

2018	January	February	March	April	May	June	July	August	September	October	November	December												
Monday	1 New Years Day												1	Club runs										
Tuesday	2												2	Tuesday Time Trial : 17h45 4km / 8km time trial										
Wednesday	3												3	Thursdays: 17h45 Track training / Hill work										
Thursday	4	1	Licensing Evening	1									4	Sundays: Long run btw 15km – 35km 06h30: 1 SEP - 31 MAR 07h00: 1 APR - 31 AUG										
Friday	5	2		2									5	2018 Committee										
Saturday	6	3	McCarthy 10/21 Club Tent	3									6	Chairman: Michelle Acton Email: MAActon@oldmutual.com Cell: 082 321 4463										
Sunday	7	Crowthorne Run	Crowthorne Run	4	Cape Gate Vaal Club Tent	1	30km Club Run	6	24km club run	3	15km club run Comrades Breakfast	1	15km club run	5	21km club run	2	21km club run							
Monday	8			5		2	Family Day	7		4		2	6	3	8	5	Deputy Chair: Tim Walwyn E-mail: tim.walwyn@siemens.com Cell : 082 379 8245							
Tuesday	9	Committee meeting	6	Committee meeting	6	Committee meeting	3	Committee meeting	8	Committee meeting	5	Committee meeting	3	Committee meeting	7	Committee meeting	4	Committee meeting						
Wednesday	10			7										4	9	6	4	8						
Thursday	11			8										5	10	7	5	9						
Friday	12			9										6	11	8	6	10						
Saturday	13			10										7	12	9	7	11						
Sunday	14	Dis-Chem 21 club tent	11	Pick n Pay Club Tent	11	24km club run	8	24km club run	13	24km club run	10	Comrades Club Tent	8	15km club run	12	Dummy Run 10 / 21km	9	24km club run	14	Crowthorne Run	11	24km club run	9	21km club run Christmas Social
Monday	15			12										9	14	11	9	13	10	15	12	10		
Tuesday	16			13										10	15	12	10	14	16	11	13	11	11	
Wednesday	17			14										11	16	13	11	15	17	12	14	12	12	
Thursday	18			15										12	17	14	12	16	18	13	15	13	13	
Friday	19			16										13	18	15	13	17	19	14	16	14	14	
Saturday	20			17										14	19	16	14	18	20	15	Awards Function	17	15	Day of Reconciliation
Sunday	21	24km club run	18	24km club run	18	Crowthorne Run	15	21km club run	20	30km club run	17	15km club run	15	15km club run	19	Club Race - ArthroChoice	16	21km club run	21	24km club run	18	24km club run	16	Crowthorne Run
Monday	22			19										16	21	18	16	20	22	17	19	17	17	
Tuesday	23			20										17	22	19	17	21	23	18	20	18	18	
Wednesday	24			21										18	23	20	18	22	24	19	21	19	19	
Thursday	25			22										19	24	21	19	23	25	20	22	20	20	
Friday	26			23										20	25	22	20	24	26	21	23	21	21	
Saturday	27			24										21	26	23	21	25	27	22	24	22	22	
Sunday	28	30km club run	25	30km club run	25	Crowthorne Run	22	Club 60km long run	27	21km club run	24	15km club run	22	21km club run	26	24km club run	23	24 km club run	28	24km club run	25	Tough One 32 Club tent	23	
Monday	29			26										22	28	24	22	27	29	24	26	24	24	
Tuesday	30			27										23	29	25	23	28	30	25	27	25	25	Christmas
Wednesday	31	Kempton Nite Race15km	28											24	30	26	24	29	31	26	28	26	26	Day of Goodwill
Thursday				29										25	31	27	25	30	32	27	29	27	27	
Friday				30										26	32	28	26	31	33	28	30	28	28	
Saturday				31										27	33	29	27	32	34	29	31	29	29	
Sunday														28	34	30	28	33	35	30	32	30	30	
Monday														29	35	31	29	34	36	31	33	31	31	New Year's Eve
Tuesday														30	36	32	30	35	37	32	34	32	32	

CLUB CHAMPIONSHIP RACES : 42 KM Pick n Pay 11 February / 32km Tough One 25 November / 21km Denel 24 March / 10km Spirit of Flight 1 September

Club runs
Tuesday Time Trial : 17h45
 4km / 8km time trial
Thursdays: 17h45
 Track training / Hill work
Sundays: Long run btw 15km – 35km
 06h30: 1 SEP - 31 MAR
 07h00: 1 APR - 31 AUG

2018 Committee
Chairman: Michelle Acton
 Email: MAActon@oldmutual.com
 Cell: 082 321 4463
Deputy Chair: Tim Walwyn
 E-mail: tim.walwyn@siemens.com
 Cell : 082 379 8245
Treasurer: Khaza Chabalala
 E-mail: khazamula.chabalala@rmb.co.za
 Cell: 083 254 4337
Secretary: Kamy Pathar
 Email: kamypathar@gmail.com
 Cell: 083 468 6000
Men's Captain: Gabriel Mphahlele
 Email: gabe@webmail.co.za
 Cell: 082 595 4831
 &
 Glenn Andrews
 Email: glenn@flightsure.co.za
 Cell: 083 259 7581
Ladies' Captain: Mary Chivers
 Email: maryc@live.co.za
 Cell: 0836757459
 &
 Janine van Tonder
 Email: janine.jvt@gmail.com
 Cell: 083 286 4080
Communications:
 Richard Nortje
 Email: Richard@5thavenue.co.za
 Cell: 082 469 7824
 &
 Brian May
 Email: brianomay@gmail.com
 Cell: 082 924 2153
Development Officer: Young Chara
 Email: youngtapiwa@gmail.com
 Cell: 078 930 7707
Social Secretary & Media: Lwazi Khumalo
 Email: LKhumalo@bwlog.com
 Cell: 083 7499 734
Race Convener: Glenn Andrews
 Email: glenn@flightsure.co.za
 Cell: 083 259 7581
Webmaster: Jackie Polchet
 Email: jackie.polchet@gmail.com
 Cell: 076 520 6783
 &
 Tommy Mdaka
 tommy@mdaka.co.za
 Cell: _____
Licensing officer: Sharon Pyle
 Email: spyle@happl.co.za
 Cell: 082 805 1330
Club Apparel: Janine van Tonder
 Email: janine.jvt@gmail.com
 Cell: 083 286 4080

