

1. Most mileage participants, please send your April km's.
2. It is getting dark out there - please start wearing reflective shirts, belts, lights, caps etc- be visible!
3. We run / walk every Tues / Wed / Thur at 17h30 - without fail ! Always safety in numbers, especially during the winter months where we often have to run in the dark - we often regroup, and cater for those who want to run a bit shorter, so don't be scared to join us.
4. Please give us feedback about races you have done - when, where time, interesting stories etc - we gladly hear from you.
5. We invite members to send in nominations for Member of the Month, so keep your eyes and ears open and send your nominations, before month end!

6 Some other dates:

- Every Friday : 05h15, Bike & Bean (beachfront) - **Red** Socks 5 and 8 km run / walk, followed by coffee, everybody welcome!
- Wed 4 May : monthly braai
- Sat 7 May : [Pub run!!!!](#)
 - 06h30 start
 - +/- 12 km
 - R70, includes all drinks on the route and light breakfast afterwards
 - Our social uniform, - **red** shorts and white shirts
 - Those who want to run longer, can arrange to start earlier
 - RSVP to Leslie or Debbie, by Tuesday 3 May
- Wed 18 May : [Pre-Comrades evening](#) :
 - 19h00 start
 - Speaker : Boysie van Staden (multiple Comrades Gold and Silver medalist)
 - RSVP needed, for catering purposes, by Monday 16 May
 - Food will be provided, with cash bar
 - Venue: pavillion bar at club (where we had year-end function)
 - All Comrades runners please try and be there, as well as supporters!
- Sun 29 May : Comrades! All supporters welcome to join us at our spot near Kearsney College. Runners are welcome to give us special drinks, food, etc to hand over to you at the table
- Wed 1 June : Aches & Pains function, and monthly braai
- Wed 15 - Sun 19 June : No Reason No Running Camping, St Lucia - camp 1, 2, 3 or 4 nights, R100 pppn - names and queries to Emile

7. Club runs. Shorter options always available - there may be changes closer to the time :

Note:

1. There will always also be a 10 - 15 option as well.
2. Those who want to run a bit longer, can arrange to meet a bit earlier and do a few km before the club run

- Saturday 7 May : PUB RUN!
- Saturday 14 May : club run - 05h30 - 12 and 20 km - start tapering....!
- Saturday 21 May : club run - 05h30 - 12 and 20 km
- Saturday 28 May : club run - 06h00- 15 km - no Comrades runners allowed! Later starting time for a few weeks.....
- Saturday 4 June :club run - 06h00 - 15 km

8. 2015 race dates - also look at www.eventtiming.co.za - also take note most pre-entry races have strict closing dates for entries:

- Sun 8 May : Durban City 21 & 42 km; Kingspark; 05h30 - Enter at www.kznathletics.co.za - 10 KM HAS BEEN CANCELLED
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- Sun 15 May : Starling Plumber 10 & 21 km; Mnt Edgecombe; 06h00 - 5th leg of our 10 x 10 km Challenge
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- Sun 15 May : St Lucia 10 & 21 km; 08h00
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- Sun 29 May : Big C!!
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- Sun 5 June : Ladies Spar 5 & 10 km : pre-entry only - ladies in club colours start in front with the elite runners - enter at :
<http://www.sparwomensrace.co>.
- Thurs 16 June : Ntenga Foundation Charity 5 & 10 km; Ushaka
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- Sat 18 June : Impendle 5 & 10 km
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- Sun 26 June : Archie Gumede 10 & 21 km - kwandengezi school
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- Sun 2 Juky : Embo college 10 km; Embo
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- Sun 10 July : Forest Hills 10 km; 07h00 - next leg of our 10 x 10 km challenge - pre-entry only
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- Sun 17 July : Totalsports ladies 5 & 10 km; Berea Rovers, pre-entry only