

MCM 2019 Events Calendar

	Event	Region	Event Date	Deliver	Reach	Male/Female	LSM
	Cape Town Cycle Tour	WC	TBC 2020	TBC 2020	40 000	28,000 / 12,000	7,8,9,10
	Old Mutual Two Oceans Marathon	WC	20 April 2019	20 March 2019	33 000	Generic	4,5,6,7,8,9,10
	Discovery East Coast Radio Big Walk Durban	KZN	19 May 2019	12 April 2019	35 000	11,000/24,000	5,6,7,8,9,10
	Spar Woman's Race Cape Town	WC	26 May 2019	22-26 April 2019	21 000	Female	7,8,9,10
	Comrades Marathon Durban	KZN	9 June 2019	9 May 2019	22 000	Generic	4,5,6,7,8,9,10
	Knysna Cycle Tour and Knysna Forest Marathon	WC	22 +23 June 2019	7 June 2019	10 000	Generic	7,8,9,10
	Spar Woman's Race Durban	KZN	23 June 2019	13-27 May 2019	15 000	Female	7,8,9,10
	Spar Woman's Race Pretoria	GP	3 August 2019	15 May 2019	25 000	Female	7,8,9,10
	Spar Woman's Race Pietermaritzburg	KZN	19 August 2019	TBC 2019	4 500	Female	7,8,9,10
	The Sanlam Cape Town Marathon	WC	15 September 2019	15 August 2019	24 000	Generic	5,6,7,8,9,10
	Karoo to Coast Mountain Bike Challenge	WC	22 September 2019	15 September 2019	3 800	Generic	7,8,9,10
	Spar Woman's Race JHB	GP	6 October 2019	2 August 2019	17 000	Female	7,8,9,10
	The Tsogo Sun Amashova Durban Classic (Cycling)	KZN	20 October 2019	20 Sep 2019	11 000	Generic	7,8,9,10
	Avon Justine iThemba Walkathon (Breast Cancer Walk)	JHB	20 October 2019	8 October 2019 (TBC)	35 000	Female	5,6,7,8,9,10
	Old Mutual Soweto Marathon	GP	November 2019 (TBC)	October 2019 (TBC)	33 000	Generic	4,5,6,7,8