



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

October 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
25	26	27	28	29	30	1
2	3	4	5	6	7 Run Walk for Life-Toti High [4] 05 30 am 21KM R50 View Route [6]	8
9	10	11	12	13	14 Main SPAR Sandy's Centre [8] 05 30 am 21KM R50 Get Directions [10] View Route [11]	15
16	17	18	19	20	21 YWPAC Stainbank [12] 06 30 am 10KM R50 Get Directions [14]	22
23	24	25	26	27	28 BLUFF AC - Fynnland Pool [15] 05 30 am 22KM R50 Get Directions [17] View Route [18]	29
30 Village Cafe, Glenwood [19] 05 30 am 20KM R50 View Route [21]	31	1	2	3	4	5

Source URL: <https://www.belovedlongruns.co.za/calendar/month/2023-10>

Powered by: [Blue Sky Solutions](#)

Links

[1] <https://members.belovedlongruns.co.za/register> [2] <https://www.belovedlongruns.co.za/calendar/month/2023-09>
 [3] <https://www.belovedlongruns.co.za/calendar/month/2023-11> [4]

<https://www.belovedlongruns.co.za/calendar/event/run-walk-life-toti-high-2023-10-07-033000> [5]
<https://www.belovedlongruns.co.za/calendar/event/run-walk-life-toti-high-2023-10-07-033000?width=300px&height=50%25&inline=true#colorbox-inline-1417508467> [6] <https://www.strava.com/routes/3144186545678649730>
[7] <https://www.addthis.com/bookmark.php?v=300> [8]
<https://www.belovedlongruns.co.za/calendar/event/main-spar-sandys-centre-2023-10-14-033000> [9]
<https://www.belovedlongruns.co.za/calendar/event/main-spar-sandys-centre-2023-10-14-033000?width=300px&height=50%25&inline=true#colorbox-inline-717844322> [10]
https://www.google.com/maps/dir/''/sandys+centre/data=!4m5!4m4!1m0!1m2!1m1!1s0x1ef6fe3a430b24cb:0x1689f690053d3736?sa=X&ved=0ahUKEwjW6fOx-LzVAhUHtRQKHwo_BogQ9RclfzAL [11]
<https://www.strava.com/routes/3144163307515143386> [12]
<https://www.belovedlongruns.co.za/calendar/event/ywpac-stainbank-2023-10-21-043000> [13]
<https://www.belovedlongruns.co.za/calendar/event/ywpac-stainbank-2023-10-21-043000?width=300px&height=50%25&inline=true#colorbox-inline-2140796356> [14] <https://goo.gl/maps/yLshTUxWDr71FLGp9> [15]
<https://www.belovedlongruns.co.za/calendar/event/bluff-ac-fynnland-pool-2023-10-28-033000> [16]
<https://www.belovedlongruns.co.za/calendar/event/bluff-ac-fynnland-pool-2023-10-28-033000?width=300px&height=50%25&inline=true#colorbox-inline-910008298> [17]
<https://www.google.com/maps/dir/''/Fynnlads,+Bluff,+Bayhead,+Durban,+4052/@-29.8947666,30.9586187,12z/data=!4m8!4m7!1m0!1m5!1m1!1s0x1ef7a91957b5f1db:0x6b2cf2954eb4eaab!2m2!1d31.0286589!2d-29.8947851> [18] <https://www.strava.com/routes/3144172878890263770> [19]
<https://www.belovedlongruns.co.za/calendar/event/village-cafe-glenwood-2023-10-30-033000> [20]
<https://www.belovedlongruns.co.za/calendar/event/village-cafe-glenwood-2023-10-30-033000?width=300px&height=50%25&inline=true#colorbox-inline-579320973> [21] https://za.mapometer.com/running/route_5486887.html