



REGIONAL RUNS

Province	Run Time	Run Name	Start Location / Address
----------	----------	----------	--------------------------

EASTERN CAPE

Sales contact: Devon – 083 212 6361

Eastern Cape - Port Elizabeth	05:45	Run & Dip with Ocean Tribe, Hobie Beach	Start at the pier
Eastern Cape - East London	15:00	Gonubie Point - IFAnet East London	Harriers Running Club , Gonubie
Eastern Cape - Garden Route	15:00	Central Beach, Plettenberg Bay	Insurance and Investment Shop ; Upper Deck Building Shop 13, Ground Floor Cnr Marine Drive & Main Street, Plett
Eastern Cape - Queenstown	15:00	Queens College, Queenstown	Queens College Recreation Grounds

FREE STATE

Sales contact: Leeroy – 073 547 0171

Free State - Bloemfontein	05:00	SA Running	Ultra360 Shop - 30 Louw Wepener Street , Dan Pienaar
Free State - Bloemfontein	tbc	Southern Running Group (Fichardt Park):	Vida-e-Cafe, Prellar Square
Free State - Bloemfontein	tbc	Hoerskool Fichardpark	24 Hudson Dr, Fichardt Park, Bloemfontein, 9301
Free State - Bethlehem	05:30	Betlehem Marathon Club	Club house betlehem marathon
Free State - Bethlehem	18:00	PSG Bethlehem	Bethlehem Marathon klub, Paul Laesecke Ave, Bethlehem, 9701

GAUTENG

Sales contact: James – 074 542 8626

Gauteng - Fourways	06:15	Dainfern College & Estate	Dainfern College
Gauteng - Linkfield	TBC	King David Linksfeld	cnr and, Club St & Bedford St, Linksfeld, Johannesburg, 2192
Gauteng - Bryanston	TBC	Bryanston High School	At school - Bryanston High School, 7 Tramore Rd, Bryanston, Sandton
Gauteng	15:00	Pretoria Bobbies	Engen Theresapark Motors , 1086 Bokmakierie Street
Gauteng - Lynwood Pretoria	17:00	Phobians Athletics Club	378 Queens Crescent, Lynnwood Pretoria
Gauteng - Pretoria	16:30	House Olympus	House Olympus, 32 Bophelo Rd, Prinshof 349-Jr, Pretoria, 0084
Gauteng - Florida, Rodepoort	17:00	Florida Running Club & Panorama Running Club	Discovery Bowling Club, Corner Lucas and Trichard Av
Gauteng - Vaal	17:00	Actom Athletics Club	Checkers c/o Frickie Meyer & Hendrik Van Eck
Gauteng - Meyerton, Vaal	17:00	Meyerton Running Club	Riverstone Mall, Pierneef Blvd, Kookrus, Meyerton, 1961

KWA-ZULU NATAL

Sales contact: James – 074 542 8626 / Leeroy – 073 547 0171

Kwa-Zulu Natal - Durban	05:15	Regents	Corner of Swapo & Adelaide Tambo
Kwa-Zulu Natal - Ballito	05:30	Hunt Properties	Concha Cafe, 18, 4420 Compensation Beach Rd, Ballito, Durban, 4420
Kwa-Zulu Natal - Durban	TBC	Westville Boys High	26 Wandsbeck Road, Westville, 3629
Kwa-Zulu Natal - Durban	TBC	Brettonwood High	399 Oliver Lea Dr, Umbilo, Durban 4001
Kwa-Zulu Natal - Durban	15:00	Run Collective	
Kwa-Zulu Natal - Hilton	17:00	KZN - Hilton	Cnr Dennis Shepstone & Old Howick Road Hilton, (crossways pub)

LIMPOPO

Sales contact: Lesego – 081 730 5482

Limpopo	TBC	Nkowankowa Rugby Club	Nkowankowa Stadium
Limpopo	TBC	Polokwane Athletic Club	

MPUMALANGA

Sales contact: Deliwe – 083 576 5688

Mpumalanga - Ermelo	5:00 AM	Platô Coffee;Ermelo Toyota De Wit Motors Shalom M	22 Taute St,Ermelo 2350
Mpumalanga - Nelspruit	07:00	Nelspruit Marathon club Legogote Villagers Club Pumas Rugby Development	Riverside Mall
Mpumalanga - eMalahleni	14h00	Coaldust Roadrunners Club	Beatty Ave, eMalahleni, 1034
Mpumalanga - Secunda	16:00	Lake Umuzi Secunda Marathon ClubEvander Stadium	Lake Umuzi, 1 Kiewiet St, Secunda, 2302
Mpumalanga - Standerton	16:30	Pacemakers Athletic Club	Krogh Street, Seriti Information Hub, Standerton 2439
Mpumalanga - Witbank	18:30	INDUNA BREAKDOWN SERVICES	Plot 512 Naauwpoort Bezrus Lodge
Mpumalanga - Nkomazi		Gijima Nkomazi Athletic Club	Impala Street, Air Street, and Lomati Street in Malalane, 1320

NORTHWEST

Sales contact: Deliwe – 083 576 5688

North West - Mafikeng	TBC	Phlebotomist Team	The Crossing Shopping Centre, Mahikeng
North West - Rustenburg	16:00	RWFL Club	Tuine Gemeente (Cuckoo 8)
North West - Potchefstroom	16:00	Purple Pioneers	Catchet Park
North West - Klerksdorp	17h30	Klerksdorp Marathon Klub	Macrovest Centre, Austin St, Wilkoppies, Klerksdorp, 2572

NOTHERN CAPE

Sales contact: Lesego – 081 730 5482

Northern Cape - Kimberley	06:30	Kimberley Daredevil Run	Honoured Dead Memorial Site (Memorial Road) , Kimberley
Nothern Cape - Upington	17:00	Upington Daredevil Run	Emerald Offices, 29 DuToit Street, Upington
Nothern Cape - Kimberley	TBC	Nj Heyns Spesiale Skool	23 Macdougall Street, South Ridge, Kimberley
Nothern Cape - Kimberley	06:30	Kimberley Harriers	Honoured Dead Memorial Site (Memorial Road) , Kimberley

WESTERN CAPE

Sales contact: Devon – 083 212 6361

Western Cape - Westcoast (22 October)	17:00	Langebaan Run	Husky's Restaurant , Broad Street , Langebaan
Western Cape - CPT Central (30 October)	17:00	Greenpoint	Bootleggers, Grd floor, Chelsea on Main, 37 Main Road
Western Cape - CPT Central	17:00	Parliament	Parliament Building, Houses of Parliament
Western Cape - Gordon's Bay	16:00	Gordon's Bay	Krystal Beach , Breakwater Lane, Harbour Island Gordons Bay 7150
Western Cape - Paarl	16:00	Paarl Road Running Club	Seattle Coffee Shop Parking Area (Optenhorst Shopping Centre)
Western Cape - CPT Central	17:00	Greenpoint	Greenpoint Lighthouse
Western Cape - Khayelitsha	18:00	Khayelitsha Running Club	Lookout Hill, Spine Road, Khayelitsha
Western Cape - Rondebosch	18:00	Celtic Harriers	Rondebosch Common, Milner Rd, Rondebosch, CPT
Western Cape - Stellenbosch	06:00	Stellenbosch	Cape Crusade Coffee Shop
Western Cape (28 November)	TBC	Knysna	TBC