



FOURWAYS ROAD RUNNERS

This week-end saw a few first time marathoners, another proud podium moment, no doubt some PB times and some of our youngest club members making us proud. Congratulations to you all on another very successful running week!

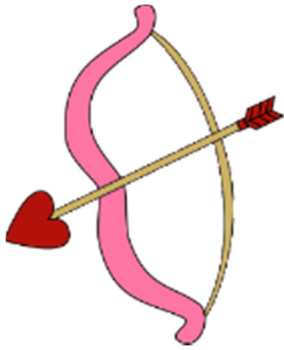
2018 LICENSE COLLECTIONS

The 2018 Licenses that have not been collected are now at the Sweatshop at Broadacres.

(Remember we need to have received your payment along with your completed ASA forms and the signed Code of Conduct).

RACE NUMBERS - IMPORTANT NOTE

A reminder to ensure you wear your race number correctly. There was strict monitoring of this at the PnP run on Sunday. They are becoming extremely strict. Please take note of the following requirements **regarding the wearing of your numbers at races!** Both license numbers must be worn, front and back of your vests/shirts, then the race number in the front on top of your license number but you must ensure that the ASA sponsor is shown – see diagram below (it is from 2017 - same rules still apply)



**THURSDAY 15th VALENTINE TIME
TRIAL**

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

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 - Valentine's Time Trial 5km starting at 18h15 at the gazebo - Format to be advised. Prizes up for grabs. Be sure to register with Moira to be eligible!

Saturday - Club Run, 6am from the Gazebo - Chartwell Route 16km & 11km, Peter Kisbey-Green will be guiding this run

Saturday - Cradle Run, 5.30am start from Valverde - 28km (self supported, carry own water etc.) This run will be guided by Mike Taylor

Sunday - Pirates Half Marathon - Gazebo hosted by Mr & Mrs Smith

RACES THIS WEEK

WEDNESDAY - HAPPY WANDERERS DASH NIGHT

5km and 10km from Wanderers Golf Club, Corlett Drive, Illovo
6.30pm start.

Enter online until 12th February. Late entries are accepted at the start, R80 bring your own headlamp or buy one there.

FRIDAY - RANDBURG HARRIERS VALENTINE'S NIGHT 10KM

Starts at 7pm at Randburg Sports Complex
Corner Republic and Silver Pine Road, Randburg
Online entry until 12th February @ R100

SATURDAY - BESTMED TUKS MARATHON, HALF MARATHON & 10km

LC Devilliers Sports Grounds, South Street, Hatfield
Marathon Start at 5:30am
Half Marathon Start at 6:00am

10km Start at 6:30am

Online entries closed. Enter at Sweatshop Fourways until 15th February

NO marathon entries allowed on race day

Half Marathon and 10km entries on the day from 4am - 5:50am

SUNDAY - PIRATES HALF MARATHON

Starts at 6am from Pirates Club

Corner Cruden Bay & Braeside Road, Greenside

Entries:

Pirates Club - Sunday 18th February, from 04:00

Closing date for online entries: Thursday, 15 February 2018. Late Entries R130

Pre-Entries:

Pirates Club - Saturday 17th February, from 10:00 to 17:00

The Sweat Shop, Dunkeld Centre, 011 325 2567/8

The Sweat Shop, Fourways Crossing, 011 467 5966

The Sweat Shop, Bedfordview, 011 450 2421

Randburg Runner, Manlam Court, Linden, 011 888 9644

FRR Gazebo Hosted by Scott & Vanjee Smith



