



[Register](#) [1] to receive event updates and last minute changes.

July 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26	27	28	29	30	1 Valley Bakery on the R600 in the central berg [4] 06 00 am 15KM R50 Get Directions [6] View Route [7]	2
3	4	5	6	7	8 The Wild Pip coffee shop [9] 06 00 am 15KM R50 Get Directions [11] View Route [12]	9
10	11	12	13	14	15 Mello Nello Coffee [13] 06 00 am 15KM R50 Get Directions [15] View Route [16]	16
17	18	19	20	21	22 Velvet Coffee [17] 06 00 am 15KM R50 Get Directions [19] View Route [20]	23
24	25	26	27	28	29 Lineage Coffee Westville [21] 06 00 am 15KM R50 Get Directions [23] View Route [24]	30
31	1	2	3	4	5	6

Source URL: <https://www.belovedlongruns.co.za/calendar/month/2023-07>

Powered by: [Blue Sky Solutions](#)

Links

[1] <https://members.belovedlongruns.co.za/register> [2] <https://www.belovedlongruns.co.za/calendar/month/2023-06>
[3] <https://www.belovedlongruns.co.za/calendar/month/2023-08> [4]
<https://www.belovedlongruns.co.za/calendar/event/valley-bakery-r600-central-berg-2023-07-01-040000> [5]
<https://www.belovedlongruns.co.za/calendar/event/valley-bakery-r600-central-berg-2023-07-01-040000?width=300px&height=50%25&inline=true#colorbox-inline-1330914862> [6] <https://goo.gl/maps/xUvjYGhvD3m> [7]
https://za.mapometer.com/running/route_5463465.html [8] <https://www.addthis.com/bookmark.php?v=300> [9]
<https://www.belovedlongruns.co.za/calendar/event/wild-pip-coffee-shop-2023-07-08-040000> [10]
<https://www.belovedlongruns.co.za/calendar/event/wild-pip-coffee-shop-2023-07-08-040000?width=300px&height=50%25&inline=true#colorbox-inline-1484342041> [11]
<https://www.coremedical.co.za/#:~:text=20%20Gainsborough%20Drive%2C%20Durban%20North%2C%20Durban%2C%204051> [12] https://za.mapometer.com/running/route_5463474.html [13]
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https://za.mapometer.com/running/route_5466580.html [17]
<https://www.belovedlongruns.co.za/calendar/event/velvet-coffee-2023-07-22-040000> [18]
<https://www.belovedlongruns.co.za/calendar/event/velvet-coffee-2023-07-22-040000?width=300px&height=50%25&inline=true#colorbox-inline-645450061> [19] <https://goo.gl/maps/9pUB4fwWB6eghKhFA> [20]
https://za.mapometer.com/running/route_5467457.html [21]
<https://www.belovedlongruns.co.za/calendar/event/lineage-coffee-westville-2023-07-29-040000> [22]
<https://www.belovedlongruns.co.za/calendar/event/lineage-coffee-westville-2023-07-29-040000?width=300px&height=50%25&inline=true#colorbox-inline-1631353553> [23] <https://goo.gl/maps/HixiXexQYt49icCL8> [24]
https://za.mapometer.com/running/route_5467462.html