

**HILLCREST VILLAGERS - OCTOBER 2018**

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  | HAPPY BIRTHDAY   | DATE   |
|---|--|---|---|--|---|---|--|--|
| 1   | 2  | 3   | 4   | 5  | 6   | 7   | Fran Gandy   | 01-Oct   |
|   | Oscars, Hillcrest<br>Highway Just Run<br>10km @ 4.45am<br>Slow Group<br>6km @ 4.45am | The Junction<br>Another Running Group<br>Speedwork &<br>Hill Training<br>4.45am | The Sports Box<br>7/10km @ 4.45am<br>Winston Pk Garage<br>Slow Group 6km 5am<br><b>TIME TRIAL</b><br>4/8KM<br>6PM                   | Oscars, Hillcrest<br>Highway Just Run<br>10km @ 4.45am |   | <b>DUKE OF YORK</b><br>Pietermaritzburg<br>16<br>7am                          | Themba Mkhize<br>Glenn Ambrose<br>Shelley Durrant<br>Malcolm Mcintosh<br>Mark Sas<br>Candice Shar<br>Thandaza Shayingca        | 02-Oct<br>04-Oct<br>06-Oct<br>07-Oct<br>08-Oct<br>08-Oct<br>08-Oct |
| 8   | 9  | 10  | 11  | 12   | 13  | 14  | Kirsty Jonker  | 09-Oct   |
|   | Oscars, Hillcrest<br>Highway Just Run<br>10km @ 4.45am<br>Slow Group<br>6km @ 4.45am | The Junction<br>Another Running Group<br>Speedwork &<br>Hill Training<br>4.45am | The Sports Box<br>7/10km @ 4.45am<br>Winston Pk Garage<br>Slow Group 6km 5am<br><b>LADIES TT</b><br><b>HIGHWAY</b><br><b>TT 6PM</b> | Oscars, Hillcrest<br>Highway Just Run<br>10km @ 4.45am |   | <b>FNB</b><br>Durban<br>10<br>7am<br><b>GLENCAIRN</b><br>HV WEEKEND<br>AWAY   | Tracey Twitchen<br>Natalie Cooke<br>Ant Kenny<br>Gary Botha<br>Wynand J v Rensburg<br>Barry Trevor Roberts<br>Kathleen Pearson | 09-Oct<br>10-Oct<br>14-Oct<br>15-Oct<br>15-Oct<br>18-Oct<br>19-Oct |
| 15  | 16   | 17  | 18  | 19   | 20  | 21  | Qinisela Khomo   | 20-Oct   |
|   | Oscars, Hillcrest<br>Highway Just Run<br>10km @ 4.45am<br>Slow Group<br>6km @ 4.45am | The Junction<br>Another Running Group<br>Speedwork &<br>Hill Training<br>4.45am | The Sports Box<br>7/10km @ 4.45am<br>Winston Pk Garage<br>Slow Group 6km 5am<br><b>INFO</b><br><b>EVENING</b><br><b>TT 6PM</b>      | Oscars, Hillcrest<br>Highway Just Run<br>10km @ 4.45am | <b>COMRADES</b><br><b>NOVICE</b><br><b>TRAINING</b> | <b>MEREWENT</b><br>Merewent<br>10<br>7am<br><b>ULUNDI</b><br>21, 10, 5<br>6am | Dhanapalan Marie<br>Steven Gordon<br>Lovell Maketo<br>Raymond Manunure<br>Marray Smith<br>Roy Uren<br>Janet Meyer              | 21-Oct<br>22-Oct<br>22-Oct<br>25-Oct<br>26-Oct<br>26-Oct<br>28-Oct |
| 22  | 23   | 24  | 25  | 26   | 27  | 28  | Hayley Walker  | 28-Oct   |
|   | Oscars, Hillcrest<br>Highway Just Run<br>10km @ 4.45am<br>Slow Group<br>6km @ 4.45am | The Junction<br>Another Running Group<br>Speedwork &<br>Hill Training<br>4.45am | The Sports Box<br>7/10km @ 4.45am<br>Winston Pk Garage<br>Slow Group 6km 5am<br><b>MIXED TT</b><br><b>PDAC</b><br><b>TT 5.45PM</b>  | Oscars, Hillcrest<br>Highway Just Run<br>10km @ 4.45am |   | <b>GOSS &amp; BALFE</b><br>Scottburgh<br>42, 21<br>6am                        | Emilda Makuvure<br>sharon Smorenburg<br>Clayton Steytler   | 29-Oct<br>30-Oct<br>31-Oct   |
| 29  | 30   | 31  |   |  |   |   |  |  |
|   | Oscars, Hillcrest<br>Highway Just Run<br>10km @ 4.45am<br>Slow Group<br>6km @ 4.45am | The Junction<br>Another Running Group<br>Speedwork &<br>Hill Training<br>4.45am |   |  |   |   |  |  |
| <b>NOTICE BOARD</b>   |  |   |   |  |   |   |  |  |
| If you are running a race and would be willing to take the tent and return it, please get in contact with any committee member. |  |   |   |  |   |   |  |  |
| If you would like to add anything to the monthly calender, e-mail it to lewis@hit.co.za   |  |   |   |  |   |   |  |  |