic Stadium	Raceday	Johan Marnewick	073-2650412	3.
2008/11/29	Saturday	RR	Brooks Phil Pansegrouw Memorial 10km	10.0	WPA	Bellville	06:00	Bellville Athletic Stadium	Raceday	Johan Marnewick	073-2650412	1.
----- December -----												
2008/12/03	Wednesday	RR	> Metropolitan 10km Road Race	10.0	WPA	Metropolitan	18:30	Parc Du Cap, Bellville	Raceday	Kenneth Jantjies	083-4123366	3.
2008/12/05	Friday	FR	> Big Blue Baleka 10km	7.6	BA	Hangklip	18:30	Kleinmond Lagoon	Raceday	Stefaans Olivier	084-7998923	1.
2008/12/05	Friday	FR	Big Blue Baleka Fun Run	5.0	BA	Hangklip	18:40	Kleinmond Lagoon	Raceday	Stefaans Olivier	084-7998923	1.
2008/12/05	Friday	FR	Big Blue Senior Beach Mile	1.6	BA	Hangklip	18:00	Kleinmond Lagoon	Raceday	Stefaans Olivier	084-7998923	1.
2008/12/05	Friday	FR	Big Blue Junior Beach Mile	1.6	BA	Hangklip	18:00	Kleinmond Lagoon	Raceday	Stefaans Olivier	084-7998923	1.
2008/12/06	Saturday	RR	> Big Blue Hangklip Half Marathon	21.1	BA	Hangklip	06:30	Stony Point, Betty's Bay	Raceday	Stefaans Olivier	084-7998923	3.
2008/12/06	Saturday	RR	> Run/Walk for Life / New Balance 21km Run	21.1	WPA	Run/Walk for	06:30	Radloff Park Sports Field, Somerset West	Raceday	Marie Barnard	021-8528473	3.
2008/12/06	Saturday	RR	Run/Walk for Life / New Balance 10km Run	10.0	WPA	Run/Walk for	07:00	Radloff Park Sports Field, Somerset West	Raceday	Marie Barnard	021-8528473	3.
2008/12/06	Saturday	W	Run/Walk for Life / New Balance 10km Wal	10.0	WPA	Run/Walk for	07:05	Radloff Park Sports Field, Somerset West	Raceday	Marie Barnard	021-8528473	3.
2008/12/06	Saturday	FR	Run/Walk for Life / New Balance Fun Run	4.0	WPA	Run/Walk for	07:15	Radloff Park Sports Field, Somerset West	Raceday	Marie Barnard	021-8528473	3.
2008/12/06	Saturday	RR	> Montpellier Estate Half Marathon	21.1	BA	Tulbach	07:00	Montpellier Estate, Tulbach	Raceday	Jannie v Wyngaardt	072-5541995	3.
2008/12/06	Saturday	RR	> Montpellier Estate Road Race	10.0	BA	Tulbach	07:00	Montpellier Estate, Tulbach	Raceday	Jannie v Wyngaardt	072-5541995	3.
2008/12/06	Saturday	W	> Montpellier Estate Road Race	10.0	BA	Tulbach	07:00	Montpellier Estate, Tulbach	Raceday	Jannie v Wyngaardt	072-5541995	3.
2008/12/10	Wednesday	RR	> Simonsvlei Road Race	10.0	BA	Paarl	18:30	Simonsvlei Wine Cellar	Raceday	Sybrand du Plessis	083-4446940	3.
2008/12/10	Wednesday	FR	Simonsvlei Fun Run	3.5	BA	Paarl	18:40	Simonsvlei Wine Cellar	Raceday	Hercules du Toit	082-4538307	1.
2008/12/13	Saturday	RR	> Avbob 15km Road Race	15.0	WPA	Tygerberg	06:30	Pick 'n Pay Shopping Centre, Table View	Raceday	Voice Link	088-1301155	3.

2008/12/16	Reconcilliatio	Tuesday	RR	>	NB Guguletu Reconciliation Day	10.0	WPA	Gugs	08:00	Guguletu Sports Complex, Cape Town	Raceday	Stanley Landu	084-3785582	3.
2008/12/17		Wednesday	RR	>	Mitchell's Brewery Sundowner 10km	10.0	WPA	Fit2000	18:30	Michell's Brewery, V&A Waterfront	Raceday	Ashley Bradley	072-4223224	3.
2008/12/20		Saturday	RR	>	Whalers Onrus River 10km	10.0	BA	Whalers	07:00	Onrus Beach, Hermanus	Raceday	Carina v d Merwe	082-8238632	3.
2008/12/20		Saturday	FR		Whalers Onrus River Fun Run	5.0	BA	Whalers	07:15	Onrus Beach, Hermanus	Raceday	Carina v d Merwe	082-8238632	1.
2008/12/20		Saturday	RR	>	Mitchells Plain Half Marathon	21.1	WPA	Mitchells Plain	06:00	West Gate Mall, Mitchells Plain, Cape Town	Raceday	Brian Jack	082-4821988	3.
2008/12/20		Saturday	W		Mitchells Plain Walk	10.0	WPA	Mitchells Plain	06:00	West Gate Mall, Mitchells Plain, Cape Town	Raceday	Brian Jack	082-4821988	3.
2008/12/26	Day of Goodv	Friday	RR	>	Tokai Manor House	16.0	WPA	Southern Stric	07:00	Porter School, Tokai Forest, Tokai	Raceday	Peter Powell	084-8923772	3.
2008/12/27		Saturday	RR	>	South Easter 15km	15.0	WPA	Fish Hoek	07:00	Fish Hoek Sports Complex, Cape Town	Raceday	Andy McAughey	083-6263222	3.
2008/12/31	Old Year's Da	Wednesday	RR	>	Dangerpoint Half Marathon	21.1	BA	Whalers	07:00	Gansbaai Primary School, Gansbaai	Raceday	Mariaan Bothma	083-2942191	3.
2008/12/31	Old Year's Da	Wednesday	RR		Dangerpoint 10km	10.0	BA	Whalers	07:15	Gansbaai Primary School, Gansbaai	Raceday	Mariaan Bothma	083-2942191	1.
2008/12/31	Old Year's Da	Wednesday	FR		Dangerpoint Fun Run	5.0	BA	Whalers	07:15	Gansbaai Primary School, Gansbaai	Raceday	Mariaan Bothma	083-2942191	1.
2008/12/31	Old Year's Da	Wednesday	FR		Runners Memorial Race	8.0	WPA	Edgemead	18:00	Mouille Point, Green Point, Cape Town	Raceday	Glynis Bowie	083-3572722	3.

Should you know of any changes or additions to the above information, please notify me immediately. Please verify all information, before acting based on this information alone.

This "Running Events" was produced on the above date by Johan de Kock. For more details, contact me at RunningEvents@sunjomar.co.za.

Sources of Information (SI):

1. The regular and well-known running events during previous years, as per this schedule.
2. The annual Nedbank Runners Guide, written by Tom Cottrell.
3. The fixtures lists of Boland and WP athletics, and partly of ASWD and other provinces.
4. Websites such as EnterOnline, Raceday, Runners World, Run SA and Time-to-Run.
5. The monthly issue of the Runners World magazine.
6. The Runners Guide-website.
7. Notices and e-mails received from mainly Chris Goldschmidt, Richard Stander and race organisers.
8. Flyers gattered at races, which forms a final and almost definite confirmation of details.

Legend:

1. > Main event of that day of that organiser.
2. ~~Info~~ Regular and well-known races apparently been cancelled.
3. *italic* Regular and well-known races not been confirmed for this year.
4. **red** Specific information not been confirmed for this year.
5. **?** Specific unknown information.
6. **blue** Changes made to this fixture list during the past month.
7. FR Fun running (often including walking) less than 10km's.
8. RR Road running (often including walking) from 10km's to less than 42,2km's.
9. MR Standard marathon road running of 42,2km's.
10. UR Ultra distance running of more than 42,2km's.
11. W Walking only
12. TR Trail running
13. CC Cross-country

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