



Old Mutual Two Oceans Marathon Training Runs 2019



	Date	Venue	Time	Distance	Co-ordinator	Host Clubs
<u>Training Run 1</u>	Sunday 20 January	Atlantic Seaboard Start and finish - Green Point Track parking area	06h00 05h30	14km 24km	Nisar Tiseker 078 396 4721	Walmers AC, Bo-Kaap, Langa AC
<u>Training Run 2</u>	Sunday 27 January	Edgemead Start and finish – Edgemead Clubhouse parking area	06h00	14km	Liam Hendrickse 072 392 7558	Edgemead AC
<u>Training Run 3</u>	Sunday 3 February	Steenberg Village Centre Start and finish – Reddam Ave and Steenberg Road, Westlake (over Ou Kaapse Weg)	06h00 05h30	15.7km 23.5km	Moeshri Majiet 082 063 8287	Ommiedraai Friends, Gugulethu AC
<u>Training Run 4</u>	Sunday 10 February	Rondebosch Start and finish - Rondebosch Sports Club	06h00 05h30	15km 24km	Nikki Herring 083 441 9147	Itheko AC, Old Mutual AC
<u>Training Run 5</u>	Sunday 24 February	Muizenberg Start and finish - Muizenberg Civic Centre Parking Area	06h00 05h30	14km 28km	Rashid Cloete 083 448 0325	Hewat AC, Khayelitsha AC
<u>Training Run 6</u>	Sunday 10 March	Zevenwacht Mall, Kuils River Start and Finish - SPAR Parking Area	06h00 05h30	15km 30km	Dirk Smit 083 232 4224	In Touch, Ommiedraai Friends



