

Jan	Race	Distance	Time	Club	Venue	Contact	Tel.no	E-mail address
11	Arrayah Fun Run (towards Autism)	4,9km	19:00		Middelburg	Naomi Steenkamp	064 968 5665	naomistreenkamp8@gmail.com
14	MPSAPD (Physically Disabled Trial)	T&F		MPSAPD	Secunda Stadium	DP Badenhorst		
14	Sasol AC Highveld Champs	Track & Field		Sasol AC	Secunda Stadium	Thea Labuschagne		
14	Festive Mbombela Mayoral Race	10km, 4.9km	06:00	Definition AC	Mbombela Stadium	Boikie Gama	829771665	boikie02@gmail.com
18	Midack Nite Race	Fun Run, 10Km	19:00	Midack AC	Kees Taljaard, Middelburg	Elani Keulder	079 696 8656	Keulder.elani@gmail.com
21	Volksrust 5-in-1	42, 32, 21, 10, 4.9km	06:00	Volksrust Mk	Volksrust Highschool	Reiner/Linda	082 735 1104/083 733 4621	lindaduvénage@yahoo.com
25	Rooies Nite Race	10 km / 4,9km	18:00	Rooies Atletiek Klub	HTS Middelburg	Theuns Luus	083 630 8729	landloop90@gmail.com
27	Van Wettens 3%dotCom Nite	10, 4,9 km	17:30	Nedbank LVCC	Ingwenyama Sports arena	Beth	082 801 3600	lvccrun@gmail.com
28	Blueming 5-in-1	42.2 ,32, 21.1 ,15,10,4.9	06:00	Middelburg MC	H/School Kanonkop, Middelburg	Charmaine VD Merwe	083 292 9207 / 072 593 7346	mmkinfo01@gmail.com

Feb	Race	Distance	Time	Club	Venue	Contact	Tel.no	E-mail address
1	Arrayah Fun Run (towards Autism)	4,9 km	19h00		Middelburg MP	Naomi Steenkamp	064 968 5665	naomisteenkamp8@gmail.com
4	Tutus & Tekkies	4,9km Mud run	09:00	OBO CANSA Mpu	Eaglesview Play Park Nelspruit	Monique Bornman	072 733 9403	mbornman@cansa.org.za
4	Shalom Half Marathon	21 km	07:00	Shalom	AJ Swanepoel stadium,Ermelo	Thamsanqa Mrubata	072 382 2409	mrubatathami@gmail.com
8	Dennies Nite Race	10km/ 4,9km	18:00	Rooies Atletiek Klub	Dennesig Primary, Middelburg	Theuns Luus	083 630 8729	landloop90@gmail.com
11	It's a Date Charity Walk	3,5km	08:00	Ermelo Phoenix Rotary Club	Bottomless Blessings Coffee	Rotary Club - Ermelo		
13	Sub District - Secondary Schools	T&F		AMSEC (Nkangala)	HTS Middelburg	Mpumalanga School Sport		
14	District - Secondary Schools	T&F		AMSEC (Bohlabela)	HS Lydenburg	Mpumalanga School Sport		
15	Valentines Nite Race	10 KM , 2 km	19:00	Secunda MC	Sasol Recreation Club	Charmaine Nel	072 125 8919	secundamc@gmail.com
15	Power Of love Night race	10, 4,9 km	18:00	Run Walk for Life	Mbombela Stadium	Yolanda Odendaal	084 607 6314	nelspruit@runwalkforlife.co.za
15	McCarthy Panorama	10, 4,9 km	19:00	Coaldust	Panorama Primary School	Johan	082 466 5708	laerskoolpanorama@gmail.com
18	Sub District - Primary Schools	T&F		AMSEC (Gert Sibande)	Secunda Stadium	Mpumalanga School Sport		
18	Sub District - Primary Schools	T&F		AMSEC (Nkangala)	LS Dennesig	Mpumalanga School Sport		
18	Sasol Secunda Marathon	42.2 km	06:00	Sasol MC	Sasol Recreation club	Abednego Sibanyoni	082 332 9448	admin@sasolmarathonclub.co.za
18	Sasol Secunda Marathon	21.1, 10 km	06:00	Sasol MC	Sasol Recreation club	July Mavuso	082 802 1352	admin@sasolmarathonclub.co.za
18	Sasol Secunda Marathon	4,9 km	06:15	Sasol MC	Sasol Recreation club	Abednego Sibanyoni	082 332 9448	admin@sasolmarathonclub.co.za
20	District - Primary Schools	T&F		AMSEC (Bohlabela)	LS Lydenburg	Mpumalanga School Sport		
20	District - Secondary Schools	T&F		AMSEC (Nkangala)	HTS Middelburg	Mpumalanga School Sport		
21	District - Secondary Schools	T&F		AMSEC (Ehlanzeni)	HS Nelspruit	Mpumalanga School Sport		
22	Ugly 5 Night Series	10, 4,9 km	18:30	Middelburg Mk	Kanonkop High School	Charmaine VD Merwe	083 292 9207/072 593 7346	mmkinfo01@gmail.com
23	District - Primary Schools	T&F		AMSEC (Ehlanzeni)	LS Nelspruit	Mpumalanga School Sport		
25	District - Primary Schools	T&F		AMSEC (Nkangala)	LS Dennesig	Mpumalanga School Sport		
25	District - Secondary Schools	T&F		AMSEC (Gert Sibande)	Secunda Stadium	Mpumalanga School Sport		
25	SHAVATHON Colour Run	4,9km	09:00	OBO CANSA Mpu	To be confirmed	Monique Bornman	072 733 9403	mbornman@cansa.org.za
25	Assegaai 3-in-1 Marathon	42,2km 21,1km 10km	06:00	Assegaai MC	Piet Retief Rugby Club	Ilse Nel	076 411 4889	ilsevd@ymail.com
25	Ermelo AC Street mile /Straat Myl	1,6km (1mile / 1 myl)	08:00	Ermelo Athletic Club Maratho	Ermelo Church str/Kerk Str	Andries Koekemoer	066 205 3685	andriespk@gmail.com

Mrch	Race	Distance	Time	Club	Venue	Contact	Tel.no	E-mail address
1	Midack Fun Run	4,9km	18:00	Midack AC	Middelburg Primary School	Elani Keulder	079 696 8656	Keulder.elani@gmail.com
4	Elkana Pay-per-Kay	Circuit Race	06:00	Coaldust	Elkana Educational Centre	Abie Smit	072 573 2501	abiesmit@netactive.co.za
4	Mpumalanga Primary School Champs	T&F		AMSEC	Secunda Stadium	Mpumalanga School Sport		
4	Uniwisp Mbombela Urban Challenge	21.1km , 10km, 4.9km	06:00	Uniwisp RR	Nelspruit Rugby Club	Cecilia Botha	083 375 8765	cecilia@uniwisp.co.za
4	Cross Country league	Cross Country			Will be communicated			
8	Middelburg Rugbyklub	4,9 km	18:00		Middelburg MP	Naomi Steenkamp	064 968 5665	naomisteenkamp8@gmail.com
8	Hoogenhout 10km	10km fun run	19:00	Bethal Marathon Klub	Hoërskool Hoogenhout	Rindert Wyma	082 836 7073	
11	Mpumalanga Secondary School Champs	T&F		AMPU/SASA	Secunda Stadium	Andries Burger/Louis Bates		
11	Mpumalanga LSEN Championship	T&F		AMPU/SASA	Secunda Stadium			
11	Lake Umuzi/Kijima Construction Kosmos 3-in-1	42.2 km	06:00	Secunda MC	Lake Umuzi Waterfront	Race Officer	079 494 4886	info@kosmos3in1.co.za
11	Lake Umuzi/Kijima Construction Kosmos 3-in-1	21.1 km & 4.5km	13:00	Secunda MC	Lake Umuzi Waterfront	Race Officer	079 494 4886	info@kosmos3in1.co.za
11	Lake Umuzi/Kijima Construction Kosmos 3-in-1	10 km	17:00	Secunda MC	Lake Umuzi Waterfront	Race Officer	079 494 4886	info@kosmos3in1.co.za
15	Spur Benfleur Nite Race	10 , 4,9 km	19:00	Eskom AC	Spur Steak house Benfleur	Paul Bester	082 966 7767	gijimas.eskom@gmail.com
17-22	SASAPD Nationals	T&F		SASAPD	Cape Town			
19-21	Primary Schools National meeting	T&F		SASA	KZN - Pietermaritzburg			
18	Run City of Mbombela 4-in-1 Marathon	42 , 21 , 10 , 4,9 km	06:00	City of Mbombela MC	Bergvlam High School	Ayanda	082 740 8839	commarathonclub@gmail.com
21	Goldi Standerton	42 , 21 , 10 , 4,9 km	06:00	Standerton MC	Hoerskool Standerton	Heidi v d Merwe	072 391 0788	lhvdm@webmail.co.za
22	Hospice Fun run	4,9 km	18:00	Hospice	CR Swart Laerskool, Middelburg	Sorieka Dicks	066 226 5093	midhospice@callit.co.za
25	NMC Fast 3-in-1 Marathon	42.2km	05:30	Nelspruit	Mbombela Stadium	Morongwa Dlamini	083 753 8010	Morongwa81@gmail.com
25	NMC Fast 3-in-1 Marathon	21.1km , 10km	05:30	Nelspruit	Mbombela Stadium	Morongwa Dlamini	083 753 8010	Morongwa81@gmail.com
29	Ugly 5 Night Series	10 , 4,9 km	18:30	Middelburg Mk	Kanonkop High School	Charmaine VD Merwe	083 292 9207/072 593 7346	mmkinfo01@gmail.com

April	Race	Distance	Time	Club	Venue	Contact	Tel.no	E-mail address
1	kaNyamazane 3-in-1 Marathon	21 , 10 , 4,9 km	06:00	kaNyamazane	kaNyamazane Stadium	Sipho Langa	082 661 4818	sipholanga.artist@gmail.com
1	Cross Country league	Cross Country			Will be communicated			
1	EMC Highveld marathon	42 , 21 , 10 , 4,9 km	07:00	Ermelo Athletic Club	T B A Ligbron or JJ van der Merwe	Andries Koekemoer	066 205 3685	andriespk@gmail.com
2-5	Secondary Schools/LSEN Nat. meeting	T&F		SASA	Germiston			
5	Midack Old Medal Race	10 , 4,9 km	19:00	Midack AC	Kees Taljaard, Middelburg	Elani Keulder	079 696 8656	Keulder.elani@gmail.com
8	3-in-1 Marathon	42 , 21 , 10 km	06:00	Great East AC	Kilder	Sambo	072 210 6321	greateastac@gmail.com
10								
12	Ugly 5 Night Series	10 , 4,9 km	18:30	Middelburg Mk	Kanonkop High School	Charmaine VD Merwe	083 292 9207/072 593 7346	mmkinfo01@gmail.com
15	Two Oceans	56 , 21 km						
15	Cross Country league	Cross Country			Will be communicated			
19	Eskom AC Fun run	4,9km	18:30	Eskom AC	Eskom Athletic Club House, Witbar	Jonas Mabena	072 512 2188	gijimas.eskom@gmail.com
20	Numeri Tutoring fun run	4,9km	19:00	Ermelo AC/	Ligbron Akademie vir Tegnologie	Eugene	082 542 9067	
22	Cross Country league	Cross Country			Will be communicated			
22	Trac N4 Elands Race	42 , 21 , 10 km	06:30	Nedbank LVCC	Ngodwana Sappi Skills TC	Beth	082 801 3600	lvccrun@gmail.com
27	Bethal 2-in-1	21 km , 10 km , 4,9 km	07:00	Bethal Marathon Klub	Marietjie v Niekerk Primary	Pieter Botes	082 920 7555	medsenap@gmail.com
29	Sudwala Monster	21 , 10 , 4,9 km	07:00	Legogote Villagers	Sudwala Lodge/Caves	Ada Ströh	082 417 1637	ada.stroh@afrimat.co.za
29	Slipstream Waterlectric Race	15km	07:00	Slipstream Sports club	Witbank Nature Reserve	Miranda Bendixen	0136924232	admin@slipstream.club

May	Race	Distance	Time	Club	Venue	Contact	Tel.no	E-mail address
3	Autumn Nite Race	10 , 4,9 km	18:00	Midack AC	HTS Middelburg	Elani Keulder	079 696 8656	Keulder.elani@gmail.com
6	Cross Country league	Cross Country			Will be communicated			
6	Forever Loskop Series 50km	50,km	06:00	Middelburg MC	Middelburg to Loskop dam	Hein Koch	073 424 5984	hein@icon.co.za
6	Forever Loskop Series 21.1 km	21,1km	06:30	Middelburg MC	Middelburg to Loskop dam	Hein Koch	073 424 5984	hein@icon.co.za
6	Forever Loskop Series 4.9 km	4,9km	06:45	Middelburg MC	Middelburg to Loskop dam	Hein Koch	073 424 5984	hein@icon.co.za
13	Selati 2 in 1	21 , 10 , 4,9 km	07:00	Onderberg MK	Malelane Rugby Club	Marthinus Kelder	084 581 6503	Marthinus.Kelder@RCL Foods.com
13	Mothers Day Run	4,9 , 2 km , 100m	14:00	Ermelo Athletic Club	NG church, De Bruinpark, Ermelo	Andries Koekemoer	066 205 3685	andriespk@gmail.com
20	Highveld Mall Ice Breaker	21 , 10 , 4,9 km	08:00	Coaldust	Highveld Mall	Abie Smit	072 573 2501	abiesmit@netactive.co.za
20	Cross Country league	Cross Country			Will be communicated			
24	Arrayah Fun Run	4,9 km	19h00		Middelburg MP	Naomi Steenkamp	064 968 5665	naomisteenkamp8@gmail.com
27	Great Lake Marathon	21 , 10 , 4 km	06:00	Conquerers AC	Lake Chrissie Lodge	Petros	074 041 6591	petrosndlangamandla1966@gmail.com
27	Tutus & Tekkies Fun run		09:00	Vir Cansa	Mbombela Stadium	Melissa Young	073 775 8608	myoung@cansa.org.za
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June	Race	Distance	Time	Club	Venue	Contact	Tel.no	E-mail address
3	Lowmed/Shell Gateway Halls Race	21,1km , 10km	06:00	Nelspruit	Halls-Shell Gate-Way	Gilda Mavromatis	084 357 1213	gpdmavro@icloud.com
3	Cross Country league	Cross Country			Will be communicated			
10								
11	Comrades Marathon	Down run some 90km		Comrades Marathon (CMA)	Pietermaritzburg City Hall	Comrades Assosiation	+27 33 897 8650	info@comrades.com
14								
16								
17	Fundraiser for Development team - fun run/walk	4,9km	07:00	Kanyamazane MC	KaNyamazane Stadium	Sipho Langa	082 661 4818	
17	Wakkerstroom	10 & 21 km, 16km (trail)	08:00	Volksrust	Wakkerstroom	Rupert Lawlor	083 227 9020	rupert@lawlor.co.za
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July	Race	Distance	Time	Club	Venue	Contact	Tel.no	E-mail address
1	Hall's	21 , 10 , 4,9 km	06:30	Nedbank LVCC	Halls-Gateway	Beth	082 801 3600	lvccrun@gmail.com
8	Mozma Cleaning	21km 10km 4,9km	07:00	Legogote	White River Rugby Club	Ada Ströh	082 417 1637	ada.stroh@afimat.co.za
15	Spar Woman's Challenge	10 km	08:00	Lowmed	Mbombela	Gilda Mavromatis	084 357 1213	gpdmavro@icloud.com
22	Cross Country: Inter-provincial	Cross Country			LIMPOPO			
22	Run walk fot Life 3 in 1 Race	32 km 21,1km & 10km	06:00	Run walk for life AC	Middelburg (location TBA)	Thinus Jansen	0723849443	middelburg@runwalkforlife.co.za
29	Gijima Nkomazi 2 in 1	21 , 10 , 4,9 km	07:00	Gijima Nkomazi AC	Kamhushwa Stadium	Lordrick Mathonsi	072 846 7212	info@gijimankomazi.co.za
29	Cross Country league	Cross Country			Will be communicated			
29	Kanonkop Maximus Lion Run	21 , 10 , 4,9 km	07:00	Middelburg	Kanonkop High School	Charmaine VD Merwe	083 292 9207	CHAIMAINE@BLUEMINING.CO.ZA

Aug	Race	Distance	Time	Club	Venue	Contact	Tel.no	E-mail address
2	CR Swart race	10 , 4,9 km	19:00	RWFL - Middelburg	CR Swart Primary Middelburg	Tinus Jansen	072 384 9443	middelburg@runwalkforlife.co.za
5	Skukuza Castle Lager Half Marathon	21.1 km	08:30	Krugerpark MC	Skukuza Staff village	Ruda vd Westuizen	082 541 8433	info@krugerparkmc.co.za
5	Cross Country league	Cross Country			Will be communicated			
9	Eskom HTS Witbank	21 , 10 , 4,9 km	19:00	Eskom	HTS Witbank	Paul Bester	082 966 7767	gijimas.eskom@gmail.com
9	Megan Herbst Run	4,9 km	08:00	Ermelo Athletic Club		Andries Koekemoer	066 205 3685	andriespk@gmail.com
12	The Midack Race	21, 10, 4.9km	07:00	Midack Ac	Kees Taljaard Stadium	Elani Keulder	079 696 8656	keulder.elani@gmail.com
12	Run against Women & Child abuse	21 , 10 , 4.9 km	06:30	Bellas AC	Mbombela stadium	Charles Nkosi	072 199 3514	chairman@bellasac.org.za
12	Cross Country league	Cross Country			Will be communicated			
16	Middelburg Primary Night Race	10, 4.9km	18:00	Eskom Athletic Club	Middelburg Primary School	Paul Bester	082 966 7767	gijimas.eskom@gmail.com
19	Run walk for life Mpumalanga	10 , 4,9 km	07:00	RWFL- Nelspruit	TBC (GZ Adventures Mankele)	Yolanda Odendaal	846076314	nelspruit@runwalkforlife.co.za
19	Run walk for life Mpumalanga	32 km	07:00	RWFL- Nelspruit	TBC (GZ Adventures Mankele)	Yolanda Odendaal	846076314	nelspruit@runwalkforlife.co.za
19	Cross Country: Mpumalanga CHAMPS	Cross Country			To be announced			
23	Nashua Kanonkop Nite race	10 km / 4,9km	19:00	Rooies Atletiek Klub	HTS Middelburg	Theuns Luus	083 630 8729	landloop90@gmail.com
26	Red Star Raceway Marathon	42,2km	06:00	Highveld Pumas	Red Star Raceway	Jacky Grassman	073 720 0690	icgrassman@gmail.com
26	Hall's	21 , 10 , 4.9 km	06:30	Nedbank LVCC	Halls Gateway	Beth	082 801 3600	lvccrun@gmail.com
30	Kragbron Nite race	10 , 4,9 km	19:00	Coaldust	Kragbron Primary school	Abie Smit	072 573 2501	abiesmit@netactive.co.za

Sep	Race	Distance	Time	Club	Venue	Contact	Tel.no	E-mail address
2	Mhluzi Spring Fun run	4.9km	07:00	Nkangala Athletic Academy	Penguin Swimming Pool, Mhluzi	Emmanuel Mabaso	072 527 6810	nkangalaac@gmail.com
2	Dullstroom Scenic Altitude Run	21 , 10 , 4.9 km	06:00	Dullstroom RR	Dullstroom Sports Ground	Monique Murray	060 977 2771	dullstroomroadrunners@gmail.com
6	Nashua Kanonkop Night race	10 , 4,9 km	19:00	Rooies Atletiek Klub	Kanonkop Primary school	Theuns Luus/Marie Luus	083 630 8729/083 233 2677	landloop90@gmail.com
9	Samancor	21 , 10 , 4.9 km	07:00	Coaldust	Ferrobank	Abie Smit	072 573 2501	abiesmit@netactive.co.za
9	Lowmed Tar and Trail	42 , 21 , 10 km road	06:00	Lowmed Running Club	CUSSONIA CHIMP Eden	Gilda Mavromaris	084 357 1213	running@lowmed.co.za
9	Lowmed Tar and Trail	21 , 10 , 4.9 km trail	06:00	Lowmed Running Club	CUSSONIA CHIMP Eden	Gilda Mavromatis	013 741 1820	running@lowmed.co.za
13	Tekkies Nite Race	10 , 4,9 km	19:00	Rooies Atletiek Klub	HTS Middelburg	Theuns Luus	083 630 8729	landloop90@gmail.com
16	Cross Country: SA's	Cross Country						
20	Ugly 5 Night Series	10 , 4,9 km	18:30	Middelburg Mk	Kanonkop High School	Charmaine VD Merwe	083 292 9207/072 593 7346	mmkinfo01@gmail.com
23	Boulders	25 km	06:00	Onderberg marathon Klub	Kaapmuiden Primary	Marthinus Kelder	084 581 6503	Marthinus.Kelder@RCL Foods.com
23	Boulders	10 km	06:30	Onderberg marathon Klub	Kaapmuiden Primary	Marthinus Kelder	084 581 6503	Marthinus.Kelder@RCL Foods.com
23	eMalahleni City marathon	42 , 21 , 10 , 4.9 km	06:00	Thungela AC	Witbank High School	Ernest Mandere	083 417 0544	ernestmandere@gmail.com
25	Barberton Makhonjwa Mountain	42 , 21 , 10 , 4.9 km	06:00	Bellas	Barberton	Charles Nkosi	072 199 3514	chairman@bellasac.org.za
25	Leandra	10 , 4,9 km	06:00	Leandra AC	Leandra Taxi rank	Mvulane Thanjekwayo	083 673 9960	Surprise.thani@gmail.com
27	SAVF Nite Race Middelburg	10km 4,9km	19:00	Eskom Atletiek klub	Middelburg SAVF old age home	Paul Bester	082 966 7767	gijimas.eskom@gmail.com
28	Lowveld Championship	Track and Field	15:00	Robbies School AC	Rob Ferreira School	Stefan vd Merwe	082 969 4684	stefan@splitseconds.co.za
30	Coaldust Circuit Race	48 , 21 , 10 , 5 km	06:00	Coaldust	Elkana Educational Centre	Abie Smit	072 573 2501	abiesmit@netactive.co.za
30	Breast Cancer Walk	4,9km	09:00	OBO CANSA Mpu	Eaglesview Play Park, Nelspruit	Monique Bornman	072 733 9403	mbornman@cansa.org.za
30	Barberton Makhonjwa Mountain	42 , 21 , 10 , 4.9 km	06:00	Bellas	Barberton	Charles Nkosi	072 199 3514	chairman@bellasac.org.za

