

2019 CLUB & RACE CALENDAR

Home of Midrand Striders :
Curro Midrand
8 Harry Galaun Road, Halfway House,
Midrand

2019	January	February	March	April	May	June	July	August	September	October	November	December
Monday				1			1					
Tuesday	1 New Year's Day			2 Committee meeting			2 Committee meeting			1 Committee meeting		
Wednesday	2			3	1 Workers Day - Wally Hayward 42/21km Club Tent		3			2		
Thursday	3			4	2		4	1		3		
Friday	4	1	1	5	3		5	2		4	1	
Saturday	5	2 McCarthy 21/10km club tent	2	6	4	1	6	3		5	2 Kaapsehoop club tent	
Sunday	6 Kyalami Corner Run	3 Licensing & 10km club run	3 30km club run	7 30km club run	5 21km club run	2 15km club run Comrades Breakfast	7 15km club run	4 Dummy Run 10/21km Inanda Country Base	1 24km club run	6 24km club run	3 Soweto Club Tent	1 21km club run
Monday	7	4	4	8	6	3	8	5	2	7	4	2
Tuesday	8 Committee meeting	5 Committee meeting	5 Committee meeting	9 Committee meeting	7 Committee meeting	4 Committee meeting	9 Committee meeting	6 Committee meeting	3 Committee meeting	8 Committee meeting	5 Committee meeting	3 Committee meeting
Wednesday	9	6	6	10	8	5	10	7	4	9	6	4
Thursday	10	7	7	11	9	6	11	8	5	10	7	5
Friday	11	8	8	12	10	7	12	9 National Women's Day	6	11	8	6
Saturday	12	9	9	13	11	8	13	10	7 Spirit of Flight club tent Awards Function	12 Jacaranda 42/21 club tent	9	7
Sunday	13 Dischem 21km club tent	10 Jeppe (PnP) 42/21km club tent	10 24km club run	14 21km club run	12 30km club run	9 Comrades Club Tent	14 15km club run	11 Dummy Run 10/21km Inanda Country Base	8 Kyalami Corner Run	13 Kyalami Corner Run	10 24km club run	8 21km club run Christmas Social
Monday	14	11	11	15	13	10	15	12	9	14	11	9
Tuesday	15	12	12	16	14	11	16	13	10	15	12	10
Wednesday	16	13	13	17	15	12	17	14	11	16	13	11
Thursday	17	14	14	18	16	13	18	15	12	17	14 AGM	12
Friday	18	15	15	19 Good Friday	17	14	19	16	13	18	15	13
Saturday	19	16	16 Om die Dam Club Tent	20 2 Oceans Marathon Club Tent	18	15 Aches & Pains 5km Park Run	20	17	14	19	16	14
Sunday	20 24km club run	17 24km club run	17 Kyalami Corner Run	21 Kyalami Corner Run	19 24km club run	16 Kyalami Corner Run	21 21km club run	18 Club Race 21/10/5 Inanda Country Base	15 21km club run	20 24km club run	17 12/24km club run	15 Kyalami Corner Run
Monday	21	18	18	22 Family Day	20	17 Public Holiday	22	19	16	21	18	16 Day of Reconciliation Hat Race
Tuesday	22	19	19	23	21	18	23	20	17	22	19	17
Wednesday	23	20	20	24	22	19	24	21	18	23	20	18
Thursday	24	21 Motivational Evening	21 Human Rights Day	25	23	20	25	22	19	24	21	19
Friday	25	22	22	26	24	21	26	23	20	25	22	20
Saturday	26	23	23 Denel 10/21km Club Tent	27 Freedom Day	25	22	27	24	21	26	23	21
Sunday	27 Johnson Crane 42/21km club tent	24 Kyalami Corner Run	24 Kyalami Corner Run	28 Club 60km long run	26 21km club run	23 15km club run	28 21km club run	25 24km club run	22 24km club run	27 24km club run	24 Tough One 32 club tent Club tent	22 Kyalami Corner Run
Monday	28	25	25	29	27	24	29	26	23	28	25	23
Tuesday	29	26	26	30	28	25	30	27	24 Heritage Day	29	26	24
Wednesday	30 Kempton Nite Race 15km	27	27	29	26	23	29	26	23	30	27	25 Christmas
Thursday	31	28	28	30	27	24	30	27	24	31	28	26 Day of Goodwill
Friday			29	31	28	25	31	28	25	30	27	27
Saturday			30		29	26		31	28 Clover Irene Spring 10/21km		30	28
Sunday			31 30km club run		30	27 15km club run			29 Kyalami Corner Run			29
Monday									30			30
Tuesday												31

CLUB RUNS
Tuesdays - 17H30
 4km / 8km Time Trial
Thursday - 17H30
 Jan - Mar : Speed Work
 Apr - June : Hill Work
 July - Dec : Social run
Sundays
Long run : 15km - 30km
 (Starting at Curro Midrand)
 06H30 : 1 Sept - 31 Mar
 07H00 : 1 Apr - 31 Aug
Kyalami Corner run
 (Starting at Kyalami Corner - in front of Virgin Active)
 Consists of 3 loops of 7km each - self supported run

CLUB COMMITTEE
Chairperson
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Treasurer
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Club Secretary / Administrator
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Men's Captain / Development Officer
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Race Convener
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CLUB CHAMPIONSHIP RACES (July 2018 to June 2019) : 42km Jeppe (PnP) - 10 February 2019 / 32km Tough One - 24 November 2018 / 21km Denel - 23 March 2019 / 10km Spirit of Flight - 7 September 2019