

# Calendar of Sunday Long Runs Oct- April 2011

Half Marathon & Marathon Training- 8:00am start

| Date                                      | Long Run Course  | Start- Venue  |
|---|--|---|
| 24-Oct                                    | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K10                         |
| 31-Oct                                    | Burnley - Dights Falls/Kew Boulevarde  | Kevin Bartlett Reserve, Burnley- Yarra Blvde Mel 45 B12 (F.R.Smith Dve).                  |
| 7-Nov                                     | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K10                         |
| 14-Nov                                    | Brighton- Black Rock- Mentone, Bayside run   | Brighton Sea Baths- The Esplanade- Brighton Mel ref 67 C10                                |
| 21-Nov                                    | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K11                         |
| 28-Nov                                    | Como Landing -South Yarra- Burnley - Dights Falls/Kew Boulevarde                             | Meet next to Kanteen Cafe- Alexandra Ave (Opposite Como Park) South Yarra -Mel Ref: 2M D2 |
| 5-Dec                                     | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K11                         |
| 12-Dec                                    | Brighton- Black Rock- Mentone, Bayside run   | Brighton Sea Baths- The Esplanade- Brighton Mel ref 67 C11                                |
| 19-Dec                                    | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K12                         |
| <b>Xmas Break- No Run Dec 26 or Jan 2</b> |  |   |
| 9-Jan                                     | Como Landing -South Yarra- Burnley - Dights Falls/Kew Boulevarde                             | Meet next to Kanteen Cafe- Alexandra Ave (Opposite Como Park) South Yarra -Mel Ref: 2M D2 |
| 16-Jan                                    | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K13                         |
| 23-Jan                                    | Como Landing -South Yarra- Burnley - Dights Falls/Kew Boulevarde                             | Meet next to Kanteen Cafe- Alexandra Ave (Opposite Como Park) South Yarra -Mel Ref: 2M D2 |
| 30-Jan                                    | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K13                         |
| 6-Feb                                     | Brighton- Black Rock- Mentone, Bayside run   | Brighton Sea Baths- The Esplanade- Brighton Mel ref 67 C12                                |
| 13-Feb                                    | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K13                         |
| 20-Feb                                    | Como Landing -South Yarra- Burnley - Dights Falls/Kew Boulevarde                             | Meet next to Kanteen Cafe- Alexandra Ave (Opposite Como Park) South Yarra -Mel Ref: 2M D2 |
| 27-Feb                                    | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K13                         |
| 6-Mar                                     | Brighton- Black Rock- Mentone, Bayside run   | Brighton Sea Baths- The Esplanade- Brighton Mel ref 67 C12                                |
| 13-Mar                                    | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K13                         |
| 20-Mar                                    | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K13                         |
| 27-Mar                                    | Como Landing -South Yarra- Burnley - Dights Falls/Kew Boulevarde                             | Meet next to Kanteen Cafe- Alexandra Ave (Opposite Como Park) South Yarra -Mel Ref: 2M D2 |
| 3-Apr                                     | <b>Queenscliff- 'Fun Runners' Running Camp- see website for details</b><br>long run- Ivanhoe | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K13                         |
| 10-Apr                                    | <b>Canberra Marathon</b><br>long run- Brighton   | Brighton Sea Baths- The Esplanade- Brighton Mel ref 67 C12                                |
| 17-Apr                                    | Ivanhoe- Westerfolds Park- Yarra Trail   | Eaglemont Tennis Club carpark- The Boulevarde- Ivanhoe Mel 31 K14                         |
| 24-Apr                                    | Como Landing -South Yarra- Burnley - Dights Falls/Kew Boulevarde                             | Meet next to Kanteen Cafe- Alexandra Ave (Opposite Como Park) South Yarra -Mel Ref: 2M D2 |

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| 1-May | <b>Geelong Half Marathon</b><br>long run- Ivanhoe | Eaglemont Tennis Club carpark- The Boulevard-<br>Ivanhoe Mel 31 K14 |
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