

Plan Your Racing

January 2010

South Africa is blessed with many great races and we're sometimes spoilt for choice as to which ones to participate in. So take a look through our detailed race calendar and check out all the events for January, then choose the ones you want to line up for and make your racing plans. – COMPILED BY TOM COTTRELL & SEAN FALCONER

Gauteng

CENTRAL GAUTENG

Sunday 10 January

Varsity Kudus 15km

Wednesday 13 January

Berg en Dal Nite 15km & 5km

Sunday 17 January

Dis-Chem Half Marathon & Rehidrat 5km Dash

Wednesday 20 January

Pick n Pay Aston Manor Nite 15km & 5km

Sunday 24 January

Bobbies 25km, 10km & 5km

Sunday 31 January

Johnson Crane Marathon,
Half Marathon & 5km

GAUTENG NORTH

Friday 1 January

New Year 10km & 5km

Saturday 9 January

Pretoria Police Marathon Club Half Marathon,
10km & 5km

Saturday 16 January

ACE Half Marathon, 10km & 5km

Saturday 23 January

Matha Series Tshwane Half Marathon & 5km

Saturday 30 January

PriceWaterhouseCoopers George Claassen
Half Marathon, 10km & 5km

VAAL TRIANGLE

No races scheduled for this period.

Western Cape

BOLAND

Friday 8 January

Big Blue Nite 10km & 5km

Sunday 10 January

Big Blue Beach Miles 10km

Saturday 30 January

Elgin Grabouw Groenberg Half, 10km & 5km

SOUTH WESTERN DISTRICTS

Friday 1 January

NSRI Beach Run 15km & 5km

Saturday 2 January

Builders Express 15km

Saturday 9 January

SSI 10km & 5km

Saturday 23 January

Boskabouter Relay 7x3km

Saturday 30 January

De Zeekoe Half Marathon & 10km

WESTERN PROVINCE

Saturday 2 January

SA Legion 15km

Sunday 10 January

Ocean Basket Bay to Bay 30km, 2x15km & 5km

Saturday 16 January

Hohenort 15km & 5km

Wednesday 20 January

KFC Brackenfell 10km & 5km

Montrail - Capestorm Cape Summer Trail

Series #1 10-12km

Saturday 23 January

CapeStorm Red Hill Marathon & 36km

Wednesday 27 January

Durbanville Pharmacy Dan Luyt Nite 15km

Montrail - Capestorm Cape Summer Trail

Series #2 10-12km

Sunday 31 January

Kloof Nek Classic Half Marathon

KwaZulu-Natal

Sunday 10 January

Ronnie Davel Memorial 16km & 5km

Sunday 17 January

Alex Wasps Half Marathon Run & 15km Walk

Scottburgh Half Marathon, 10km & 5km

Saturday 23 January

David Rattray Memorial Half Marathon & 5km

Sunday 24 January

Huletts PDAC 25km

Sunday 31 January

Sparkport Challenge 32km

Eastern Cape

BORDER

Friday 15 January

PriceWaterhouseCoopers Nite 10km

Saturday 23 January

Border Nite 15km

Saturday 30 January

Penny Pinchers Half Marathon & 10km

EASTERN PROVINCE

Saturday 2 January

Woodlands Dairy 15km & 5km

Saturday 16 January

Marina Salt 15km Challenge & 5km

Saturday 23 January

Historic Run 10km & 5km

Saturday 30 January

The Herald/Remax Friendly City Marathon,
10km & 5km

Dis-Chem Half Marathon & Rehidrat 5km Dash

Sunday 17 January – JOHANNESBURG, CENTRAL GAUTENG

The Dis-Chem is one of the biggest inland half marathons and it's a great way to officially start the 2010 season. You are in for a surprise this year as organisers have introduced an exciting, yet challenging new route. The start goes in the opposite direction and you hit the first of several climbs at the 1km mark so don't be in too much of a hurry to get out the blocks quickly. It winds through the beautiful tree lined Bedfordview suburb before running alongside the river at Gilooly's Mountain. Once you reach Eastgate, you start a long, gradually increasing 8km climb to the top of Primrose Hill; here you are greeted by one of the most magnificent views in Jo'burg. From the top of AG de Witt you can see as far as your eyes will allow. Get ready for one of the fastest finishes possible as the last couple of kilometres are a VERY steep decent. It is a tough, scenic route that we think will become a legend in time. Dis-Chem is always well organised and has a fantastic goodie bag, so arrive early to avoid traffic and parking congestion. (new route subject to CGA approval at time of print).

Start Time: 06:00 & 06:15

Start Venue: Bedfordview Virgin Active Club, Van Buuren Road, Bedfordview

Entries: Strictly pre-entry

Contact: Race Office 083 287 6792

**NEW
ROUTE**

PriceWaterhouseCoopers

George Claassen Half Marathon, 10km & 5km

Saturday 30 January – PRETORIA, GAUTENG NORTH

This race is named after George Claassen, who was chairman of the organising club from 1974 to 1985. He won the Comrades Marathon in 1961 at the age of 44, and was the father of Springbok rugby captain Wynand Claassen. The undulating and sometimes testing circular course is run through the eastern suburbs of Pretoria, and the finish on the shopping centre's parking deck certainly makes this race different. The best water point wins a prize, so expect music, spirit and good service along the route.

Start Time: Staggered start times from 05:30

Start Venue: Lois Avenue, East of Menlyn Shopping Centre, Menlyn, Pretoria

Entries: Pre-entries taken at local sports stores. Entries available on the Friday evening before the race at the shopping centre between 16:00 and 20:00, or at the start from 04:30.

Contact: Liezel van Zyl 079 869 5030



Free State

Saturday 16 January

Henneman Never Give Up Half Marathon, 10km & 5km

Wednesday 20 January

Bloemfontein Striders 10km & 5km

Saturday 23 January

Mealie Marathon, Half Marathon & 10km

Saturday 30 January

Brandfort Half Marathon & 10km

Parys 32km & 10km

ADVERTISE YOUR RACE HERE

Race organisers and running clubs are invited to advertise their events in *Modern Athlete* for a nominal fee, and make sure that well over 30 000 runners know about your race. Contact Janice Pondicas on 011 879 1900 or janicep@modernathlete.co.za to book your spot today.

Far North

LIMPOPO

No races scheduled for this period

MPUMALANGA

Wednesday 20 January

Powerade Nite 10km

Saturday 23 January

Volksrust 4-in-1 Marathon, 32km,
Half Marathon & 10km

Wednesday 27 January

Van Wettens Nite 10km & 5km

Saturday 30 January

Shanduka Coal Middelburg 5-in-1 Marathon,
32km, Half Marathon, 15km & 10km

North West

CENTRAL NORTH WEST

23 January

Berts Great Brick Half Marathon, 10km & 5km

30 January

Ottosdal Nite Marathon, Half Marathon,
10km & 5km

NORTH WEST NORTH

No races scheduled for this period

Northern Cape

GRIQUALAND WEST

No races scheduled for this period

NORTH WEST CAPE

No races scheduled for this period

Walking

While most running events welcome walkers, the events listed here are for walkers only.

Sunday 17 January

Alex Wasps 15km Walk, KwaZulu-Natal

Orienteering

Sunday 24 January

Constantia Green Belt Event, Cape Town,
Western Cape

Triathlon & Duathlon

Saturday 16 January

North West Triathlon Championships,
Klerksdorp

Sunday 17 January

Sasol Cross Triathlon Series, Roodepoort
Stadium, Central Gauteng

Sunday 17 January

Half Iron Man 70.3, East London, Eastern Cape

Saturday 30 January

Western Province Triathlon Championships,
Langebaan

XTERRA Buffelspoort, North West

Sunday 31 January

KwaZulu-Natal Triathlon Championships,
Durban

Eastern Province Triathlon Championships,
Port Elizabeth

Adventure Racing

Sunday 17 January

Spur Hi-Tec Adventure Sprint Race #1,
Western Cape

Track & Field

CENTRAL GAUTENG

Saturday 16 January

Open Meeting, Dobsonville Stadium

Friday 22 January

Yellow Pages Ultimate Athletics Series #1,
Germiston Stadium

Saturday 23 January

Ekhuruleni Prestige, Germiston Stadium

Friday 29 January

Yellow Pages Ultimate Athletics Series #2,
Potchefstroom

Saturday 30 January

Open Meeting, Germiston Stadium

GAUTENG NORTH

Saturday 16 January

AGN Youth, Junior and Senior League 1,
Pilditch Stadium

Saturday 23 January

Tuks Prestige Jumps meeting, ABSA Tuks
Stadium

Saturday 24 January

Tuks Prestige Throws meeting, ABSA Tuks
Stadium

WESTERN PROVINCE

Saturday 9 January

WPA Open Meeting, Parow

Tuesday 12 January

Collison 6, Parow

Saturday 16 January

WPA Masters Clive Truter, Bellville

Friday 22 January

WPA Open + Multi Events, Bellville

Saturday 23 January

WPA Open + Multi Events, Bellville

Tuesday 26 January

Collison 7, Parow

Saturday 30 January

WPA Junior Meeting, Bellville



Ocean Basket Bay to Bay 30km, 2x15km & 5km

Sunday 10 January – CAPE TOWN, WESTERN PROVINCE

Bay to Bay is a dream race along one of the most scenic routes in Cape Town, starting in Clifton and running through Camps Bay, Bakoven and past Llandudno to the turn point in Hout Bay. There is a tough climb up Little Lions Head as you approach Llandudno, then you plunge down Suikerbossie Hill to Hout Bay Harbour. A few twists and turns later and you're heading back up the business end of Suikerbossie, but once over the top, the run to the finish is relatively easy and most enjoyable.

Start Time: 06:00

Start Venue: Victoria Road, Maidens Cove, Clifton, Cape Town

Entries: Entries are taken at Sportsmans Warehouse, Rondebosch on the Saturday from 10:00 to 18:00, and at the Glen Country Club on the morning of the race from 05:30

Contact: Herbie Rehder 082 768 1537

Kloof Nek Classic Half Marathon

Sunday 31 January – CAPE TOWN, WESTERN PROVINCE

The climbing begins right from the start in this race, winding up towards Kloof Nek Circle, then up again onto Tafelberg Road, heading towards the Table Mountain Cable Car station. After running back down to the circle, you tackle the notorious Signal Hill climb to the second turn point. Now comes a welcome long downhill back to Kloof Nek Circle, followed by the screaming plunge back down to the school - be careful of too much jarring of those tired legs. After all the hard climbing, it will be the views of the Mother City that will remain with you.

Start Time: 06:00

Start Venue: Camps Bay High School, Cape Town

Entries: Entries are taken at the start from 05:00

Contact: Janet Lanning 082 691 2681



Huletts PDAC 25km

Sunday 24 January – PINETOWN, KWAZULU-NATAL

This scenic, fast race traditionally marks the start of the build-up to Comrades qualifiers. The weather is usually hot and humid at this time of year, so be sure to take in enough fluids along the way. The point to point route is scenic and fairly fast. Starting in Inanda Road, there is a gentle climb from Waterfall to Hillcrest, followed by downhill from Hillcrest to Kloof, Wyebank and on to New Germany. Then comes a short climb in Bossie Street before returning to Pinetown, where a great festival atmosphere at the finish awaits.

Start Time: 05:00

Start Venue: Waterfall Shopping Centre, Lahee Park, Pinetown

Entries: Entries are taken at the PDAC clubhouse on the day before the race between 12:00 and 17:00, and at the start from 03:30 on the day

Contact: Gregg Patterson 082 889 6287

CHECK BEFORE YOU DRIVE!

While every effort has been made to ensure the details listed in this Race Calendar are correct, please note that some details may have changed since going to print. It is recommended that athletes always phone or e-mail the race organiser to confirm race details prior to the event. To get full contact details for race organisers, go to www.modernathlete.co.za and click on the Upcoming Events link, then look for the race that you'd like to run or walk.

www.modernathlete.co.za