



APRIL 2019

Version 1:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	17h30 to 18h15 Cardio Trg 18h15 to 19h15 Taekwondo 19h00 AGM	18h00 Hard Koppies 8km	18h00 8/4km Time Trial Braai Night	18h00 Taekwondo Trg		
7	8	9	10	11	12	13
5h30 30km Cradle Run	17h30 to 18h15 Cardio Trg 18h15 to 19h15 Taekwondo	18h00 Hill Reps	18h00 8/4km Time Trial	18h15 to 19h15 Taekwondo Trg		On Support
14	15	16	17	18	19	20
On Support	18h00 On Support	18h00 On Support	18h00 On Support	18h00 On Support		Comrades Trg Run DAY 2 30km 8h00 - Parkrun
21	22	23	24	25	26	27
	NO CLUB RUN	18h00 Hill Reps	18h00 Time Trial Challenge Series No.4 Of 5	18h15 to 19h15 Taekwondo Trg		7h00 Cradle of Humankind 21km NO CLUB RUN 8h00 - Parkrun
28	29	30	1 st May	2	3	4
6h00 Robor Scaffolding 5/10/21/42/50km NO CLUB RUN	17h30 to 18h15 Cardio Trg 18h15 to 19h15 Taekwondo	18h00 Hard Koppies 10km	6h00 Wally Hayward 5/10/21/42km CLUB CLOSED	18h15 to 19h15 Taekwondo Trg		6h00 10km Club Run 8h00 - Parkrun