

15-17	Su	SASA National Primary Schools	Track & Field		Paarl	SASA	Peppi Olevano	0825507032	peppi@telkomsa.net	SASA
21-24	Th	SASA National Secondary Schools	Track & Field	8:00	Potchefstroom	SASA	Peppi Olevano	0825507032	peppi@telkomsa.net	SASA
28	Wed	School Close								
31	Sa	Old Mutual Two Oceans	Road Running		Cape Town	Two Oceans	Carol Vosloo	0824148700	rol@twooceansmarathon.org.za	All
31	Sa	Judaroies R R	Road Running	6:00	Maimi Complex	Judaroies A C	Israel Mulaudzi	0827994927	issymulaudzi@gmail.com	Vhe
APR	DAY	EVENT	EVENT	TIME	VENUE	CLUB	ORGANISER	CONTACT	EMAIL	DISTR
5	Th	u/18 (Youth) & u/20 (Jnr)	Track & Field	8:00	Stellenbosch	Boland Athletics	Mehlo Hlabangane	0829909470	mehlom@athleticssa.co.za	All
7	Sa	Mall of the North 5 / 10 / 21.1 / 42.2km	Road Running	6:00	Mall of the North	Polokwane A C	Corrie Calitz	0721492674	corrie@yahoo.co.za	Capr
10	Tu	School Starts								
14	Sa	100 mile & 24 Hour	Track & Field	9:00	Peter Mokaba Stadium	Pietersburg Road Runners	Colinda Potgieter	0828988341	bearco@absamail.co.za	Cap
14	Sa	Legue 1	Off Road (X Country)	8:00	University of Limpopo	LIMA	Itumeleng Moagi	0152682700	renecoetzee@gmail.com	Cap
21	Sa	Loskop Marathon								
MAY	DAY	EVENT	EVENT	TIME	VENUE	CLUB	ORGANISER	CONTACT	EMAIL	DISTR
12	Sa	Legue 2	Off Road (X Country)	8:00	Lephalale	Enduratrack	Louis v Rooyen	063336146	renecoetzee@gmail.com	Wat
26	Sa	Legue 3	Off Road (X Country)	8:00	Groblersdal	Ben Viljoen H S	Jaco Truter	0823349807	renecoetzee@gmail.com	Sek
26	Sa	Aida 5 / 10 / 15km	Road Running	7:00	Polokwane	Run & Walk 4 Life	Kobie Marais	0825615429	olokwane@runwalkforlife.co.za	Capr
JUN	DAY	EVENT	EVENT	TIME	VENUE	CLUB	ORGANISER	CONTACT	EMAIL	DISTR
10	Su	Comrades marathon	Road Running	5:30	Pietermaritzburg	Comrades Marathon	Rowyn James	0795010061	info@comrades.com	
16	Sa	Legue 4	Off Road (X Country)	8:00	Zeerust	ANWN	Rene Coetzee	0832546532	renecoetzee@gmail.com	TBC
16	Sa	Youth Challenge 10km	Road Running	7:00	Nkowankowa Stadium	Nkowankowa A C	Samuel Ntsanwisi	0791948023	samuelntsawisi@gmail.com	Mop
22	Fr	School Close								
23	Sa	Senwabarwana Mayor's Road	Road Running	6:00	Mampote Village	Senwabarwana A C	L P Ledwaba	0723906644	ledwabalp@blouberg.gov.za	Cap
JUL	DAY	EVENT	EVENT	TIME	VENUE	CLUB	ORGANISER	CONTACT	EMAIL	DISTR
7	Sa	Street Mile	Road Running	12:00	Polokwane Cricket Club	Pietersburg Road Runners	Colinda Potgieter	0828988341	bearco@absamail.co.za	Capr
7	Sa	Limpopo Athletics	Coaching Workshop	9:00	TBC	LIMA			limpopoathletics@telkomsa.net	all
7	Sa	Jericho 3 in 1	Road Running	7:00	Thohoyando	Vhembe A C		0836317097	netsiandap@vhembe.gov.za	Vh
14	Sa	Iron Crown	Off Road - Trail Run	07:30	Haenertsburg	Ofcolaco Harriers	Chris Noel	0724465623	rhodog@vodamail.co.za	Mopani
17	Tu	School Starts								
21	Sa	Legue 5	Off Road (X Country)	8:00	Haenertsburg	Stanford Lake College	Shane Frederichs	0152766103	renecoetzee@gmail.com	TBC
21	Sa	Savannah / Rhino Run (5/10/21)	Road Running	7:30	Savannah Mall	Polokwane A C	Corrie Calitz	0721492674	corrie@yahoo.co.za	Capr
28	Sa	Foskor 21.1km	Road Running	TBC	Namagale	Foskor A C	SM Makhubedu	0609669067	makhubedusolomon@gmail.com	Mop
28	Sa	ASA 21.1km Championship	Road Running	TBC	Port Elizabeth	EPA	Irene van Eeden		irene@ep.co.za	All
AUG	DAY	EVENT	EVENT	TIME	VENUE	CLUB	ORGANISER	CONTACT	EMAIL	DISTR
4	Sa	Prov Championships	Off Road (X Country)	8:00	Polokwane	Pietersburg Ooskool	Nora Kohl	0152960214/5	renecoetzee@gmail.com	All
4	Sa	Exxaro (42.2/21.1/10/5km)	Road Running	6:00	Lephalale	Mogol M C	Wikus Geysler	0833041073	wikus.geysler@exxaro.com	Wat
9	Th	Maroela to Maroela	Road	8:00	Clubhouse, next to Tennis Club	Phalaborwa R R	Molatelo Rankweteke	0845524323	MolateloRank@vodamail.co.za	Mop
11	Sa	Primary & Secondary Schools Circuits	Off Road (Xcountry)	7:00	University of Limpopo	Limpopo Schools	Peter Maluleke	0825179082	petermaluleke01@gmail.com	All
18	Sa	Primary & Secondary Schools Clusters	Off Road (X Country)	7:00	University of Limpopo	Limpopo Schools	Peter Maluleke	0825179082	petermaluleke01@gmail.com	All
25	Sa	Secondary Schools Districts	Off Road (X Country)	7:00	University of Limpopo	Limpopo Schools	Peter Maluleke	0825179082	petermaluleke01@gmail.com	All
22	Sa	Tzaneen Lifestyle 42.2/21.1/12/5km	Road	7:00	Lifestyle Centre	Tzaneen M C	Paul Zaayman	0834604204	tznmccchairman@gmail.com	Mop
29	Sa	Run4Education	5 / 10 / 21.1km	7:00	Peter Mokaba Stadium	UL	Kakata Maponyane	0714014261	kataka.maponyane@ul.ac.za	Cap
SEPT	DAY	EVENT	EVENT	TIME	VENUE	CLUB	ORGANISER	CONTACT	EMAIL	DISTR

1	Sa	Mile races	Track & Field	8:00	Lephalale	Enduratrack	Louis v Rooyen		louis.VanRooyen@exxaro.com	Wat
7 & 8	Fr	ASA Championships	Cross Country	TBC	TBC	TBC	Mehlo Hlabangane	0829909470	mehloh@athleticssa.co.za	All
8	Sa	Hannlie Steyn Memorial 6 / 10 / 21km	Road Running	6:30	Pietersburg Ooskool	Polokwane A C	Corrie Calitz	0721492674	corrie@yahoo.co.za	Capr
8	Sa	Senwabarwana	Off Road (X Country)	7:00	Eldorado Village	Senwabarwana A C	L P Ledwaba	0723906644	ledwabalp@blouberg.gov.za	Capr
15	Sa	Secondary Schools Provincial	Off Road (X Country)	7:00	TBC	Limpopo Schools	Peter Maluleke	0825179082	petermaluleke01@gmail.com	All
15	Sa	Hout is Goud (80km)	Off Road (Trail Running)	6:00	ATKV Klein Kariba	Bela Bela M C	Erika Kotze	0147366008	houtisgoud@telkomsa.net	Wat
15	Sa	Round Table Trail Run 5 / 10km	Orr Road (Trail Running)	6:30	Alpha Sand Eerstegoud	Polokwane A C	Corrie Calitz	0721492674	corrie@yahoo.co.za	Capr
16	Su	Sanlam Cape Town 42.2km	Road Running		Cape Town	WPA	Janet Welhan	0832709601	janet@saige.co.za	
22	Sa	ASA	Technical Symposium			ASA	Mehlo Hlabangane	0829909470	mehloh@athleticssa.co.za	
22	Sa	Ben Viljoen Circuit Mile	Track & Field	10:00	Groblerdal	Ben Viljoen H S	Jaco Truter	0823349807	jacobustt@gmail.com	Sek
22	Sa	Two Countries (5 / 10 / 21 / 42km)	Road Running	6:00	Eric Louw High Musina	Soutpansberg A C	Ferreira Nel	0827490413	ferreira@nhc.za.net	Vhem
22	Sa	Falcon Trail Run 6 / 12 / 25km	Orr Road (Trail Run)	7:00	Annecke Str 1, Tzaneen	Tzaneen M C	Paul Zaayman	0834604204	tzmccchairman@gmail.com	Mop
22	Sa	Mokopane Mall 5/10/21.1km	Road Running	6:00	Mokopane Mall	Folang Mokerong A C	Samuel Senwamadi	0834827183	27826122312@vodamail.co.za	Wat
23	Su	ASA Championships 42.2km	Road Running	6:00	Cape Town	WP Athletics	Janet Welham	0832709601	janet@saige.co.za	All
28	Fr	Nkowankwa Nite 10km	Road Running	17:00	Nkowankowa Stadium	Nkowankowa A C	Anaki Baloyi	0729989640	a.w_baloyi@yahoo.com	Mop
28	Fr	School close								
28	Fr	SASA Nationals	Off Road (X Country)		Bloemfontein	SASA	Peppi Olevano	0825507032	peppi@telkomsa.net	
29	Sa	Run4Education (5 / 10 / 21.1km)	Road	6:30	Old Peter Mokaba Stadium	UL	Kakata Maponyane	0714014261	kataka.maponyane@ul.ac.za	Capr
29	Sa	ASA 10km Championships	Road Running	6:00	Middelburg	Mpumalanga Athletics	Paul Bester	0829667767	pmbester@eskom.co.za	All
29	Sa	Nkows night Race (10km)	Road Running	?	Nkowankowa Stadium	Nkowankowa A C	Samuel Ntsanwisi	0791948023	samuelntsawisi@gmail.com	mop
29	Sa	ASA	Coaches Symposium			ASA	Mehlo Hlabangane	0829909470	mehloh@athleticssa.co.za	
OCT	DAY	EVENT	EVENT	TIME	VENUE	CLUB	ORGANISER	CONTACT	EMAIL	DISTR
5	Fri	Mazda Nite Race (5 / 10km)	Road Running	18:30	Old Peter Mokaba	Polokwane AC	Corrie Calitz	721492674	corrie@atoooh.co.za	Capr
7	Su	Dept of Sports, Arts & Culture	Road Running	7:00	Peter Mokaba Stadium	Limpopo Athletics	Roelf Coetzee	0826763350	limpopoathletics@telkomsa.net	Capr
9	Fr	School Starts								
13	Sa	Foskor Open Pit	Road Running		Phalaborwa	Foskor A C	SM Makhubedu	0609669067	makhubedusolomon@gmail.com	Mop
13	Sa	Prisma Jewaskiewitz	Track & Field	8:00	Peter Mokaba Stadium	Prisma Jewaskiewitz A C	Deon Jewaskiewitz		deon@zorich.co.za	All
13	Sa	Elardus Erasmus Memorial Invite	Track & Field	8:00	Mookgopong	Hans Strijdom H S A C	Hennelie Pienaar	0834452155	admin@hansies.co.za	All
13	Sa	Limpopo Athletics	Technical Symposium		TBC				limpopoathletics@telkomsa.net	All
20	Sa	Royal Crown 5 / 10 / 15km	Road Running	6:00	Lulekani Stadium	Wamatha A C	Paul Nkhwashu	0822549554	wamatharoyalclub@gmail.com	Mop
20	Sa	Marius Lengton Invitation	Track & Field	7:00	HTS Tom Naude	HTS Tom Naude	Kobus de Meyer	0152995910	sport@tomnaude.co.za	Cap
20	Sa	Vhembe Development (5 / 10km)	Road Running	7:00	Thohoyando	Vhembe A C		0836317097	netsiandap@vhembe.gov.za	Vh
27	Sa	Run4Cancer 5 / 10 / 21 / 32 / 48km	Road Running	6:00	Polokwane	Run & Walk 4 Life	Kobie Marais	0825615429	olokwane@runwalkforlife.co.za	Cap
NOV	DAY	EVENT	EVENT	TIME	VENUE	CLUB	ORGANISER	CONTACT	EMAIL	DISTR
4	Su	Old Mutual Soweto 42.2km	Road Running		Soweto		Danny Blumberg	0823371789		
17	Sa	World Diabetes 5/10/15km	Road Running	7:00	Mahwelereng stadium	Folang Mokerong A C	Samuel Senwamadi	0834827183	27826122312@vodamail.co.za	Wat
24	Sa	Ranch Motel (5/10/15km)	Off Road (Trail Running)	7:30	Ranch Motel (R101)	Pietersburg Road Runners	Colinda Potgieter	0828988341	bearco@absamail.co.za	Capr
25	Su	6 / 15km	Road Running	6:30	Nkowankowa Stadium	Nkowankowa A C	Anaki Baloyi	0729989640	a.w_baloyi@yahoo.com	Mop
DEC	DAY	EVENT	EVENT	TIME	VENUE	CLUB	ORGANISER	CONTACT	EMAIL	DISTR
1	Sa	Mapungubwe 5, 10, 21.1km	Road Running	7:30	Old Peter Mokaba	Run & Walk 4 Life	Kobie Marais	0825615429	olokwane@runwalkforlife.co.za	Capr
12	We	School Close								
15	Sa	MmActive (42.2 / 21.1km)	Road Running	7:00	Thohoyando Stadium	Vhembe A C	Andrew Mavhnah		mmagoro77@gmail.com	Vhe

2019										
April		ASA u/18 & u/20 Championships	Track & Field	TBC	TBC	TBC				
April		ASA Snr Champs & Combined Events	Track & Field	TBC	TBC	TBC				
19 06		Comrades Marathon	Road Running	TBC	Pietersmaritzburg	Comrades Association	Rowyn James	0795010061	rowyn@comrades.com	All
2020										
14 06		Comrades Marathon	Road Running	TBC	Pietersmaritzburg	Comrades Association	Rowyn James	0795010061	rowyn@comrades.com	All
2021										
13 06		Comrades Marathon	Road Running	TBC	Pietersmaritzburg	Comrades Association	Rowyn James	0795010061	rowyn@comrades.com	All

NOTES

Month indicators

Changes to existing events / New events added

- 1 Athletes / clubs must confirm with race organisers if the scheduled event is still on.
All Lim competition applications to be confirmed with the official Lima Application form.
- 2 Lima By-law does not allow the hosting of two athletics events on the same day in the same district.
- 3 Fixture list is subject to change without prior notice.
- 4 Events not on this calendar are not approved by Lima.

As from the 01 / 01 / 2017 the name of the Cross Country Commission changed the Off Road Commission
Off Road Commission is now responsible for Cross Country Running & Trail Running & Mountain Running