



**CGT CALENDAR AT 2009-10-23**

Date	Event / Race Name & Links	Venue	Code	Sanctioning	Info/Entries
<b>Aug '09</b>					
2	Teavigo/Momentum Health Duathlon Series	Hartebeespoortdam, North West	road duathlon	TSA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
30	Compendium Winter Tri and Dua series	Durban, KZN <a href="http://www.bactive.biz">www.bactive.biz</a>	triathlon & duathl	KZNTA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
<b>Sep '09</b>					
6	Teavigo/Momentum Health Duathlon Series	circa Kwa Zulu Natal	off road duathlon	TSA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
6	Carnival City 21km/10km	Carnival City, Brakpan	running		
11-13	ITU World std distance tri Champs 1.5/40/10	Gold Coast, QLD, Australia <a href="http://www.triathlon.org.au">www.triathlon.org.au</a>	triathlon	ITU	<a href="http://www.triathlon.org">www.triathlon.org</a>
13	Gerald Fox Citizen 21km/10km	Johannesburg Zoo	running	CGA	
19	Mini/Kids Afriman	Glenburn Lodge, Cradle	duathlon	?	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
20	Afriman Duathlon 12km/90km/6km	Glenburn Lodge, Cradle	duathlon	?	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
26	2009 Concorde ITU Duathlon World Champs	Concorde, NC, USA	duathlon	ITU	<a href="http://www.triathlon.org">www.triathlon.org</a>
27	Compendium Winter Tri and Dua series	Durban, KZN <a href="http://www.bactive.biz">www.bactive.biz</a>	triathlon & duathl	KZNTA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
<b>Oct '09</b>					
4	Teavigo/Momentum Health Duathlon Series	Potchefstroom, North West	road duathlon	TSA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
10	Ironman World Champs	Kailua-Kona, Hawaii, USA	triathlon	WTC	<a href="http://www.ironman.com">www.ironman.com</a>
11	BSG Energade series #1 600/20/5 plus jnr	Midmar Dam, Howick KZN	triathlon	TSA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
11	Spar Ladies 10km/5km	Old Parktonians Club (RAC)	running	CGA	<a href="http://www.spar.co.za">www.spar.co.za</a>
18	BSG Energade series #2 600/20/5 plus jnr	Potch Dam, Potchefstroom NW	triathlon	TSA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
24-25	ITU World long distance Champs 3/80/20	Perth, WA, Australia <a href="http://www.triathlon.org.au">www.triathlon.org.au</a>	triathlon	ITU	<a href="http://www.triathlon.org">www.triathlon.org</a>
25	BSG Energade series #3 600/20/5 plus jnr	Roodeplaat Dam, Pretoria GP	triathlon	TSA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
25	Xterra World Champs	Maui, Hawaii, USA	offroad triathlon		<a href="http://www.xterraplanet.com">www.xterraplanet.com</a>
31	Sun City Swim 3000m/1500m/600m	Sun City NW	open water swim	SSA	<a href="http://www.entrytime.co.za">www.entrytime.co.za</a>
<b>Nov '09</b>					
1	11 Global Olympic Distance Race	Sun City, NW	triathlon	TSA	<a href="http://www.11global.com">www.11global.com</a>
7	Da Gama Dam Off Road Duathlon	White River/Hazyview Mpumalanga	triathlon	?	<a href="http://www.entrytime.com">www.entrytime.com</a>
8	BSG Energade series #4 600/20/5 plus jnr	Germiston Lake, Ekurhuleni GP	triathlon	TSA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
15	Africa Cup Pretoria (inc GNT Champs) elite, senior and junior age groups catered for	Pretoria West Power Station	triathlon	ATU	<a href="http://www.triathlonsa.co.za">www.triathlonsa.co.za</a>
22	Troisport/CGT: young TRYathlon	St Dunstans College, Benoni	triathlon	CGT	<a href="http://www.troisport.co.za">www.troisport.co.za</a>
22	BSG Energade series #5 600/20/5 plus jnr	Big Bay, Blaauwberg, Cape Town	triathlon	TSA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
28	Forever Resorts Double Standard	Gariiep dam Resort	triathlon	FST	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
29	BSG Energade series #6 600/20/5 plus jnr	Pollak Beach, Port Elizabeth EC	triathlon	TSA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>



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<b>Dec '09</b>					
5	Ironman Western Australia	Busselton, WA	triathlon	WTC	<a href="http://www.ironmanwa.com">www.ironmanwa.com</a>
6	BSG Energade series #7 600/20/5 plus jnr	Vaal Pukke, Vanderbijlpark GP	triathlon	TSA	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
13	Troisport Joburg City Tri Series #1	VLC Germiston Lake, Ekurhuleni <a href="http://www.troisport.co.za">www.troisport.co.za</a>	triathlon	CGT	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
19	ITU African Triathlon Cup -World ranking:regional	Mauritius	triathlon	ATU	<a href="http://www.triathlon.org">www.triathlon.org</a>
<b>Jan '10</b>					
17	Specsavers Ironman 70.3 Buffalo City 1.9km/90km/21km	East London EC	triathlon	WTC	<a href="http://www.ironman703.co.za">www.ironman703.co.za</a>
17	Sasol Cross Triathlon	Ruimsig Stadium, Roodepoort	triathlon	?	<a href="http://www.spectrumsport.co.za">www.spectrumsport.co.za</a>
30	X TERRA	Buffelspoort	off road triathlon	TSA	<a href="http://www.stillwatersports.com">www.stillwatersports.com</a>
31	Roode 1000 Swim	Roodeplaat Dam	Swim	SSA	<a href="http://www.roode1000swim.com">www.roode1000swim.com</a>
<b>Feb '10</b>					
7	Troisport Joburg City Tri Series #2 <a href="http://www.cgtri.za.org">www.cgtri.za.org</a>	VLC Germiston Lake, Ekurhuleni <a href="http://www.troisport.co.za">www.troisport.co.za</a>	triathlon	CGT inc CGT champs	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
14	Sasol Cross Triathlon	Emerald Casino, Vanderbijlpark	triathlon		<a href="http://www.spectrumsport.co.za">www.spectrumsport.co.za</a>
14	Troisport/CGT: young TRYathlon	St Peter's College, Witkoppen Rd.	triathlon	CGT	<a href="http://www.troisport.co.za">www.troisport.co.za</a>
20	X TERRA	Grabouw	off road triathlon	TSA	<a href="http://www.stillwatersports.com">www.stillwatersports.com</a>
21	Prestige Ultra Tri 1.9/90/21 (inc SA LD champs)	Vaal Pukke NWU Vanderbijlpark	triathlon	TSA	<a href="http://www.spectrumsport.co.za">www.spectrumsport.co.za</a>
28	11 Global Olympic Distance Race	Big Bay, Cape Town	triathlon	TSA	<a href="http://www.11global.com">www.11global.com</a>
<b>Mar '10</b>					
7	Midlands Ultra Triathlon	Midmar Dam, KZN	Triathlon	TSA	<a href="http://www.midlandsultra.co.za">www.midlandsultra.co.za</a>
14	Sasol Cross Triathlon	Abrahamsrust, Sasolburg	triathlon		<a href="http://www.spectrumsport.co.za">www.spectrumsport.co.za</a>
21	SA Triathlon Champs	VLC Germiston Lake, Ekurhuleni	triathlon	TSA	<a href="http://www.triathlonsa.co.za">www.triathlonsa.co.za</a>
27	Ironman 70.3 California - Sold Out	Oceanside California	triathlon	WTC	<a href="http://www.ironmancalifornia.com">www.ironmancalifornia.com</a>
28	Compendium Winter Multi-Series	Suncoast Casino, Durban	Triathlon / Du	KZNTA	<a href="http://www.bactive.biz">www.bactive.biz</a>
<b>Apr '10</b>					
11	Compendium Winter Multi-Series	Suncoast Casino, Durban	Triathlon / Du	KZNTA	<a href="http://www.bactive.biz">www.bactive.biz</a>
11	Troisport Joburg City Tri Series #3 Final	VLC Germiston Lake, Ekurhuleni <a href="http://www.troisport.co.za">www.troisport.co.za</a>	triathlon	CGT	<a href="http://www.cyclelab.com">www.cyclelab.com</a>
25	Specsavers Ironman South Africa	Port Elizabeth EC	triathlon	WTC	<a href="http://www.ironmansouthafrica.com">www.ironmansouthafrica.com</a>
<b>May '10</b>					
29	SA Duathlon Champs	Bloemfontein	duathlon	TSA	<a href="http://www.triathlonsa.co.za">www.triathlonsa.co.za</a>
30	Ironman Brazil - Sold Out	Florianopolis Island	triathlon	WTC	<a href="http://www.ironmanbrazil.com">www.ironmanbrazil.com</a>
30	Comrades Marathon 85th year	Durban/Pietermaritzburg	running	ASA	<a href="http://www.comrades.com">www.comrades.com</a>
30	Ironman 70.2 Austria	St Polten, Vienna	triathlon	WTC	<a href="http://www.ironman703.at">www.ironman703.at</a>



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<b>Jun '10</b>					
7	Ironman 70.3 Switzerland	Rapperswil-Jona, Lake Zurich	triathlon	WTC	<a href="http://www.ironman.ch">www.ironman.ch</a>
20	UK Ironman 70.3	United Kingdom	triathlon	WTC	<a href="http://www.half.ironmanuk.com">www.half.ironmanuk.com</a>
27	Ironman France	Nice, France	triathlon	WTC	<a href="http://www.ironmanfrance.com">www.ironmanfrance.com</a>
<b>Jul '10</b>					
4	Ironman Austria	Klagenfurt	triathlon	WTC	<a href="http://www.ironmanaustria.com">www.ironmanaustria.com</a>
8	X TERRA	Knysna	off road duathlon	TSA	<a href="http://www.stillwatersports.com">www.stillwatersports.com</a>
25	Muddy Buddy Offroad Series	Giba Gorge, KZN	Multi-sport		<a href="http://www.muddybuddy.co.za">www.muddybuddy.co.za</a>
31	2010 ITU Long Distance World Champs	Immenstadt, Germany 3/80/20	triathlon	ITU	<a href="http://www.triathlon.org">www.triathlon.org</a>
<b>Aug '10</b>					
29	Compendium Winter Multi-Series (Olympic)	Suncoast Casino, Durban	Triathlon / Du	TSA	<a href="http://www.bactive.biz">www.bactive.biz</a>
<b>Sep '10</b>					
3 to 5	2010 Edinburgh ITU Duathlon World Champs	Edinburgh, UK	duathlon	ITU	<a href="http://www.triathlon.org">www.triathlon.org</a>
8 to 12	2010 ITU World Champs	Budapest, Hungary	triathlon	ITU	<a href="http://www.triathlon.org">www.triathlon.org</a>
26	Compendium Winter Multi-Series (Olympic)	Suncoast Casino, Durban	Triathlon / Du	TSA	<a href="http://www.bactive.biz">www.bactive.biz</a>
<b>Oct '10</b>					
3	Muddy Buddy Offroad Series	Giba Gorge, KZN	Multi-sport		<a href="http://www.muddybuddy.co.za">www.muddybuddy.co.za</a>
9	Ironman World Champs	Kailua-Kona, Hawaii, USA	triathlon	WTC	<a href="http://www.ironman.com">www.ironman.com</a>
31	Muddy Buddy Offroad Series	Giba Gorge, KZN	Multi-sport		<a href="http://www.muddybuddy.co.za">www.muddybuddy.co.za</a>
<b>Nov '10</b>					
21	Global 11 Olympic Distance Race	Sun City, NW	triathlon	TSA	<a href="http://www.11global.com">www.11global.com</a>
28	Muddy Buddy Offroad Series	Giba Gorge, KZN	Multi-sport		<a href="http://www.muddybuddy.co.za">www.muddybuddy.co.za</a>
<b>Dec '10</b>					