

Week	Ending Sun	Target	Actual	Cum Target	Cum Actual	Long Run	
						Long run	Possible Alternative (If races gets canceled)
1	09-Jan	40		40		H&A Vill - Hermanus loop 21km (Sat 08 Jan)	
2	16-Jan	45		85		H&A Vill -Vermont-Sandb loop - 22km (Sat 15 Jan)	
3	23-Jan	50		135		H&A Vill - Valley out and back 25 km (Sat 22 Jan)	
4	30-Jan	55		190		<b>Bay to Bay 30</b> (Sun 30 Jan)	H&A Vill - Hermanus loop 25 (Sat 29 Jan)
5	06-Feb	55		245		H&A Vill - Sanbaai loop - Rotary drive - out and back 23km (Sat 5 Feb)	
6	13-Feb	60		305		Voelklip Beach - Stanford road out and back 24km (Sat 12 Feb)	
7	20-Feb	65		370		<b>Peninsula 42</b> (Sun 20 Feb)	HSC - Stanford road out and back 32km (Sat 19 Feb)
8	27-Feb	70		440		H&A Vill -Onrus loop - Hermanus loop 30km (Sat 27 Feb)	
9	06-Mar	75		515		<b>Hemel &amp; Aarde 42</b> (Sat 5 March) or <b>Red Hill 36 &amp; 42</b> (Sun 6 March)	Caledon Mall to H&A Vil 35.2 (Sat 5 Mar)
10	13-Mar	80		595		HSC - Stanford road out and back 32km (Sat 12 Mar)	
11	20-Mar	75		670		H&A Vill - Karwyderskraal loop 31 (Sat 19 Mar)	<b>West Coast 42</b> (Sat 19 March)
12	27-Mar	80		750		H&A Vill to Kleinmond 31 (Sat 26 Mar)	
13	03-Apr	65		815		H&A Vill - Hermanus loop 25 (Sat 2 April)	
14	10-Apr	45		860		H&A Vill - Onrus loop15 (Sat 9 Apr)	
15	17-Apr	10		870		<b>TWO OCEANS (SUN 17 APR)</b>	