

MCM 2019 Events Calendar

	Event	Region	Event Date	Deliver	Reach	Male/Female	LSM
	Cape Town Cycle Tour	WC	10 March 2019	8 February 2019	40 000	28,000 / 12,000	7,8,9,10
	Spar Woman's Race Cape Town	WC	14 April 2019	15 March 2019	21 000	Female	7,8,9,10
	Old Mutual Two Oceans Marathon	WC	20 April 2019	20 March 2019	30 000	Generic	4,5,6,7,8,9,10
	Discovery East Coast Radio Big Walk Durban	KZN	TBC - May 2019	TBC - April 2019	35 000	11,000/24,000	5,6,7,8,9,10
	Comrades Marathon Durban	KZN	9 June 2019	9 May 2019	22 000	Generic	4,5,6,7,8,9,10
	Momentum Weekend Argus Rotary Knysna Cycle Tour	WC	TBC 2019	TBC 2019	7 500	Generic	7,8,9,10
	Spar Woman's Race Durban	KZN	23 June 2019	15 May 2019	15 000	Female	7,8,9,10
	Spar Woman's Race Pretoria	GP	TBC 2019	TBC 2019	25 000	Female	7,8,9,10
	Spar Woman's Race Pietermaritzburg	KZN	19 August 2019	15 May 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
	Spar Woman's Race JHB	GP	TBC 2019	TBC 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	21 October 2018	3&4 October 2018	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