

Randburg Harriers 2011 Sunday Long Run Schedule

Compiled by Graham Block & Tersia Block 082-901 5657

Runs co-ordinated by Graham & Tersia Block 082 901 5657. For other queries: Club Secretary 011 792 7003

Please note: Do not be put off by distances advertised there is always an alternate shorter route mapped out for that day. Route advertised could possibly change on the day but the distance will remain the same. Feel free to join us.

Date	Time	Route	Distance
January			
2-Jan	06:00	Emmerentia	21
9-Jan	06:00	Bergbron/Fairlands	25
16-Jan	06:00	Northgate/Bryanston	25
23-Jan	06:00	Parkhurst	18
30-Jan	06:00	Monkor/Fairlands	21

February			
6-Feb	06:00	Zoo	26
13-Feb	06:00	Comrades tester/training	21
20-Feb	06:00	Conrad/Sandton	23
27-Feb	06:00	New Route	25

March			
6-Mar	06:00	Gordon Road	32
13-Mar	06:00	Jacaranda/Silverpine	22
20-Mar	06:00	Comrades tester/training	21
27-Mar	06:00	Monkor/Fairlands	21

April			
3-Apr	06:00	To be confirmed	
10-Apr	06:00	Comrades tester/training	21
18-Apr	06:00	Jacaranda/Silverpine	22
22-24 Apr	06:00	Easter 100	100

May			
1-May	06:00	Parkhurst	18
8-May	06:00	Monkor/Fairlands	21
15-May	06:00	Zoo	26
22-May	06:00	Pre Comrades	10
29-May	06:00	COMRADES	89

June PLEASE NOTE CHANGE OF START TIME TO 7AM			
5-Jun	07:00	Parkhurst	18
12-Jun	07:00	Emmerentia	21
19-Jun	07:00	Hurlingham/Parkmore	21
26-Jun	07:00	Jacaranda/Silverpine	22

July			
3-Jul	07:00	Weltvredden Park	23
10-Jul	07:00	Bergbron/Fairlands	25
17-Jul	07:00	Bryanston	25
24-Jul	07:00	Zoo	26
31-Jul	07:00	Help at Randburg Harriers 21	21

August PLEASE NOTE CHANGE OF START TIME FROM 1st AUGUST BACK TO 6AM			
7-Aug	06:00	Northgate/Bryanston	25
14-Aug	06:00	Bergbron/Fairlands	25
21-Aug	06:00	Randburg to Randburg	30
28-Aug	06:00	Emmerentia Reverse	21

September			
4-Sep	06:00	Boskruin	18
11-Sep	06:00	Hurlingham/Parkmore	23
18-Sep	06:00	Monkor/Fairlands	21
25-Sep	06:00	Jacaranda/Silverpine	22

October			
2-Oct	06:00	Parkhurst	18
9-Oct	06:00	Zoo	26
16-Oct	06:00	Bergbron/Fairlands	25
23-Oct	06:00	Weltvredden Park	23
30-Oct	06:00	Robin Hills	21

November			
6-Nov	06:00	New route	23
13-Nov	06:00	Emmerentia	21
20-Nov	06:00	Parkhurst	18
27-Nov	06:00	No Club Run	

December			
4-Dec	06:00	Bryanston Short Version	18
11-Dec	06:00	Route to be confirmed	15-20
18-Dec	06:00	Route to be confirmed	15-20
25-Dec	06:00	Christmas Day run	12

Feature races and Club Championship events
Kudu's 15km
Dischem 21/5
Bobbies 25/10
Johnson Crane 42/21

Brooks (Kellogs) 32km
11th Feb Valentines Night Race 10. Helper needed.
Pick n Pay 42/21
Pirates 21
Township 42/21

ERW 42/21/5 & Daveyton 10
Alberton 15/10.
19th Om die Dam. 20th JHB City 42/10/10(W)

RAC Long Run 60k
Germiston 32/15
Slow Mag 42/21
Two Oceans 56/21

Colgate 32/15 Boksburg
RAC 10
COMRADES

Randfontein 10
Daveyton 21/10
Ebony 10

Northgate 10
Pirates 10
Breakthru Midrand 15/5
702 Walk the Talk. Rainbow 10
Randburg Harriers 21. Helpers needed please

Alberton 15
Old Eds 10/21
Long run / Mount-Aux Sources. Vodacom 21/10
Wanderers 21/10

10th Sept Mount-Aux Sources 50. Germiston 15
Rockies 21/10
City to City 50/21
Daxina 21/10

Rainbow 15/5. Roy Brown 21
Spar Ladies 10
Brotherhood 15 Southgate
Brakman/Panarama 21/10
Sportsman Warehouse 15

Soweto 42/20/10
Roodepoort 10/15
94.7 Cycle Challenge. Springs 21/10
RAC City Lodge Tough One 32

Soul City 21/10
Mercury 10/5
Daveton 10/5