

DATE	NAME OF EVENT	VENUE	DISTANCE
12-Jan	Ronnie Davel Memorial	Laddsworth Primary School, Hilton	16 km run/walk
12-Jan	Go Beyond For A Child	Stella Sports Club	15 km run/walk 5km fun run
19-Jan	Kearsney Striders Half Marathon	Kearsney College	21 km run 10 km run/walk
26-Jan	PDAC 25km	Watercrest Shopping Centre	25 km run/walk
DATE	NAME OF EVENT	VENUE	DISTANCE
02-Feb	DG Panel & Paint Challenge	Barns Road Rugby Grounds	32 km run 16 km run/walk
09-Feb	Threshold Hillcrest Marathon	Corner Inanda & Old Main Roads, Hillcrest	42.2 km run 21.1 km run/walk
15-Feb	TW Mchunu Legacy Marathon	Estcourt High School	42.2km run 21.1 km run 10 km run
16-Feb	Zabalaza Marathon	Cato Ridge Country Club	42.2km run 21.1 km run/walk 10 km run/walk
22-Feb	Richards Bay Hippo Marathon	Zululand Multi Sports Club	42.2km run 21.1 km run 10 km run/walk
22-Feb	Dr JL Dube Race	Ohlange, Inanda	21.1km run 10km run/walk
23-Feb	KZN Capital City Marathon	Pietermaritzburg City Hall	42.2 km run/walk 21.1 km run/walk 10km run/walk
29-Feb	Battlefields Marathon	Hutten Park Primary School, Newcastle	42.2km run 21.1km run/walk 10km run/walk
29-Feb	2020 KZN Champs	Kings Park Stadium	42.2km run 21.1km run 10km run
DATE	NAME OF EVENT	VENUE	DISTANCE
08-Mar	Marshalls World of Sports Stella Royal with Vitality	Stella Sports Club	25 km run 10 km run/walk 5km run/walk
08-Mar	Gooderson Leisure Willem Boshoff Marathon	Gooderson Leisure Natal Spa	42.2 km run 21.1 km run/walk 10 km run/walk
15-Mar	The Deloitte Challenge	Lifestyle Ballito Sibaya Casino Virginia Sports Grounds	42.2 km run 21.1 km run 10 km run 5km fun run
22-Mar	Zululand Ultra	KwaGqikazi	56km run 10km run/walk
22-Mar	Crescent Challenge	Kings Park Athletics Stadium	21.1 km run 10 km run/walk
28-Mar	Mfundo Lushaba Memorial	Luthuli High School	10km run /walk

29-Mar	Umgeni Water Marathon	Baynesfield Recreational Club	42.2 km run 21.1 km run 12 km run/walk
29-Mar	Checkout Challengen with Vitality	Kings Park Stadium	21.1km run 10km run/walk 5km fun run
29-Mar	Tronox Marathon	Addison Park, Empangeni	42.2 km run 21.1 km run/walk 10 km run/walk
DATE	NAME OF EVENT	VENUE	DISTANCE
04-Apr	Arthur Creswell Memorial Marathon	Bergville Municipal Offices	52km run 21.1km run
05-Apr	Durban City Marathon	Kings Park Athletics Stadium	42.2 km run 21.1 km run/walk 10 km run walk
11-Apr	Two Oceans Marathon		
19-Apr	Nquthu Race	GG Agriculture	42.2kmrun 21.1 km run 10 km run/walk 5 km fun run
19-Apr	NAC Triple Challenge	John Dory Grounds, Newlands East	42.2 km run 21.1 km run/walk 10 km run walk
25-Apr	Pongola Sugar Cane 4 in 1 Race	Pongola Caravan Park	42.2 km run 21.1 km run/walk 10 km run walk
26-Apr	Rising Sun Chatsworth Freedom Marathon	Chatsworth Stadium	52 km run 25 km run 10km run/walk
26-Apr	10km Msinga Race	Cwaka R33	10km run/walk
27-Apr	South Coast Ultra	Ugu Sport & Leisure Centre	48km run 21.1km run/walk 10km run/walk
27-Apr	Ma'am Jila Memorial 10km Challenge	Mgenge Store	10km run
DATE	NAME OF EVENT	VENUE	DISTANCE
01-May	Gaterite Challenge	Verulam Recreation Grounds	42.2 km run 21.1 km run/walk 10 km run/walk
03-May	Mathews Meyiwa Marathon	Mpumalanga Regional Stadium	42.2km run 10 km run/walk
10-May	Ice Promotion	Mount Edgecombe Recreational Grounds	21.1 km run/walk 10 km run/walk
17-May	Zakhele Flat & Fast	Kings Park Athletics Stadium	10km run/walk
24-May	Peace in Africa	Kings Park Athletics Stadium	21.1 km run 10 km run/walk
31-May	Sisonke Challenge	Inanda Dam	10km run/walk
31-May	James Nxumalo Challenge	Ndokweni Sports Field	10km run

DATE	NAME OF EVENT	VENUE	DISTANCE
13-Jun	KZN DSR Youth Run	TBA	10 km run 5 km run/walk
14-Jun	Comrades Marathon	Pietermaritzburg City Hall	90 km run
16-Jun	Ntenga Foundation Charity Race	Moses Mabhida Stadium	10 km run/walk
16-Jun	Nyanya Race	Nkonjeni Primary School	10km run/walk
21-Jun	Durban SPAR Women's 10/5km Challenge	Jonsson Kings Park	10 km run/walk 5 km run/walk
28-Jun	Qapheqolo Save the Rhino	TBA	21.1 km 10 km 5 km fun run
28-Jun	Umkhumbane Half Marathon	Umkhumbane Museum	21.1km run 10m run /walk
DATE	NAME OF EVENT	VENUE	DISTANCE
12-Jul	FNB Durban 10km City Run	Blue Lagoon - Athlone Drive	10km run/walk
19-Jul	Forest 10km	Forest Hills Sports Club	10km run/walk
19-Jul	Ixopo Challenge	Jeffrey Zungu Sports Field	21.1km run 10 km run/walk
26-Jul	Durban Sunrise Run	Durban Beachfront	21.1km run 10km run
DATE	NAME OF EVENT	VENUE	DISTANCE
02-Aug	Women in Action (men welcome)	Chatsworth Stadium	10 km run/walk
09-Aug	Totalsports Womens Race	Masabalala Yengwa	10km run/walk 5km run/walk
09-Aug	Ithuba 10	Kranskop	10km run/walk
09-Aug	Memel to Newcastle	Memel Church	51.2km run
15-Aug	Newcastle Night Race	Newcastle Mall	10km run/walk
16-Aug	Savages 21/10km Challenge	Morningside Primary School	21.1 km run 10 km run
16-Aug	Maritzburg SPAR Women's 10km/5km Challenge	The Oval Cricket Stadium	10 km run/walk 5 km run/walk
23-Aug	Park Lane Superspar Capital Climb	Voortrekker High School, Cordwallis Road, Pietermaritzburg	15 km run/walk
23-Aug	Durban Runner Challenge	Glenwood High School	21.1 km run 10 km run/walk
23-Aug	Nkandla Mayoral Race	Vumanhlamvu Clinic	10km run/walk
30-Aug	Mandela Marathon	Manayi Hall	42.2km run 21.1 km run 10 km run/walk
DATE	NAME OF EVENT	VENUE	DISTANCE
05-Sep	Health Wellness Race	Kokstad Oval Grounds	21.1km run 10 km run
06-Sep	Merewent 10km	Dhubri Road Sports Ground	10km run/walk

13-Sep	SAPS Striders Half Marathon	Kings Park Athletic Stadium	21.1 km 10 km
19-Sep	Isimangaliso Heritage	Bhangazi Gate, Cape Vidal Beach	32km run 10km run 5km run
20-Sep	Ndongeni Heritage	Gugu Dlamini Park	42.2km run
24-Sep	King Shaka Marathon	King Shaka Airport	42.2km run 21.1km run
26-Sep	LAC Night Race	Ladysmith Athletic Club	21.1km run
27-Sep	The Mineshaft	Queensburgh Sports Association	15 km run/walk
27-Sep	Amajuba Marathon	Old Monte Vista Casino	42,2, 21,1, 10km
04-Oct	VAC Challenge	Kings Park	21.1 km run/walk 10 km run/walk
04-Oct	Prince Mangosuthu Ultra	Nqutu Sports Field	52km run 10km run/walk
11-Oct	Ushaka Family Half Marathon	Ushaka Marine World	21km run 10km run/walk
11-Oct	Wasbank Marathon	Sigweje High School	42.2km run 21.1 km run/walk 10 km run/walk
18-Oct	Abalindi	Ladysmith Athletic Club	21km run 10km run
18-Oct	SAMA	Kings Park Athletic Stadium	42.2km run/walk 2.1.km run/walk 10 km run/walk
25-Oct	Sapphire Coast Marathon	Scottburgh	42.2 km run 21.1 km run/walk 10 km run/walk
DATE	NAME OF EVENT	VENUE	DISTANCE
08-Nov	Save Supermarkets Orion	Save Hyper, 362 Victoria Street, Pietermaritzburg	21.1 km run/walk 10 km run/walk
08-Nov	Hope Challenge	Durban University of Technology	21.1 km 10 km
15-Nov	Ignition Oldies 10km	Crusaders Sports Club, Durban North	10 km run/walk
21-Nov	Sani Stagger	Sani Pass Hotel	42.2 km run 21.1 km run
22-Nov	Bluff Marathon	55 Smith Drive, Bluff	42.2 km run 21.1 km run 15 km walk
28-Nov	The Josiah Gumede Marathon	Bergville Sports Centre	42.2km run 21.1km run 10km run
29-Nov	KwaMashu Challenge	KwaMashu Fan Park Mduduzi Msomi Road	21.1km run 10km run/walk
DATE	NAME OF EVENT	VENUE	DISTANCE
06-Dec	YWP Stainbank Cup	Yellowwood Park Sports Club	15 km run 10 km walk
13-Dec	Illovo Sugar 15km Christmas Challenge	Westville Athletic Club	15 km run/walk

20-Dec	The Last Chance Classic	Sugar Rush Park, Ballito	21 km run 10 km run
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ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
Hilton Harriers	C 082 806 6749 B 033 343 4554 johnh@eyethu.co.za	John Holliday	07h00
Orcas Academy & Chillie Runners	C 060 496 6781 C 081 404 6139 C 079 054 7551 successbq@gmail.com	Prodigal Khumalo Success Baqwa Siya Silangwe	
Kearsney Striders	C 083 531 9417 purposedriven@telkomsa.net	Jenny Rigby	06h00
PDAC	C 061 069 7384 pdacsecretary@gmail.com	Lise Muchna	05h00
ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
Sydenham Sports Club	C 084 254 2468 anita.giquel@gmail.com	Anita Johannes	05h00
Hillcrest Villagers AC	C 082 455 4782 chairman@hillcrestvillagers.co.za	Marc Allen	05h00
Emtshezi Development AC	C 082 877 4890 cs.sithole60@gmail.com	Clement Sithole	06h00
Zabalaza Athletic Club	C 073 225 4146 nonjabulo2.ndlovu@gmail.com	Bongani Ndlovu	06h00
Zululand Multi Sports Club	C 081 796 8771 zmsc@telkomsa.net	Casper or Igna	05h00 05h00 05h15
Inandi Qadi AC	C 065 904 6909 B 081 269 2165 nomonde@durbangreencorridor.co.za	Nomonde Magwa	08h00
Maritzburg City, Amaqhawe & Phuma KZN	C 083 375 4317 B083 372 7266 mondli.mtshali@gmail.com	Mondli Mtshali	05h00
Newcastle Harriers	C 083 410 0600 vandermerwe.vernon@gmail.com	Vernon van der Merwe	06h00
Ama-Ravens AC	C 082 589 5102 031 301 1886 tn.qwabe@gmail.com	Mthoko Khuzwayo	05h00
ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
Stella Athletic Club	C 083 406 3130 stellaathleticclub@gmail.com kevin.hendrikse@gmail.com	Kevin Hendrikse	05h30
Vryheid Athletic Club	C 064 007 3924 melissascheepers33@gmail.com	Melissa Scheepers	06h00
Dolphin Coast Striders	Race Office: 061 921 1005 deloittechallenge@peaktiming.co.za	Race Office	06h00 06h45 07h00
Nongoma AC	C 076 095 5469 B 035 874 5500 bzwane@zululand.org.za	Bheki Zwane	06h00
Crescent Sporting Club	C 083 550 0600 B 031 700 6300 jubeirav@mweb.co.za	Zubie	06h30
Umzumbe Development AC	C 082 935 9220 B 039 972 0005 qhawemahle@hotmail.com	Emmanuel Lushaba	07h00

Collegians Harriers	Race Enquiries 082 750 0822 collegians.harriers@gmail.com	Les Burnard	06h00
Checkout Verulam Falcons AC	C 073 594 5448 / 083 243 5467 verulam.falcons@gmail.com	Krish Vadivelu	06h30 06h45 07h30
Umhlatuze Athletic Club	C 082 947 2153 roys@bell.co.za	Roy Singh	05h30
ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
Ladysmith Athletic Club	C 083 627 8450 B 036 633 0881 maxpillay@draklog.com	Max Pillay	06h00
Durban City Multisports Club	C 082 783 7691 mandla_m@xsinet.co.za	Mandla Makhathini	05h30
Nquthu Athletic Club	C 073 397 9358 B 072 290 4063 kenethshange033@gmail.com	Keneth Shange	07h00
Newlands AC	C 082 461 0134 sagrenmoodley@ymail.com	Sagren Moodley	05h00 12h00 16h00
Pongola Athletic Club	C 083 228 7682 / 060 346 0496 C 082 323 6365 B 034 413 2728 pongolaac@outlook.com / best2electrical@gmail.com	Heinrich Koen Minette Johnstone Pierre van Vuuren	06h00
Rising Sun Chatsworth AC	C 082 877 0400 mmpaliam@gmail.com	Dan Paliam	05h30
Msinga Development AC	C 072 040 0084 sabelozondi1@gmail.com	Sabelo Zondi	07h00
South Coast Striders	C 084 810 6740	Freek Stander	06h00
Zenzeleni AC	C 084 644 2733 B 079 730 1256 madlokovuzakhele@gmail.com	Zakhele Mngadi	07h00
ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
Verulam Athletic Club	C 083 783 6363 anaicker@yahoo.com	Anand Naicker	05h30
Hammarsdale AC	C 079 033 7251 B 072 880 5731 masasemi@gmail.com	Richard Bhengu	06h00
Woodview AC	B 031 003 2361 p.naidu@samsung.com	Pragasen Naidu	06h00
Zakhele Athletic Club	C 078 036 6389 / 082 600 0685 B 071 707 2297 shepherdchitake7366@gmail.com	Zakhele Mkhwanazi	07h00
Mayibuyi Athletic Club	C 083 545 8006 sayouth02@gmail.com	Siviwe Benya	06h30
Sisonke AC	C 060 506 6251 B 073 470 9842 sihle.shange@ymail.com	Sihle Shange	06h00
Hlonipha AC	C 079 738 8513 phumlaniphu@vodamail.co.za	Phumlani Phungula	07h00

ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
KZNA	B 031 312 9374		08h30
Comrades Marathon Association	C 079 501 0061 B 033 897 8650 rowyn@comrades.com	Rowyn James	05h30
Ethekwini Athletic Club	B 076 800 7144 info@ntenga.co.za	Calvin	08h00
Nigresund AC	C 083 522 5181 g851dube@gmail.com	Tholinhlanhla Dube	07h00
Sydenham AC	durban@spar.run	Brad Glasspoole	08h00 09h30
Mtubatuba Athletic Club	C 079 609 7200 jabulani.mhlungu@gmail.com	Jabulani Mhlungu	07h00
Umkhumbane AC	C 072 444 6070 B 061 456 3864 youthyonke.org@gmail.com	Mondli Cetshane	06h00
ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
	C 082 517 4799 B 021 889 2406 C 083 659 3364 mcleanandfam@gmail.com	Agne du Plessis	07h00
Forest Hills Sports Club	C 076 772 1128 B 072 633 4799 conrad49@live.com / info@ixopoac.co.za	Sandra / Nicola	07h00
Ixopo AC	C 073 741 0218 alison.s.moor@gmail.com	Themba Chamane	08h00
Getfit AC		Alison Moor	06h30
ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
Rising Sun Chatsworth Athletic Club	C 084 887 8695 class1@dbn.caxton.co.za	Ishara Dhunraj	08h00
KZNA	C 082 517 4799 B 021 889 2406	Agne du Plessis	08h00
Ntunjambili AC	C 078 460 1597 samuelzikode@gmail.com	MS Maphumulo	08h00
Osizweni Club	C 082 923 0078 B 034 318 1888 info@champ.co.za	Johan Pieters	06h00
Harambe 2040 AC	C 072 315 8936 harambe2040ac@gmail.com	Sandile Mthembu	17h30
Savages Athletic Club	C 078 281 6981 chairman@savagesac.co.za	Robin Honneysett	06h30
Natal Carbineers	maritzburg@spar.run	Brad Glasspoole	08h00
Midlands Athletic Club	C 083 374 9502 capitalclimb@gmail.com	Tony Morrison	07h00
Durban Runner Athletic Club	C 066 101 0705 durbanrunnerac@gmail.com	Storm / Julian	06h15
Fakumoya Nkandla AC	C	Alpha Nxumalo	07h00
	C 179 511 1302 / 083 559 334 B 033 897 6932 nxumalom@umdm.gov.za	Mduduzi Nxumalo	06h00
ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
Kokstad Link Pharmacy Runners Club	C 072 335 5842 B 039 727 2307 kokstadlinkpharmacyrunnersclub@gmail.com	Lia Ntoa	06h00
Merewent Athletic Club	C 073 495 5521 B 031 462 1209 pat.mdulogistics@telkomsa.net	Pat Pather	06h00

SAPS Striders AC	C 083 570 0554 mchununicholas@gmail.com	Nicholas Mchunu	06h30 06h45
Mtubatuba Athletic Club	C 079 609 7200 jabulani.mhlungu@gmail.com	Jabulani Mhlungu	07h00
Phantane AC	C 061 436 3967 mdu.khumalo@golddev.co.za	Mdu Khumalo	07h00
Inandi Qadi AC	C 065 904 6909 B 081 269 2165 nomonde@durbangreencorridor.co.za	Nomonde Magula	06h00
Ladysmith Athletic Club	C 083 627 8450 maxpillay@draklog.com	Max Pillay	16h00
Queensburgh Harriers	C 082 775 4000 lookme@polka.co.za	Lucas	06h00
Newcastle City AC	C 0833108519 muzi.ngema37@gmail.com	Muzi Ngema	06h00
Verulam Athletic Club	C 083 783 6363 anaicker@yahoo.com	Anand Naicker	05h30
Nquthu Athletic Club	C 076 285 0033	Kenneth Shange	05h30
Ushaka Athletics Club	C 082 470 6461 laster@ushakamarineworld.co.za	Laster Matwalane	07h00
Wasbank Athletic Club	C 072 450 3481 B 033 355 6873 wasbankac@gmail.com	Sifiso Nzuzza	06h00
Abalindi AC	C 076 474 4457 B 036 638 0094 smdakane@gmail.com	Sifiso Mdakane	06h00
Phoenix Villagers AC	C 082 330 8626 phoenixvillagers@yahoo.com	Thilan Naidoo	05h30
Amanzimtoti Athletic Club	C 082 498 6032 B 031 914 0018 toti.ac.treasurer@gmail.com	Lynette Botha	05h30
ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
Save Orion Athletic Club	C 083 659 2732 ajdna@live.com	Ajith Deena	05h30
Ethekwini Athletic Club	C 072 221 8784 B 031 825 7517 ndukuz@webmail.co.za	Ndukenhle Zulu	06h00
DHS Old Boys AC	C 082 786 9862 B 031 701 7761 paulforbes@mweb.co.za	Paul Forbes	06h00
Sani Athletic Club	C 082 329 7737 info@sanistagger.co.za	Spurgeon Flemington	06h00
Bluff Athletic Club	C 083 625 3386 B 031 267 1455 info@bluffac.co.za	Lindsay Kapp	05h00
Drakensberg Athletic Club	C 083 252 0691/083 399 2472 B 032 586 3822 barry@theroc.co.za	Barry Holland	05h30 05h45 06h00
KwaMashu AC	C 074 319 3921 / 071 623 9314 B 083 962 1867 kwamashuac@gmail.com	Ian Vilakazi	06h00
ORGANISED BY	E-MAIL ADDRESS/CONTACT NUMBERS	CONTACT PERSON	TIME
Yellowwood Park Athletic Club	C 083 384 4053 B 031 274 1815 freds@sa-shipyards.co.za	Fred Schoon	06h00
Westville Athletic Club	C 082 414 1783 westvilleathleticclub@gmail.com	Sharon Schubach	06h00

Dolphin Coast Striders	C 083 252 0691 barry@theroc.co.za	Barry Holland	06h00
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Pre-entries
Pre-entries
Entries close 02 Feb
Entries close 09 Feb
Pre-entries only. Entries close 30/01
Entries close 16 Feb
Entries close 7 Feb
Pre entries
Pre-entries close 03 Mar
Pre-entries close 17 Mar
Pre-entries close 11 Mar
Pre-entries close 04 Mar
Pre-entries close 2 days before

Entries close 1 week before
Pre-entries close 25 Mar
Entries close 3 days before
Entries close 10 days before
Entries close 31 Mar
Pre entries and on race day
Pre entries close 1 week before
Entries close 22 Apr
Entries close 19 Apr
Entries close 20 Apr
Entries close 10 Apr
Entries close 24 Apr
Entries close 5 days before
Entries close 7 May
Entries close 5 days before
Entries close 1 week before
Pre entries

Entries close 15 Nov 2019
Entries close 12 Jun
Entries close 1 week before
Entries close 30 Sep
Entries close 1 week prior
Entries close 31 July
Entries close 13 August
Entreis close 1 week before
Entries close 1 week before
Entries close 05 Aug
Pre entries

Entries close 04 Sep
Entries close 1 week before
Entries close 16 Sep
Entries close 27 Sept
Pre entries
Entries close 10 days before
Entries close 02 Oct
Pre entries close 3 days before
Entries close 20 Sept
Entries close 4 Nov
Entries close 3 days before
Entries close 25 Oct
Entries close 1 week prior
Entries close 23 Nov
Entries close 15 Nov
Pre-entries close 2 Dec
Pre entries close 10 Dec

Pre entries close 14 Dec