



# JULY 2022

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| MONDAY | TUESDAY | WEDNESDAY   | THURSDAY | FRIDAY | SATURDAY   | SUNDAY  |
|--------|---------|---|----------|--------|--|---|
| 27     | 28      | 29  | 30       | 1      | 2  | 3   |
|        |         |   |          |        | <b>ARC Irene Hybrid Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Not Pet Friendly)<br>ROAD or TRAIL RUN /WALK<br>2km, 5km, 10km, 15km & 21km<br>ARC Irene Campus, Irene Athletics Clubhouse, Irene, Centurion | <b>Rietvlei Country Trail Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Pet Friendly)<br>2km, 5km, 10km & 15km<br>Rietvlei Country Lodge,<br>Game Reserve Ave, Rietvallei, PTA  |
|        |         |   |          |        | <b>Prime View Fun Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Pet Friendly)<br>3km, 5km & 10km<br>PRIME VIEW ADVENTURE & LEISURE<br>Olifantsfontein Rd, Olifantsfontein, Midrand                             |   |
| 4      | 5       | 6   | 7        | 8      | 9  | 10  |
|        |         | <b>Bull Night Run/Walk</b><br>REGISTER & START BETWEEN 17h00 till 19h00<br>(NOT PET FRIENDLY)<br>5km & 10km<br>Pretoria National Botanical Gardens<br>2 Cussonia Street, Brummeria, Pretoria              |          |        | <b>ARC Irene Hybrid Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Not Pet Friendly)<br>ROAD or TRAIL RUN /WALK<br>2km, 5km, 10km, 15km & 21km<br>ARC Irene Campus, Irene Athletics Clubhouse, Irene, Centurion | <b>Paradise Trail Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Pet Friendly)<br>2km, 5km, 10km, 15km & 21km<br>Ingaadi Spa, Garstfontein Rd, PTA East  |
|        |         |   |          |        | <b>BusStop7 Fun Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Pet Friendly)<br>2.5km, 5km & 10km<br>BusStop7 Open Air Market<br>Cnr Duiker and, Foxtrot St,<br>Mooikloof Heights, Pretoria                     |   |
| 11     | 12      | 13  | 14       | 15     | 16   | 17  |
|        |         | <b>Rietvlei Dam Night Run/Walk</b><br>REGISTER & START BETWEEN 17h00 till 19h00<br>(Not Pet Friendly)<br>2km, 5km, 10km & 15km<br>Pretoria Rietvlei Dam - Angling area, Nelmapius Dr, Pretoria            |          |        | <b>ARC Irene Hybrid Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Not Pet Friendly)<br>ROAD or TRAIL RUN /WALK<br>2km, 5km, 10km, 15km & 21km<br>ARC Irene Campus, Irene Athletics Clubhouse, Irene, Centurion | <b>Tiger Trail Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Pet Friendly)<br>2km, 5km, 10km, 15km & 21km<br>Tierpoort Adventure Farm,<br>210 Tierboskat Str, Tierpoort, PTA East   |
|        |         |   |          |        | <b>The Parks Fun Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Pet Friendly)<br>2km, 5km, & 10km<br>The Parks Farmers Market & Pizzeria<br>168 Kenmuir St, Norton's Home Estates, Benoni                       |   |
| 18     | 19      | 20  | 21       | 22     | 23   | 24  |
|        |         | <b>Prime View Night Run/Walk</b><br>REGISTER & START BETWEEN 17h00 till 19h00<br>(Pet Friendly)<br>2.5km, 5km & 10km<br>PRIME VIEW ADVENTURE & LEISURE<br>Olifantsfontein Rd, Olifantsfontein,<br>Midrand |          |        | <b>ARC Irene Hybrid Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Not Pet Friendly)<br>ROAD or TRAIL RUN /WALK<br>2km, 5km, 10km, 15km & 21km<br>ARC Irene Campus, Irene Athletics Clubhouse, Irene, Centurion | <b>The Cowhouse Trail Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Pet Friendly)<br>2km, 5km, 10km & 15km<br>The Cowhouse Market & Hazeldean Valley Trails<br>Ridge Rd, Hazeldean, Pretoria                                |
|        |         |   |          |        | <b>The Outback Trail Run</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Not Pet Friendly)<br>5km, 10km & 20km<br>Que Sera (Lekker kry @ Que Sera)<br>R25 Welbekend Pretoria East   |   |
| 25     | 26      | 27  | 28       | 29     | 30   | 31  |
|        |         | <b>Botanical Gardens Night Run/Walk</b><br>REGISTER & START BETWEEN 17h00 till 19h00<br>(NOT PET FRIENDLY)<br>5km & 10km<br>Pretoria National Botanical Gardens<br>2 Cussonia Street, Brummeria, Pretoria |          |        | <b>ARC Irene Hybrid Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Not Pet Friendly)<br>ROAD or TRAIL RUN /WALK<br>2km, 5km, 10km, 15km & 21km<br>ARC Irene Campus, Irene Athletics Clubhouse, Irene, Centurion | <b>The River Trail Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Pet Friendly)<br>2km, 5km, 10km & 15km<br>Irene River Estate Grounds<br>Entrance on your left just before Smuts House<br>Jan Smuts Drive, Irene, Centurion |
|        |         |   |          |        | <b>BusStop7 Fun Run/Walk</b><br>REGISTER & START BETWEEN 07h00 till 08h00<br>(Pet Friendly)<br>2.5km, 5km & 10km<br>BusStop7 Open Air Market<br>Cnr Duiker and, Foxtrot St,<br>Mooikloof Heights, Pretoria                     |   |