



KWIKSPAR
BARNES DAILY

despatch
SUPERSPAR

**Taylor's
TRAILER HIRE**
Contact: Andrew Taylor - 073 099 4888
Alan Taylor - 083 658 0050
Local & One Way



SPIT BRAAI



ALAN TAYLOR
083 658 0050



Busy Bee
Printworks & Promotional Gifts
081 475 1779
E-mail: busybeeprintworks@gmail.com



J.P. Service Centre
Tel: 041 360 7965
Koos Oliver
(Nedbank Athletics Club)



Suppliers of all IT requirements.
EUSENTHA PILLAY
CHARLO ATHLETICS CLUB 084 665 0910



SUPPORT THE SPONSORS OF THESE RUNS



KWIKSPAR
BARNES DAILY

despatch
SUPERSPAR



BIG TREE TRAINING RUNS 2017

FOR TWO OCEANS, COMRADES & IRONMAN

Please read the routes carefully and if unsure,
ask on the morning of the run.

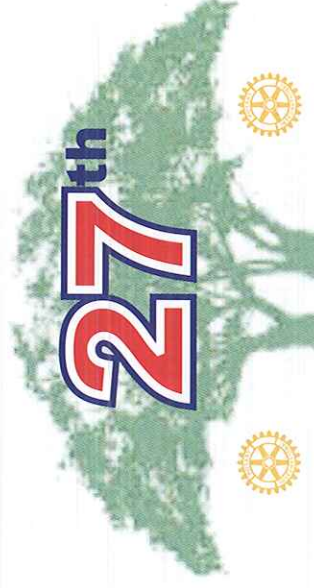


FIG TREE PARK

Donation: R35.00 per runner

All proceeds from these runs go to Rotary Club and the Rotary Foundation.

Venue: Fig Tree Park, William Moffett
Contact Eusentha: 084 665 0910

Please note that these are training runs and abide by the rules of the road and starting times. As it make it difficult for the people manning the water points to get to the next point in time.

The organisers do not hold themselves responsible for any death or injury incurred during these runs.

RUNNERS NOTE:

04:45 am - 5.30 minutes per km to leave

5:00 am - 4.30 minutes per km to leave

5:15 am - 4 minutes and faster per km to leave

Please stick to these times for seconding reasons

Big Tree Training Runs

Starts 5.00 am onwards till 5.30 am

Two Ocean Training Runs

Sat 4 Feb 27km Training run 5:00am start

Big Tree towards Builders Warehouse - turn right onto Buffelsfontein, run on sidewalk - through Mt Pleasant towards Seaview - Past Bushy Park entrance till road narrows - make U-turn and proceed back same way to Big Tree.

Sat 11 Feb 32km Training run 5:00am start

Big Tree - Circular Drive - Kragga Kamma - over railway line - 1st left on Cromwell - left on Welcome Ave at Forlees - next T junction go right past Chelsea Tea Garden - right into Lakeside Rd - proceed till dam - U turn and back to T junction - left past Chelsea Tea Garden - over Theescomb hills - Upper Seaview Rd - Longbarn - Mt Pleasant - Big Tree

Sat 25 Feb 27km Training run 5:00am start

Big Tree towards Builders Warehouse - turn right onto Buffelsfontein, run on sidewalk - through Mt Pleasant towards Seaview - Past Bushy Park entrance till road narrows - make U-turn and proceed back same way to Big Tree.

Sat 11 Mar 32km Training run LAKE FARM

Lake Farm Centre will be hosting a 32km Training Run on 11 March 2017 starting at Lake Farm Centre the same day as their 10km Road Race. This will be run as the Big Tree Training Run with water & Coke supplied along the route which will be manned by Rotary & Brian Bands. The cost is R90 and all proceeds will go towards Lake Farm Centre which is a very worthy cause. You can enter at sports shops or on the morning of the run. A mass start at 5am. No club colours etc.

Lake Farm entry forms available from January 2017 - Please support us! Route briefing will be on the morning of the run. Course will be out & back.

Sat 18 Mar 38km Training run 5:00am start

Big Tree - Circular Drive - Kragga Kamma - over railway line - 1st left on Cromwell - T junction right into Nassau - left on Welcome Ave at Forlees - next T junction go right past Chelsea Tea Garden - right into Lakeside Rd - proceed till dam - U turn and back to T junction - right towards Seaview Rd - T junction turn right to Seaview - U turn where road narrows - proceed toward town - Bushy park sign turn left - pass Chelsea Tea Garden - over Theescomb hills - Upper Seaview Rd - Longbarn - Mt Pleasant - Big Tree

Sat 1 April 27km Training run 5:00am start

Big Tree towards Builders Warehouse - turn right onto Buffelsfontein, run on sidewalk - through Mt Pleasant towards Seaview - Past Bushy Park entrance till road narrows - make U-turn and proceed back same way to Big Tree.

Please wear reflective clothing as it is still dark at 5.00am when Comrades Runs Commence.

Comrades Training Runs

Sat 29 Apr 38km Training run 5:00am start

Big Tree - Circular Drive - Kragga Kamma - over railway line - 1st left on Cromwell - T junction right into Nassau - left on Welcome Ave at Forlees - next T junction go right past Chelsea Tea Garden - right into Lakeside Rd - proceed till dam - U turn and back to T junction - right towards Seaview Rd - T junction turn right to Seaview - U turn where road narrows - proceed toward town - Bushy park sign turn left - pass Chelsea Tea Garden - over Theescomb hills - Upper Seaview Rd - Longbarn - Mt Pleasant - Big Tree

Sat 6 May 38km Training run 5:00am start

Big Tree - Circular Drive - Kragga Kamma - over railway line - 1st left on Cromwell - T junction right into Nassau - left on Welcome Ave at Forlees - next T junction go right past Chelsea Tea Garden - right into Lakeside Rd - proceed till dam - U turn and back to T junction - right towards Seaview Rd - T junction turn right to Seaview - U turn where road narrows - proceed toward town - Bushy park sign turn left - pass Chelsea Tea Garden - over Theescomb hills - Upper Seaview Rd - Longbarn - Mt Pleasant - Big Tree



despatch



BARNES DAILY

Good luck for the Two Oceans and Comrades, hope the Clover Big Tree Runs will help you to achieve your goals in the Two Oceans & Comrades.

Special thanks to all the guys who give up their Saturday mornings to assist us in achieving our goals.