

Earn your fitness points with

Vitality race events



Vitality race events calendar

Note: the Vitality race events calendar is subject to change. Maximum fitness points limits [apply](#). To view the 2018 calendar, please [click here](#).

Date	Event name	Discipline	Province	Distance & Vitality points
05/01/2019	Varsity Kudus 2019	Running	Gauteng	15km (600 points)
06/01/2019	Rietvlei Trail Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
09/01/2019	Botanical Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
11/01/2019	Kyalami Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
12/01/2019	Irene River Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
13/01/2019	Smuts Trail Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
16/01/2019	Zwartkop Nite Race 2019 3	Running	Gauteng	5km (300 points), 10km (600 points)
16/01/2019	Rietvlei Dam Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
17/01/2019	Killarney Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
18/01/2019	Dainfern Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
19/01/2019	Cowhouse Summer MTB 2019	Cycling	Gauteng	40km (300 points), 65km (600 points)
19/01/2019	Tiger Walk and Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)

Date	Event name	Discipline	Province	Distance & Vitality points
19/01/2019	USN MTB Cup 2019 Event 1	Cycling	Western Cape	30km (300 points), 50km (600 points)
20/01/2019	Tiger Trail Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
20/01/2019	Trinity Germiston Standard Triathlon 2019 2	Triathlon	Gauteng	Swim: 1.5km (600 points), Cycle: 40km (300 points), Run: 10km (600 points)
20/01/2019	Trinity Germiston Standard Duathlon 2019 2	Duathlon	Gauteng	Cycle: 40km (300 points), Run: 15km (600 points)
20/01/2019	Medihelp Stellenbosch Cycle Tour 2019	Cycling	Western Cape	102km (1500 points)
23/01/2019	Night of the Stars Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
23/01/2019	Imperial Nissan Fun Night Run 2019	Running	Kwazulu Natal	6km (300 points)
25/01/2019	Serengeti Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
26/01/2019	Four Seasons Cowhouse Summer Run 2019	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
26/01/2019	Adventure Trail Park Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
26/01/2019	Fichardtspark Road Race 2019	Cycling	Free State	25km (300 points), 60km (600 points), 100km (1500 points)
26/01/2019	Barberton XCM MTB 2019	Cycling	Mpumalanga	30km (300 points), 48km (300 points), 77km (600 points), 110km (1500 points)
26/01/2019	Volkstrust Marathon 2019	Running	Mpumalanga	10km (600 points), 21km (1500 points), 32km (1500 points), 42km (3000 points)
26/01/2019	Tierpoort Trail Challenge 2019 2nd Edition	Running	Gauteng	5km (300 points), 12km (600 points), 20km (600 points)
27/01/2019	Shift Wellness Summer Trail Run 2019	Running	Gauteng	5km (300 points), 8km (300 points), 13km (600 points)
27/01/2019	Kaia Manzi Rugged Offroad Triathlon 2019	Triathlon	Gauteng	1.5km Swim (600 points), 26km Cycle (300 points), 10km Run (600 points)
27/01/2019	Barn Trail Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
27/01/2019	Value Logistic Fast One 2019	Cycling	Gauteng	49km (300 points), 97km (600 points)
27/01/2019	PPA Sportive 2019 1	Cycling	Western Cape	38km (300 points), 97km (600 points)
27/01/2019	KZN Provincial Championships Road Race 2019	Cycling	Kwazulu Natal	25km (300 points), 50km (600 points), 75km (600 points), 100km (1500 points)

Date	Event name	Discipline	Province	Distance & Vitality points
27/01/2019	Roode at the Bronx 2019	Swimming	Gauteng	1km (300 points), 1.5km (600 points), 3km (600 points)
27/01/2019	Wolwe and Waterkloof Spruit 2019	Running	Gauteng	5km (300 points), 12km (600 points), 17km (600 points)
27/01/2019	Redhub Series Road Duathlon 2019 1	Duathlon	Gauteng	49km (300 points –9km Run, 300 points - 40km Cycle)
27/01/2019	Redhub Series Cross Triathlon 2019 1	Triathlon	Gauteng	51.5km (600 points –10km Run, 300 points - 40km Cycle, 600 points – 1.5km Swim)
27/01/2019	Redhub Series Open Water Swim 2019	Swimming	Gauteng	0.75km (300 points), 1.5km (600 points), 3km (1500 points)
30/01/2019	Owl Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
31/01/2019	Twilight Run with Funky Pants 2019	Running	Kwazulu Natal	6km (300 points)
02/02/2019	Intercare Classic Road Race 2019	Running	Gauteng	5km (300 points), 10km (600 points), 21.1km (1500 points)
02/02/2019	Irene River Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
02/02/2019	Operation Super Trooper	Obstacle Course Racing	Free State	5km (300 points), 10km (600 points)
02/02/2019	Lilyfontein BUCO Tomato Trot 2019	Running	Eastern Cape	5km (300 points), 15km (600 points)
02/02/2019	Lilyfontein BUCO Tomato Cycle (55km)	Cycling	Eastern Cape	35km (300 points), 50km (600 points)
03/02/2019	Smuts Trail Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
03/02/2019	Bouckaert-Soenen Paarl Cycle Tour 2019	Cycling	Western Cape	46km (300 points), 72km (600 points), 102km (1500 points)
03/02/2019	Hennops Big 5 Challenge 2019 1	Running	Gauteng	10km (600 points), 22km (1500 points), 30km (1500 points)
06/02/2019	Jackal Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
06/02/2019	Black Diamond Night Trail Run 1	Running	Gauteng	8km (300 points)
07/02/2019	Prudential PE2Plett MTB Stage Race Solo 2019	Cycling	Eastern Cape	251km (3000 points), 318km (3000 points)
09/02/2019	Adventure Tails Charity Run Lienke 2019	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
09/02/2019	Fichardtpark NG Church Road Race 2019	Cycling	Free State	25km (300 points), 60km (600 points), 100km (1500 points)
09/02/2019	99er Cycle Tour 2019	Cycling	Western Cape	57km (600 points), 102km (1500 points)

Date	Event name	Discipline	Province	Distance & Vitality points
09/02/2019	Illovo Wartburg MTB Classic 2019	Cycling	Kwazulu Natal	25km (300 points), 45km (300 points), 62km (600 points)
09/02/2019	Illovo Wartburg Trail Run 2019	Running	Kwazulu Natal	7km (300 points), 14km (600 points)
09/02/2019	Illovo Wartburg Duathlon 2019	Duathlon	Kwazulu Natal	39km: 14km run (600 points), 25km cycle (300 points) 32km: 7km run (300 points), 25km cycle (300 points)
09/02/2019	Mango Mania MTB Race 2019 1	Cycling	Gauteng	40km (300 points), 70km (600 points)
10/02/2019	Fresh Trails Voortrekker 2019	Running	Gauteng	5km (300 points), 9km (300 points), 17km (600 points)
10/02/2019	Rietvlei Trail Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
10/02/2019	Rosemary Hill Trail Run 2019	Running	Gauteng	5km (300 points), 10km (600 points), 21km (1500 points)
13/02/2019	Rietvlei Dam Night Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
14/02/2019	Jackal Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
15/02/2019	Serengeti Valentine Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
15/02/2019	Hot 91.9Fm Valentines Night Race 2019	Running	Gauteng	10km (600 points)
16/02/2019	Cow Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
16/02/2019	JF Primary Road Race 2019	Cycling	Free State	25km (300 points), 60km (600 points), 100km (1500 points)
16/02/2019	Sasol Marathon 2019	Running	Free State	10km (600 points), 21km (1500 points), 42km (3000 points)
16/02/2019	CDM 4 in 1 2019	Running	Limpopo	5km (300 points), 10km (600 points), 21km (1500 points), 42km (3000 points)
17/02/2019	Fresh Trails Klapperkop 2019	Running	Gauteng	5km (300 points), 9km (300 points), 17km (600 points)
17/02/2019	Zoo Walkies 2019	Running	Gauteng	5km (300 points), 10km (600 points)
17/02/2019	Pirates Half Marathon 2019	Running	Gauteng	21.1km (1500 points)
17/02/2019	PPA Sportive 2019 2	Cycling	Western Cape	38km (300 points), 91km (600 points)
17/02/2019	Dis-Chem Ride for Sight 2019	Cycling	Gauteng	62km (600 points), 116km (1500 points)
17/02/2019	Compendium Midlands Road Cycle Race 2019	Cycling	Kwazulu Natal	50km (600 points), 80km (600 points)

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20/02/2019	Zwartkop Nite Race 2019 4	Running	Gauteng	5km (300 points), 10km (600 points)
20/02/2019	Night of the Stars Night Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
20/02/2019	Prison Break Night Trail Run 2019	Running	Gauteng	5km (300 points), 8km (300 points)
21/02/2019	Killarney Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
21/02/2019	Ruimsig Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
22/02/2019	Kyalami Night Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
23/02/2019	Adventure Tails Revolution Walk and Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points),
23/02/2019	Ons Kinderhuis Road Race 2019	Cycling	Free State	25km (300 points), 60km (600 points), 100km (1500 points)
23/02/2019	Assegai 3-in-1 Marathon 2019	Running	Mpumalanga	10km (600 points), 21km (1500 points), 42km (3000 points)
23/02/2019	Kasselshoop Farm Trail Run 2019 1	Running	Western Cape	5km (300 points)
24/02/2019	Barn Trail Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
24/02/2019	Tour de PPA 2019	Cycling	Western Cape	72km (600 points), 110km (1500 points)
24/02/2019	Isikhwehle Trail Run 2019	Running	Kwazulu Natal	5km (300 points), 10km (600 points), 17km (600 points)
27/02/2019	Smuts Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
02/03/2019	Sans Souci Challenge Trail Run 2019	Running	Free State	5km (300 points), 10km (600 points), 21km (1500 points)
02/03/2019	VKB Surrender Hill Marathon 2019	Running	Free State	5km (300 points), 10km (600 points), 21km (1500 points), 42km (3000 points)
02/03/2019	Trans Xhariep Ultra 2019	Cycling	Free State	141km (1500 points), 315km (3000 points)
02/03/2019	Cape Town Cycle Tour MTB Challenge 2019	Cycling	Western Cape	40km (300 points), 60km (600 points)
02/03/2019	Marakele Marathon 2019	Running	Limpopo	10km (600 points), 21km (1500 points), 42km (3000 points)
02/03/2019	Park Walk and Run 2019	Running	Gauteng	5km (300 points), 10km (600 points)
03/03/2019	The Campus Autumn Run 2019	Running	Gauteng	5km (300 points), 10km (600 points)

Date	Event name	Discipline	Province	Distance & Vitality points
03/03/2019	Hennops Big 5 Challenge 2019 2	Running	Gauteng	10km (600 points), 22km (1500 points), 30km (1500 points)
03/03/2019	Cowhouse Cross Duathlon 2019 1	Duathlon	Gauteng	Cycle: 30km (300 points), Run: 11.5km (600 points)
03/03/2019	SAPPI Howick Classic MTB 2019	Cycling	Kwazulu Natal	40km (300 points)
07/03/2019	Merrell Autumn Nite Run Joburg 2019	Running	Gauteng	5km (300 points), 8km (300 points)
09/03/2019	Clarens Cosmos Challenge Stage 1 2019	Running	Free State	Day 1: 22km (1500 points), Day 2: 17km (600 points)
09/03/2019	Clarens Cosmos Challenge 2 Day Stage 2019	Running	Free State	39 km (1500 points)
09/03/2019	Fish Hoek Mile 2019	Swimming	Western Cape	1.6km (600 points)
09/03/2019	Merrel Autumn Day Run Joburg 2019	Running	Gauteng	6km (300 points), 12km (600 points), 20km (600 points)
10/03/2019	Fresh Trails Groenkloof 2019	Running	Gauteng	5km (300 points), 9km (300 points), 17km (600 points)
10/03/2019	Cape Town Cycle Tour 2019	Cycling	Western Cape	109km (1500 points)
15/03/2019	QBike Bielie Mielie Race 2019	Cycling	Free State	105km (1500 points), 193km (3000 points)
15/03/2019	Grasslands Night Run and Walk 2019	Running	Gauteng	5km (300 points), 10km (600 points)
16/03/2019	QBike Bielie Mielie MTB Classic Race 2019	Cycling	Free State	65km (600 points), 101km (1500 points)
16/03/2019	Highland Gate Trail Run 2019	Running	Mpumalanga	6km (300 points), 11km (600 points), 17km (600 points)
16/03/2019	Kingskloof Paradise Ride 2019	Cycling	Gauteng	25km (300 points), 45km (300 points)
17/03/2019	QBike Bielie Mielie MTB Race 2019	Cycling	Free State	72km (600 points), 100km (1500 points)
17/03/2019	Kingskloof Paradise Trail Run 2019	Running	Gauteng	6km (300 points), 12km (300 points), 18km (600 points), 25km (1500 points)
23/03/2019	Langebaan Country Estate Weskus Marathon 2019	Running	Western Cape	10km (600 points), 21.1km (1500 points), 42.2km (3000 points)
23/03/2019	Kasselshoop Farm Trail Run 2019 2	Running	Western Cape	5km (300 points)
24/03/2019	3 Mountains Stage Race MTB 2019	Cycling	Free State	150km (1500 points), 250km (3000 points)
24/03/2019	3 Mountains Stage Race Trail Run 2019	Running	Free State	40km (1500 points), 60km (3000 points)
26/03/2019	Prison Break Night Trail Run 2019 2	Running	Gauteng	5km (300 points), 8km (300 points)

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27/03/2019	Maze Runner Night Trail Run 2019	Running	Gauteng	5km (300 points), 8km (300 points)
28/03/2019	Run Forest Run 2019	Running	Gauteng	5km (300 points), 10km (600 points)
29/03/2019	Cullinan 2 Tonteldoos 2019	Cycling	Gauteng	260km (3000 points)
30/03/2019	Adventure Tails Revolution Walk and Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
30/03/2019	Kasselshoop Farm Trail Run 2019 3	Running	Western Cape	5km (300 points)
30/03/2019	Kamberg Classic Trail Run 2019	Running	Kwazulu Natal	6km (300 points), 14km (600 points)
30/03/2019	Kamberg MTB Classic 2019	Cycling	Kwazulu Natal	25km (300 points), 45km (300 points), 65km (600 points)
31/03/2019	Jackie Gibson Marathon 2019	Running	Gauteng	42.2km (3000 points)
31/03/2019	Allan Ferguson Half Marathon 2019	Running	Gauteng	21.1km (1500 points)
31/03/2019	Johannesburg Harriers 10km 2019	Running	Gauteng	10km (600 points)
31/03/2019	PPA Sportive 2019 3	Cycling	Western Cape	38km (300 points), 97km (600 points)
31/03/2019	Triple Distance Surf Swim Race 1	Swimming	Kwazulu Natal	800m (300 points), 1.6km (600 points), 3km (600 points)
31/03/2019	Hedianga Beast Trail Run 2019	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
03/04/2019	Merrell Autumn Night Run CT 2019 1	Running	Western Cape	5.5km (300 points), 8km (300 points)
05/04/2019	Cradle Moon Night Duel 2019 1	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
06/04/2019	Vulintaba Extreme MTB 2019	Cycling	Kwazulu Natal	45km (300 points), 64km (600 points)
07/04/2019	Vulintaba Extreme Road Race 2019	Cycling	Kwazulu Natal	60km (600 points), 100km (1500 points)
07/04/2019	Wilro Lions Cycle Challenge 2019	Cycling	Gauteng	58km (600 points), 120km (1500 points)
07/04/2019	Cowhouse Cross Duathlon 2019 2	Duathlon	Gauteng	Cycle: 30km (300 points), Run: 11.5km (600 points)
07/04/2019	Dolphin Mile Surf Swim 1	Swimming	Kwazulu Natal	800m (300 points), 1.6km (600 points), 3.2km (1500 points)
10/04/2019	Merrell Autumn Night Run CT 2019 2	Running	Western Cape	5.5km (300 points), 8km (300 points)
13/04/2019	Operation Be a Hero 2019	Obstacle Course Racing	Free State	5km (300 points), 10km (600 points)
14/04/2019	GoSport MTB Race 2019	Cycling	Gauteng	35km (300 points), 70km (600 points)

Date	Event name	Discipline	Province	Distance & Vitality points
14/04/2019	Dikholo Stage Trail Warrior 2019	Running	North West	15km (600 points), 25km (1500 points), 40km (1500 points)
14/04/2019	Trinity Germiston Standard Triathlon 2019 3	Triathlon	Gauteng	Swim: 1.5km (600 points), Cycle: 40km (300 points), Run: 10km (600 points)
14/04/2019	Trinity Germiston Standard Duathlon 2019 3	Duathlon	Gauteng	Cycle: 40km (300 points), Run: 15km (600 points)
14/04/2019	Route Six 2 Two Trails Run 2019	Running	Kwazulu Natal	8km (300 points), 21km (1500 points)
14/04/2019	Route Six 2 Two Trails Run MTB 2019	Cycling	Kwazulu Natal	50km (600 points)
14/04/2019	Dolphin Mile Surf Swim 2	Swimming	Kwazulu Natal	800m (300 points), 1.6km (600 points)
17/04/2019	Merrell Autumn Night Run CT 2019 3	Running	Western Cape	5.5km (300 points), 8km (300 points)
18/04/2019	Killarney Autumn Night Run 2019 1	Running	Gauteng	5km (300 points), 10km (600 points)
18/04/2019	Ruimsig Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
20/04/2019	Kasselshoop Farm Trail Run 2019 4	Running	Western Cape	5km (300 points)
20/04/2019	Ndlovumzi MTB Classic 2019	Cycling	Limpopo	25km (300 points), 50km (600 points)
26/04/2019	Joberg2c 2019	Cycling	Gauteng	900km (3000 points)
27/04/2019	Four Seasons Cowhouse Autumn Run 2019	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
27/04/2019	De States Childline MTB 2019	Cycling	Free State	25km (300 points), 40km (300 points), 60km (600 points)
27/04/2019	Merrell Hobbit Trail Run 2019	Running	Eastern Cape	5km (300 points), 16km (600 points), 38km (1500 points), 90km (3000)
27/04/2019	Adventure Tails Revolution Walk and Run 2019 3	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
28/04/2019	aQuelle Tour Durban 2019	Cycling	Kwazulu Natal	45km (300 points), 55km (600 points), 60km (600 points)
28/04/2019	Robor Scaffolding Marathon 2019	Running	Gauteng	5km (300 points), 10km (600 points), 21.1km (1500 points), 42.2km (3000 points), 50km (3000 points)
28/04/2019	Husqvarna Mid Illovo MTB Classic 2019	Cycling	Kwazulu Natal	40km (300 points), 60km (600 points)
28/04/2019	Husqvarna Mid Illovo Trail Run 2019	Running	Kwazulu Natal	8km (300 points), 16km (600 points)
28/04/2019	Run the Pearl 2019	Running	Eastern Cape	5km (300 points), 10km (600 points)

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04/05/2019	De States Fouresmith MTB 2019	Cycling	Free State	25km (300 points), 40km (300 points), 60km (600 points)
04/05/2019	Tiger Walk and Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
05/05/2019	Hennops Big 5 Challenge 2019 3	Running	Gauteng	10km (600 points), 22km (1500 points), 30km (1500 points)
05/05/2019	Dolphin Mile Surf Swim 3	Swimming	Kwazulu Natal	800m (300 points), 1.6km (600 points)
05/05/2019	Tiger Walk and Run 2019 3	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
08/05/2019	Rietvlei Night Run 2019 3	Running	Gauteng	5km (300 points), 10km (600 points)
11/05/2019	River Walk and Run 2019 3	Running	Gauteng	5km (300 points), 10km (600 points)
11/05/2019	Sugar Rush Classic Trail Run 2019	Running	Kwazulu Natal	8km (300 points), 16km (600 points)
11/05/2019	Sugar Rush Classic MTB 2019	Cycling	Kwazulu Natal	45km (300 points)
12/05/2019	Smuts Mother's Day Trail Run and Walk 2019	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
15/05/2019	Botanical Night Run and Walk 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
16/05/2019	Killarney Autumn Night Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
18/05/2019	Recce Mission 2019	Cycling	Mpumalanga	55km (600 points), 150km (1500 points), 220km (3000 points)
18/05/2019	Jonkershoek Mountain Challenge 2019	Running	Western Cape	12km (600 points), 24km (1500 points), 39km (1500 points)
18/05/2019	Rock Walk and Run 2019	Running	Gauteng	5km (300 points), 10km (600 points)
19/05/2019	Cyclone Trail Run and Walk 2019	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
22/05/2019	Barn Pizza Night Run and Walk 2019	Running	Gauteng	5km (300 points), 10km (600 points)
24/05/2019	Bezhoek Extreme 3-Day Trail Run 2019	Running	Mpumalanga	50km (3000 points), 70km (3000 points), 100km (3000 points)
25/05/2019	MacMac Ultra 2019	Running	Mpumalanga	46km (3000 points)
25/05/2019	Adventure Tails Revolution Walk and Run 2019 4	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)

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25/05/2019	Cosmo Run 2019	Running	Gauteng	5km (300 points), 10km (600 points)
26/05/2019	MacMac Ultra Stage Race 2019	Running	Mpumalanga	80km (3000 points), 161km (3000 points)
26/05/2019	Dolphin Mile Surf Swim 4	Swimming	Kwazulu Natal	800m (300 points), 1.6km (600 points), 3.2km (1500 points)
26/05/2019	Barn Trail Run and Walk 2019 5	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
29/05/2019	Kyalami Night Run and Walk 2019 3	Running	Gauteng	5km (300 points), 10km (600 points)
31/05/2019	Serengeti Night Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
01/06/2019	Ride2Phoenix 2019	Cycling	Free State	150km (1500 points)
01/06/2019	Sappi Karkloof Classic Trail Run 2019	Running	Kwazulu Natal	8km (300 points), 18km (600 points)
01/06/2019	Sappi Karkloof Classic MTB 2019	Cycling	Kwazulu Natal	40km (300 points), 60km (600 points)
02/06/2019	Zoo Walkies 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
02/06/2019	Cowhouse Cross Duathlon 2019 3	Duathlon	Gauteng	Cycle: 30km (300 points), Run: 11.5km (600 points)
02/06/2019	The Campus Winter Run 2019	Running	Gauteng	5km (300 points), 10km (600 points)
05/06/2019	Rietvlei Night Run 2019 4	Running	Gauteng	5km (300 points), 10km (600 points)
08/06/2019	Tiger Walk and Run 2019 4	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
09/06/2019	Tiger Walk and Run 2019 5	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
09/06/2019	Dolphin Mile Surf Swim 5	Swimming	Kwazulu Natal	800m (300 points), 1.6km (600 points)
12/06/2019	Jackal Night Run 2019 3	Running	Gauteng	5km (300 points), 10km (600 points)
15/06/2019	AdventureTails Park Walk and Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
15/06/2019	Napier Wine and Patatfees MTB 2019	Cycling	Western Cape	30km (300 points), 45km (300 points), 55km (600 points)
15/06/2019	Napier Wine and Patatfees Trail Run 2019	Running	Western Cape	8km (300 points), 14km (600 points), 18km (600 points)
15/06/2019	Napier Wine and Patatfees Road Run 2019	Running	Western Cape	10km (600 points), 21km (1500 points)
16/06/2019	Gauteng Winter Trail Series Bsohah 2019	Running	Gauteng	6.7km (300 points), 12.8km (600 points)

Date	Event name	Discipline	Province	Distance & Vitality points
19/06/2019	Owl Night Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
22/06/2019	De States Amanzi MTB 2019	Cycling	Free State	25km (300 points), 40km (300 points), 60km (600 points)
22/06/2019	Cow Walk and Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
23/06/2019	Gauteng Winter Trail Series Hennops 2019	Running	Gauteng	6.83km (300 points), 12km (600 points)
23/06/2019	Dolphin Mile Surf Swim 6	Swimming	Kwazulu Natal	800m (300 points), 1.6km (600 points)
26/06/2019	Barn Pizza Night Run and Walk 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
28/06/2019	Serengeti Night Run 2019 3	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
29/06/2019	Kasselshoop Farm Trail Run 2019 5	Running	Western Cape	5km (300 points)
29/06/2019	Adventure Tails Revolution Walk and Run 2019 5	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
29/06/2019	Gooderson Drakensberg Gardens MTB 2019	Cycling	Kwazulu Natal	40km (300 points)
29/06/2019	Gooderson Drakensberg Gardens Trail Run 2019	Running	Kwazulu Natal	7.5km (300 points), 15km (600 points), 20km (600 points)
29/06/2019	Knysna Forest Marathon 2019	Running	Western Cape	21.1km (1500 points), 42.2km (3000 points)
30/06/2019	Gauteng Winter Trail Series Segwati 2019	Running	Gauteng	7.6km (300 points), 12.8km (600 points)
30/06/2019	Barn Trail Run and Walk 2019 6	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
03/07/2019	Botanical Night Run and Walk 2019 3	Running	Gauteng	5km (300 points), 10km (600 points)
06/07/2019	Cowhouse Winter MTB 2019	Cycling	Gauteng	40km (300 points), 65km (600 points)
06/07/2019	River Walk and Run 2019 4	Running	Gauteng	5km (300 points), 10km (600 points)
07/07/2019	Gauteng Winter Trail Series Leeuwenkloof 2019	Running	Gauteng	8.7km (300 points), 13.8km (600 points)
07/07/2019	Smuts Trail Run 2019 3	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
08/07/2019	Gauteng Winter Trail Series XL 2019	Running	Gauteng	22.9km (1500 points)
10/07/2019	Rietvlei Night Run 2019 5	Running	Gauteng	5km (300 points), 10km (600 points)
12/07/2019	Cradle Moon Night Duel 2019 2	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)

Date	Event name	Discipline	Province	Distance & Vitality points
13/07/2019	Rock Walk and Run 2019 2	Running	Gauteng	5km (300 points), 10km (600 points)
14/07/2019	Cyclone Trail Run and Walk 2019 2	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
17/07/2019	Kyalami Night Run and Walk 2019 4	Running	Gauteng	5km (300 points), 10km (600 points)
21/07/2019	Kiara Stage Trail Warrior 2019	Running	Free State	15km (300 points), 25km (1500 points), 40km (1500 points)
21/07/2019	Cape Winter Trail Series Paul Cluver 2019	Running	Western Cape	8.8km (300 points), 15.6km (600 points)
21/07/2019	Dolphin Mile Surf Swim 7	Swimming	Kwazulu Natal	800m (300 points), 1.6km (600 points), 3.2km (1500 points)
21/07/2019	Zoo Walkies 2019 3	Running	Gauteng	5km (300 points), 10km (600 points)
24/07/2019	Barn Pizza Night Run and Walk 2019 3	Running	Gauteng	5km (300 points), 10km (600 points)
26/07/2019	Serengeti Night Run 2019 5	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
27/07/2019	Four Seasons Cowhouse Winter Run 2019	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
27/07/2019	Kasselshoop Farm Trail Run 2019 6	Running	Western Cape	5km (300 points)
27/07/2019	Adventure Tails Revolution Walk and Run 2019 7	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
28/07/2019	Cape Winter Trail Series Tygerberg 2019	Running	Western Cape	8.1km (300 points), 12.1km (600 points)
28/07/2019	Barn Trail Run and Walk 2019 7	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
31/07/2019	Jackal Night Run 2019 4	Running	Gauteng	5km (300 points), 10km (600 points)
04/08/2019	Kagga Kamma Stage Run 2019	Running	Western Cape	15km (300 points), 25km (1500 points), 40km (1500 points)
04/08/2019	Hennops Big 5 Challenge 2019 4	Running	Gauteng	10km (600 points), 22km (1500 points), 30km (1500 points)
04/08/2019	Cape Winter Trail Series Taal Monument 2019	Running	Western Cape	7.5km (300 points), 13.5km (600 points)
04/08/2019	Cowhouse Cross Duathlon 2019 4	Duathlon	Gauteng	Cycle: 30km (300 points), Run: 11.5km (600 points)
04/08/2019	Dolphin Mile Surf Swim 8	Swimming	Kwazulu Natal	800m (300 points), 1.6km (600 points)
07/08/2019	Black Diamond Night Trail Run 2019 3	Running	Gauteng	8km (300 points)

Date	Event name	Discipline	Province	Distance & Vitality points
07/08/2019	Botanical Night Run and Walk 2019 4	Running	Gauteng	5km (300 points), 10km (600 points)
09/08/2019	Womens Day Trail Run and Walk	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
10/08/2019	Cape Winter Trail Series Kogelberg 2019	Running	Western Cape	7.5km (300 points), 13.5km (600 points)
10/08/2019	Cape Winter Trail Series Kleinmond XL 2019	Running	Western Cape	23.3km (1500 points)
10/08/2019	AdventureTails Park Walk and Run 2019 3	Running	Gauteng	5km (300 points), 10km (600 points)
11/08/2019	Zoo Walkies 2019 4	Running	Gauteng	5km (300 points), 10km (600 points)
14/08/2019	Owl Night Run 2019 3	Running	Gauteng	5km (300 points), 10km (600 points)
17/08/2019	Rock Walk and Run 2019 3	Running	Gauteng	5km (300 points), 10km (600 points)
18/08/2019	Helderberg Mountain Challenge 2019	Running	Western Cape	11km (600 points), 15km (600 points), 24km (1500 points)
18/08/2019	Cyclone Trail Run and Walk 2019 3	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
21/08/2019	Barn Pizza Night Run and Walk 2019 4	Running	Gauteng	5km (300 points), 10km (600 points)
24/08/2019	Adventure Tails Revolution Walk and Run 2019 6	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
25/08/2019	Barn Trail Run and Walk 2019 8	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points), 21km (1500 points)
28/08/2019	Rietvlei Night Run 2019 6	Running	Gauteng	5km (300 points), 10km (600 points)
30/08/2019	Serengeti Night Run 2019 6	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
31/08/2019	Kasselshoop Farm Trail Run 2019 7	Running	Western Cape	5km (300 points)
31/08/2019	Wildcoast Wildrun 2019	Running	Eastern Cape	112km (3000 points)
01/09/2019	Cowhouse Cross Duathlon 2019 5	Duathlon	Gauteng	Cycle: 30km (300 points), Run: 11.5km (600 points)
01/09/2019	Dolphin Mile Surf Swim 9	Swimming	Kwazulu Natal	800m (300 points), 1.6km (600 points)
14/09/2019	Sanlam Marathon Peace Trail Run 2019	Running	Western Cape	12km (300 points), 22km (1500 points)
15/09/2019	Waterberg Stage Trail Warrior 2019	Running	Limpopo	15km (300 points), 25km (1500 points), 40km (1500 points)
15/09/2019	Cape Town Peace Run 2019	Running	Western Cape	5km (300 points), 10km (600 points)

Date	Event name	Discipline	Province	Distance & Vitality points
15/09/2019	Sanlam Cape Town Marathon 2019	Running	Western Cape	42.2km (3000 points)
28/09/2019	Kasselshoop Farm Trail Run 2019 8	Running	Western Cape	5km (300 points)
02/10/2019	Black Diamond Night Trail Run 2019 4	Running	Gauteng	8km (300 points)
05/10/2019	Marloth Mountain Challenge 2019	Running	Western Cape	10km (600 points), 24.5km (1500 points), 35km (1500 points), 55km (3000 points)
12/10/2019	Clarens Cosmos Challenge Race 2 Stage 1 2019	Running	Free State	22km (1500 points)
12/10/2019	Clarens Cosmos Challenge Race 2 Stage 2 2019	Running	Free State	17km (600 points)
12/10/2019	Clarens Cosmos Challenge Race 2 Day Stage 2019	Running	Free State	39km (1500 points)
26/10/2019	Kasselshoop Farm Trail Run 2019 9	Running	Western Cape	5km (300 points)
26/10/2019	Four Seasons at The Cowhouse 2019	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
27/10/2019	Thembisa Mile 2019	Running	Gauteng	10km (600 points)
03/11/2019	Cayley Stage Trail Warrior 2019	Running	Kwazulu Natal	15km (300 points), 25km (1500 points), 40km (1500 points)
03/11/2019	Hennops Big 5 Challenge 2019 5	Running	Gauteng	10km (600 points), 22km (1500 points), 30km (1500 points)
06/11/2019	Black Diamond Night Trail Run 2019 5	Running	Gauteng	8km (300 points)
30/11/2019	Kasselshoop Farm Trail Run 2019 10	Running	Gauteng	5km (300 points)
04/12/2019	Black Diamond Night Trail Run 2019 6	Running	Gauteng	8km (300 points)
07/12/2019	Kasselshoop Farm Trail Run 2019 11	Running	Gauteng	5km (300 points)
14/12/2019	Kasselshoop Farm Trail Run 2019 12	Running	Gauteng	5km (300 points)
20/12/2019	Cowhouse Christmas Night Run 2019	Running	Gauteng	5km (300 points), 10km (600 points), 15km (600 points)
21/12/2019	Kasselshoop Farm Trail Run 2019 13	Running	Gauteng	5km (300 points)
28/12/2019	Kasselshoop Farm Trail Run 2019 14	Running	Gauteng	5km (300 points)

Discovery sponsored events

Date	Event name	Discipline	Province	Distance & Vitality points
02/02/2019	Spartan Harriers Firgrove Challenge 2019	Running	Western Cape	6km (800 points), 10km (1 100 points), 21.1km (2 000 points)
09/02/2019	Discovery Retro Run 2019	Running	Western Cape	5km (800 points), 8km (1 100 points)
23/02/2019	Discovery Surfers Challenge	Surf-ski and Walking/Running	Eastern Cape	Surf-ski: 17.5km (1100 points) Running: 5km (800 points), 10km (1100 points), 17km (1100 points)
02/03/2019	Century City Express 2019	Running	Western Cape	5km (800 points), 10km (1 100 points)
03/03/2019	The King David Wild Walk and Run	Walking/Running	Gauteng	5km (800 points)
21/03/2019	Tyger Run with Discovery Vitality	Running	Western Cape	5km (800 points), 10km (1 100 points), 21.1km (2 000 points)
25/05/2019	Discovery 947 Rhythm Run 2019	Running	Gauteng	4.7km (800 points), 9.4km (1100 points)

11/03/2019