

RUNNERS' GUIDE

To road and off-road races in South Africa

[BACK](#)

220 Races found

New Year's 11 km Run /Walk

02 January 2017

Pretoria Botanical Gardens, 2 Cussonia Avenue

10, 5 km

[131 km from your current location]

A4 Aerobics 4 all Road Safety Half Marathon

07 January 2017

Eco Boulevard, 270 Witch-Nazel Ave, Centurion

21.1, 10, 5 km

[119 km from your current location]

Varsity Kudus 15 km

08 January 2017

West Campus, Yale Road, Wits University, Braamfontein

15 km

[105 km from your current location]

President Hyper Berg en Dal Night

11 January 2017

President Hyper, Pretoria Street, Krugersdorp

15, 5 km

[78 km from your current location]

K-Way Serengeti Night Run/Walk

13 January 2017

Serengeti Golf and Wildlife Estate, Kempton Park

15, 10, 5 km

[129 km from your current location]

Tom Cottrell Runners Guide

Tom Cottrell, Tim Noakes, Don Oliver



Tom Cottrell Runners Guide:

The Ultimate Guide to International Marathons Dennis Craythorn, Rich Hanna, 1998 From the United States Europe Asia and beyond The Ultimate Guide to International Marathons contains everything you need to plan and run the marathon of your life **Pace**, 2002-02 *South African National Bibliography*, 1993 Includes publications received in terms of Copyright Act no 9 of 1916 **Guide to South African Reference Books** Reuben Musiker, Naomi Musiker, 1997 Only a small proportion of the more than 1 100 entries have been retained from the earlier editions and supplements 1955 to 1983 more publications reflecting social and economic changes in South Africa have been included and the annotations are more extensive The main focus is on references such as dictionaries yearbooks and encyclopedias but handbooks manuals and histories are cited if no conventional references exist on the subject The selection is not limited to books published in South Africa The arrangement is by broad subject headings following the Dewey Decimal system The annotations are primarily descriptive but evaluations creep in now and again Distributed by Books International Annotation copyrighted by Book News Inc Portland OR Kaapse bibliotekaris, 1997 Issues for Nov 1957 include section Accessions Aanwinste Sept 1957

Runner's Guide Training Manual Tom Cottrell, **The Bystander**, 1918 *International Books in Print*, 1986 *Comrades Marathon* Tom Cottrell, 2000 Specifications and Drawings of Patents Issued from the United States Patent Office United States. Patent Office, 1909 **Nedbank Runners' Guide to Road Races in South Africa** Tom Cottrell, Nedbank, 2007 **Nedbank Runners' Guide to Road Races in South Africa** Tom Cottrell, Nedbank, 2006 **The Book Buyer's Guide**, 1953 Showdown at Shepherd's Bush David Davis, 2012-06-19 The epic clash of an Irish American Italian and Onondaga Canadian that jump started the first marathon mania and heralded the modern age in sports The eyes of the world watched as three runners dirt poor Johnny Hayes who used to run barefoot through the streets of New York City candymaker Dorando Pietri and the famed Tom Longboat converged for an epic battle at the 1908 London Olympics The incredible finish was contested the world over when Pietri who initially ran the wrong way upon entering the stadium at Shepherd s Bush finished first but was disqualified for receiving aid from officials after collapsing just shy of the finish line thus giving the title to runner up Hayes In the midst of anti American sentiment Queen Alexandra awarded a special cup to Pietri who became an international celebrity and inspired one of Irving Berlin s first songs In Showdown at Shepherd s Bush David Davis recalls a time when runners braved injurious roads with slips of leather for shoes and when marathon mania became a worldwide obsession Standing next to Cait Murphy s Crazy 08 as an invaluable look at a bygone sporting era Showdown at Shepherd s Bush is a dramatic narrative aimed at the recordsetting number of marathon participants in the United States more than 500 000 in 2010 and other running enthusiasts and timed nicely for the return of the Olympics to London in 2012 **Nedbank Runners' Guide to Road Races in South Africa** Tom Cottrell, Nedbank, 2005 **1996 Repairil-Gel Runners Guide to Road Races in South Africa** Tom Cottrell, 1995 The Booklist and Subscription Books

Bulletin ,1958 **The Old-time Herald** ,1992 **The Booklist** ,1958 Tom Cottrell's Race Dates Winter 2004 Tom
Cottrell,Tim Noakes,Don Oliver,2004

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