Runners get a winter warm-up

Winter is a challenging time for runners to stay motivated – it’s a lot more comfortable staying in bed then hitting the road on a cold winter morning, or afternoon for that matter. The good news is that you’ve survived the first month of winter; July has some exciting road running fixtures to help you shake off the winter blues.

First up, on Sunday, is the X-Dirt off-road duathlon at the Blue Moonlight Lodge on Moloto Road just past the Roodeplaat Dam main entrance. The start time for the event is 8am and it’s hosted by Triathlon South Africa (TSA) – non-TSA members will need a day license to participate in this event. Online entries close on Friday. Late entries will be taken on the day of the race from 06:30am.

The Springbok Vasbyt 25, 10 and 5 km run takes place on July 13 at the Voortrekker Monument at 07:30am. The event is an adventure and a challenge – half of the race is on gravel road and very challenging mountain tracks. The 10km and 25km race terrain is not suitable for baby strollers or wheelchairs due to the off-road section. Online entries close on the July 10. Late entries will be taken at the start venue on race day from 06:30am.

The third weekend in July has back-to-back races. The first race is on Saturday, July 20 and it’s the Mooikloof Realtors 10km and 5 km Winter Road Race taking place at the Garsfontein Primary School in Zita Street. This is a new race on the road running calendar and has a big charity drive. All proceeds from the race will be used for charity outreach programmes by the Garsfontein Dutch Reformed Church and this is an opportunity for all runners to run for a good cause. Entries will be taken on the day of the race from 05:30am.

The second race of the weekend is on Sunday, July 21, hosted by the Lante Investment Holdings at Loftus Stadium. The Lante 15km and 6km event will start at 7am and goes through the peaceful suburbs surrounding the Loftus stadium.

The last event of the month is the Zwartkop Half Marathon & 10 km event on July 27, taking place at the Zwartkop Lapa on Wierda Road in Centurion at 7am. You can register for the race on July 26 from 2pm to 6pm in the afternoon at the race venue or on race day from 05:30am. Online entries close on July 24. This race is run between agricultural small holdings and on a beautiful winter’s morning you might just feel that you are in the countryside. No baby-strollers or dogs on leashes are allowed for the race.