



[www.piratesclub.co.za/running](http://www.piratesclub.co.za/running)



Pirates Road Running Club



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@PiratesRoadRun



25 Braeside Road, Greenside

## PIRATES CLUB RUNS & TRAINING RUNS *ALL ARE WELCOME*

	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
TIME	17:45	05:30	07:00	07:00
DISTANCE	Varies from 10-21km	Speedwork	Dog Run (+-7km)	Varies from 10-21km
WHERE	Pirates Club Parking 25 Braeside Road	Pirates Club Top Field 25 Braeside Road	Craft Restaurant 4th Avenue Parkhurst	Pirates Club Parking 25 Braeside Road
NOTES		Run around top Cricket Field	Dogs are welcome!	

SEE BACK OF PAGE FOR MORE INFO ON

## PIRATES ROAD RUNNING TUESDAY TIME TRIALS

**START/FINISH**

PIRATES CLUB BOWLS BAR  
CRUDEN BAY ROAD  
GREENSIDE

START IS AT 17:45 ON  
LINK ROAD

**8KM/5KM SPLIT**

**5KM:** TURN RIGHT TOWARDS ZOO LAKE AND MOYO,  
KEEP TO THE LEFT OF THE LAKE. ➡

**8KM:** CONTINUE ALONG WESTWOLD ROAD TO COM-  
PLETE ONE LAP AROUND ZOO LAKE SPORTS CLUB. ➡

**GREENSIDE**

**PARKWOOD**

**PIRATES ROAD RUNNING  
TUESDAY TIME TRIAL ROUTES**

**PLEASE WEAR HIGH VISIBILITY CLOTHING FOR YOUR OWN SAFETY**