

Date	Long Run Route	Short Run Route
2 September	Rivonia 23km	The Mount 12km
9 September	Ferndale 26km	Olivedale 13km
16 September	Victory Park 25km	Victory Park 17km
23 September	Parkmore 22km	Craighall 13km
30 September	Rivonia 23km	The Mount 12km
7 October	Ferndale 26km	Olivedale 13km
14 October	Victory Park 25km	Victory Park 17km
21 October	Parkmore 22km	Craighall 13km
28 October	Rivonia 23km	The Mount 12km
4 November	Ferndale 26km	Olivedale 13km
11 November	Victory Park 25km	Victory Park 17km
18 November	Parkmore 22km	Craighall 13km
25 November	Rivonia 23km	The Mount 12km
2 December	Ferndale 26km	Olivedale 13km
9 December	Victory Park 25km	Victory Park 17km
16 December	Parkmore 22km	Craighall 13km
23 December	Rivonia 23km	The Mount 12km
30 December	Ferndale 26km	Olivedale 13km

Route Maps	
Rivonia 23km <a href="http://www.mapmyrun.com/routes/view/1703938118">http://www.mapmyrun.com/routes/view/1703938118</a>	The Mount 12km <a href="http://www.mapmyrun.com/routes/view/1703921258">http://www.mapmyrun.com/routes/view/1703921258</a>
Ferndale 26km <a href="http://www.mapmyrun.com/routes/view/1703979089">http://www.mapmyrun.com/routes/view/1703979089</a>	Olivedale 13km <a href="http://www.mapmyrun.com/routes/view/1703965346">http://www.mapmyrun.com/routes/view/1703965346</a>
Victory Park 25km <a href="http://www.mapmyrun.com/routes/view/1750305500">http://www.mapmyrun.com/routes/view/1750305500</a>	Victory Park 17km <a href="http://www.mapmyrun.com/routes/view/1750316402">http://www.mapmyrun.com/routes/view/1750316402</a>
Parkmore 22km <a href="http://www.mapmyrun.com/routes/view/1750330415">http://www.mapmyrun.com/routes/view/1750330415</a>	Craighall 13km <a href="http://www.mapmyrun.com/routes/view/1750334654">http://www.mapmyrun.com/routes/view/1750334654</a>