



 EVENT NAME	DATE	REGION	QUALIFYING CRITERIA
ABSA Cape Epic	March	WC	Completed
Argus Cycle Tour	March	WC	< 7 hours
Argus Mountain Bike Challenge	March	WC	Completed
Cape Pioneer Trek	October	WC	Completed
Die Burger PPA Cycle Tour	December	WC	< 6 hours
Freedom Challenge – Race Across South Africa	June-July	NATIONAL	Completed
joBerg2c (Old Mutual)	April	GP	Completed
Karoo to Coast	September	WC	Completed
Momentum 94.7	November	GP	< 6 hours
Nedbank cycle classic	March	NAM	< 7 hours
Pick and Pay cycles classic	October	NAM	< 6 hours
Sani2c	May	KZN	Completed
Tour De Boland	March	WC	Completed
Trans baviaans 24hr MTB race	August	EC	< 24 hours
TransCape MTB	February	WC	Completed
Wine2Whales Races	October	WC	Completed

 EVENT NAME	DATE	REGION	QUALIFYING CRITERIA
Berg River Canoe Marathon	July	WC	Completed
Breede River Canoe Marathon	September	WC	Completed
Dusi Canoe Marathon	February	KZN	Completed
Hansa Fish River Canoe Marathon	October	EC	Completed

 EVENT NAME	DATE	REGION	QUALIFYING CRITERIA
aQuelle Midmar Mile	February	KZN	< 1 hour
Freedom Swim (5km)	March	WC	Completed
Freedom Swim (1.6km)	June	WC	< 1 hour
Freedom Swim (1.6km)	September	WC	< 1 hour
Freedom Swim (4.8km)	September	WC	Completed
Freedom Swim (1.6km)	December	WC	< 1 hour
Freedom Swim (3.2km)	December	WC	Completed

 EVENT NAME	DATE	REGION	QUALIFYING CRITERIA
70.3 Half Iron Man South Africa	January	EC	Completed
Iron Man South Africa	April	EC	Completed
Totalsports Xterra Lite	February	WC	< 3 hours
Totalsports Xterra Full	February	WC	Completed

 EVENT NAME	DATE	REGION	QUALIFYING CRITERIA
AfricanX	March	WC	Completed
Cape Peninsula Marathon	February	WC	< 6 hours
Cape Town Marathon	September	WC	< 6 hours
Captains run	March	NAM	< 4.5 hours
Comrades Marathon	June	KZN	Completed
Deloitte Pretoria Marathon	February	GP	< 6 hours
Hout is Goud Day-Breaker	September	LIM	Completed
Loskop Ultra Marathon	April	MP	< 7 hours
Lucky Star Half Marathon	October	NAM	< 3 hours
Maritzburg City Marathon	February	KZN	< 6 hours
Ocean Basket CPT Bay to Bay	February	WC	< 4 hours
Old Mutual Victory Half Marathon - Oshakati	June	NAM	< 3 hours
Old Mutual Victory Half Marathon - Swakop	June	NAM	< 3 hours
Old Mutual Victory Half Marathon - Keetmanshoop	July	NAM	< 3 hours
Old Mutual Victory Half Marathon - Keetmanshoop	July	NAM	< 3 hours
Om Die Dam Ultra Marathon (Old Mutual)	March	GP	< 7 hours
Om Die Dam Half Marathon (Old Mutual)	March	GP	< 3 hours
Peninsula Ultra Fun Run (Puffer)	February	WC	Completed
Rhodes Run	July	EC	Completed
Rio Tinto Marathon	February	NAM	< 6 hours
Rubbish run	July	NAM	< 3 hours
Safari Half Marathon	May	WC	< 3 hours
Sam Nujoma Marathon	June	NAM	< 6 hours
South African Addo Elephant Trail Run (44km)	March	EC	Completed
South African Addo Elephant Trail Run (76km)	March	EC	Completed
Telecom City marathon	July	NAM	< 6 hours
The Otter African Trail Run	September	EC	Completed
Two Oceans Marathon (Old Mutual) Half Marathon	April	WC	< 3 hours
Two Oceans Marathon (Old Mutual) Trail Run	April	WC	< 4.5 hours
Two Oceans Marathon (Old Mutual) Ultra Marathon	April	WC	< 7 hours
Voet van Afrika Half Marathon	October	WC	< 3 hours
Voet van Afrika Marathon	October	WC	Completed

OTHER ENDURANCE EVENTS THAT ARE NOT SPECIFIED WILL ALSO BE CONSIDERED.