



FOURWAYS ROAD RUNNERS

Well done all on a great running week-end and a very warm welcome to all our new members, we wish you many happy running miles!

It is difficult to believe that we are already into February and many of you are in the midst of serious training. As a FRR member you have been automatically subscribed to the newsletter, if you no longer wish to receive it, please select the unsubscribe option. You will still enjoy the convenience of the Whatsapp communication. If you want to continue receiving the newsletter, please ensure we don't end up in your junk / spam folders (fourwaysroadrunnersass@gmail.com)

2018 LICENSE COLLECTIONS

Your 2018 Licenses will be available for collection at time trial on Thursday. Please make an effort to collect yours. Any licenses not collected will be delivered to the sweatshop at Broadacres where you can then pick them up. Remember we need to have received your payment along with your completed ASA forms and the signed Code of Conduct.



TIME TRIALS

Every Thursday from 18h15 at the Gazebo in Fourways Gardens, 4.5km or 8km.

WINNING TIMES (Thurs 1st Feb)

4km

Durian du Plessis 25.54

5km

Male - Victor Nagel 23.14

Female - Sarah Pelleboer 25.01

8km

Male - Dawie Meyer 34.11

Female - Lucy Pearson 38.29

TRAINING RUNS THIS WEEK

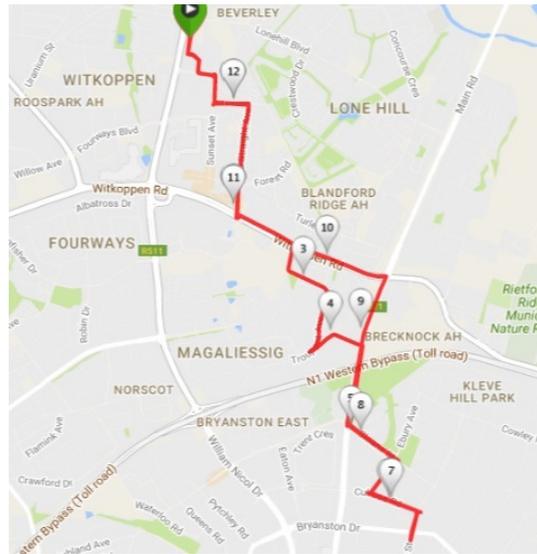
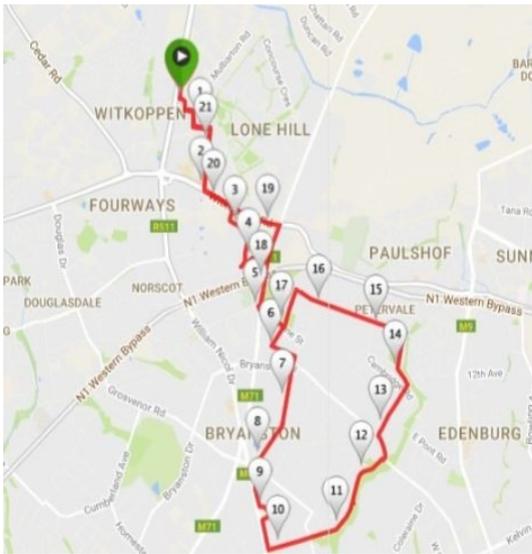
Tuesday - Quality Session 18h15 at the gazebo. Bring a water bottle and towel

Wednesday - 16km Chartwell route 5am start - 5.30 avg per km

Thursday - Time Trial 18h15 at the gazebo

Saturday - Club Run, 6am from Humble Harrys (Leaping Frog Lonehill). 21km (Bryanston High) and 12km (turn at the church)

Sunday - Club Run, 6am from Humble Harrys (Lonehill) 11km



SAVE THE DATE

Be my Valentine
and let's
welcome new members!!

*That awkward moment
when you're wearing
Nike and you just can't
do it!*

*"Runderful"
(adjective)
how you feel the minute
after you finish
your run*

Join us @ The Gazebo after a fun time trial run
Date : Thursday 15 Feb 2018
(Pizzas & Cash Bar)
Dress hot, sexy, funny (or don't)
Prize for best dressed

RACES THIS WEEK

WEDNESDAY - TIMBERCITY KHOSA NIGHT RACE 15KM

Starts at 7pm from Khosa Sports Club - Corner Shannon Road and Frederick Cooper Drive, Monument, Krugersdorp.

This run is anything but flat and takes you through rolling hills of Noordheuwel and surrounds.

SATURDAY - BROKHORSTSPRUIT 32KM & 10KM

Starts at 6am at Erasmus High School, Brokhorstspuit
Undulating route with 3 relatively easy climbs.....

SUNDAY - PICK 'N PAY 42KM & 21KM

Starts at 6am from Saheti School, Civin Drive, Senderwood
A balanced route with a fair amount of challenges. The marathon sees a second lap with a number of detours to make up for distance.

FRR Gazebo hosted by Bruce & Tanya

UPCOMING TWO OCEANS & COMRADES QUALIFIERS



UNIWIWP 5-IN-1 FAST MARATHON
HOSTED BY NELSPRUIT MARATHON CLUB

MBOMBELA 3rd MARCH 2018

50km | 42.2km | 21.1km | 10km | 5km

RACE STARTS AT 05H45 25° 8' 44.51" S, 30° 45' 38.68 E
 RACE STARTS AT 06H00 25° 12' 54.00" S, 30° 46' 9.37 E
 RACE STARTS AT 06H30 25° 21' 11.97" S, 30° 50' 46.39 E
 RACE STARTS AT 06H45 25° 24' 45.00" S, 30° 53' 32.51 E
 RACE STARTS AT 07H00 Fun Run at Stadium

All Races Start on Sabie/Lydenburg Road and End at Mbombela Stadium

MEDALS TO ALL FINISHERS
Fast Qualifier for Comrades & Two Oceans Marathon
PRE-ENTRIES NOW OPEN!! - WWW.ENTERONLINE.CO.ZA
ALL PRE-ENTRIES BEFORE 20th FEBRUARY 2018 GET A T-SHIRT
MEDALS TO ALL FINISHERS / PRIZE GIVING STARTS AT 11H00

BIG PRIZE MONEY
Lucky Draw and Hotspot Bonuses for the 42.2km and 21.1km Races

FOR MORE INFORMATION OR TO ENTER VISIT:
WWW.UNIWIWPMARATHON.CO.ZA

SPONSORED BY **UNIWIWP**
The best of both worlds

QUALIFIER:           

MARIE ERASMUS 060 852 0340 CECILIA BOTHA 060 449 7718 YOLANDA STEENKAMP 060 449 7718

Pongola

28 April | 6am 4 in 1 Sugar Cane Run 2018
Hosted by Pongola Athletics Club
Start & Finish at 42.2km | 21.1 Km | 10km | 5km Fun Run
Pongola Caravan Park

Lucky Draw Prizes! 27/04/2018 17:00 - 20:00 & race day from 4:30am

Registration & Late Entries

Prize Money 

CATEGORY	42.2km	21km	10km
OPEN 1st MALE & FEMALE	2500	1000	250
OPEN 2nd MALE & FEMALE	1000	500	200
JUNIORS 1st MALE & FEMALE	250	250	250
CATEGORY 1st MALE & FEMALE (in each category)	150	100	
MOST CLUB ENTRIES (for club)	500		

WATER TABLES EVERY 2.5km

42.2km ROUTE IS A DOUBLE LAP, FAST AND FLAT

FIRST 150 ENTRIES RECEIVE A DM - T & FIRST 300 A GOODY BAG!
10km & Fun Run does not apply

Medals to all finishers!

No Cut Off Time
Comrades Qualifier
ASA Rules Apply
Prize Giving: 11am

KZN Athletics
Discounted pre- and online entries!

RCL FOODS

Enter online: www.unity-nst.co.za | Email: pongolaac@outlook.com
MINETTE 082 323 6365 | PIERRE 060 346 0496 | HEINRICH 0832287682



MARATHON #174 / UNIQUE MARATHON #91 / 27 JANUARY 2018 - BY STUART MANN

[Click here](#) to read another superbly written blog, and as always super entertaining!



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