

**Southern Running Group  
2017 Group Run program**

Week	Week Ending (Sunday)	Wednesday Port Noarlunga 'Run Club' details	Saturday Morphett Vale Park run details	Scheduled events	Comments
Week 8	26-Feb-17	Run 16: 5.0km Porties loop - <a href="https://connect.garmin.com/modern/course/14143468">https://connect.garmin.com/modern/course/14143468</a>	Tjilbruke Dreaming & Marion Coastal trail run (Out & back) <a href="https://connect.garmin.com/modern/course/14430820">https://connect.garmin.com/modern/course/14430820</a>		
Week 9	5-Mar-17	Week 18: SRG Sand/Trail 6.7km	Run 52 – 5.1km, 10.0km and 20.4km Reserve runs		
Week 10	12-Mar-17	Run 2: 5.4km River road loop (7 roundabouts run) - <a href="https://connect.garmin.com/course/9147629">https://connect.garmin.com/course/9147629</a>	Special SRG 5th Anniversary run	2017 Beach Bash (Friday - Henley) 4km - Friday 10 March 2017 :: SARRC Running Events	
Week 11	19-Mar-17	Run 3: 7km Port Noarlunga Cliff Ave loop - <a href="http://www.stepwhere.com/maps/route/7km-Port-Noarlunga-Cliff-Ave-loop">http://www.stepwhere.com/maps/route/7km-Port-Noarlunga-Cliff-Ave-loop</a>	Run 48 – 5.3km, 10.3km and 20.3km Morphett Vale Discovery Runs	2017 Bay-City - Sunday 19 March 2017 Yumigo Summer Trail sries - Newland Head - Sun 19 March 2017	Monday 13/3 Adelaide cup public holiday
Week 12	26-Mar-17	Run 4: 5.5km Noarlunga loop - <a href="https://connect.garmin.com/modern/course/13049116">https://connect.garmin.com/modern/course/13049116</a>	Encounter Bay Kings Beach & Heysen trail Away run	Sun, 26 March 2017 - Yumigo! SA Coastal Challenge – 65km Ultra 2017 Northern Argus Clare Valley Half Marathon 5km, 10km & 21.1km + kids free 1km - Sunday 02 April 2017 :: SARRC Running Events	
Week 13	2-Apr-17	Run 5: 6.15km Port Noarlunga River edge run - <a href="https://connect.garmin.com/course/10346541">https://connect.garmin.com/course/10346541</a>	Run 43 – 5.0km, 9.9km and 20.1 km O'Sullivan's and MV runs	Sun, 09 April 2017 - TRSA Amber's Ridge - Incorporating the Australian Mountain Running Championships	
Week 14	9-Apr-17	Run 6: 5.4km Christies Beach run - <a href="http://www.stepwhere.com/maps/route/5-4km-Christies-Beach-loop">http://www.stepwhere.com/maps/route/5-4km-Christies-Beach-loop</a>	Run 47 – 5.2km, 10.1km & 20.1km Reynella trail & Road runs (Map & directions to be added)		
Week 15	16-Apr-17	Run 7: 6.3km Port Noarlunga 'Double Loop' run - <a href="https://connect.garmin.com/modern/course/13269133">https://connect.garmin.com/modern/course/13269133</a>	Run 51 – 5.3km, 10.1km and 19.8km OSullivan and Sherriffs Loop runs		Easter long weekend - 14-17 April (SRG trail run on Monday 17/4)
Week 16	23-Apr-17	Run 8: 6.2km Christies Beach (Elgin Ave) loop run - <a href="https://connect.garmin.com/modern/course/13339352">https://connect.garmin.com/modern/course/13339352</a>	Run 46 – 5.1km, 10.3km and 20.2km Woodcroft and Panatalinga Runs	Sun, 23 April 2017 - TRSA The Cleland Trails (Incorporating the SA Trail Running Championship)	
Week 17	30-Apr-17	Run 9: 6.2km Port Noarlunga Onkaparinga River trail and road run - <a href="https://connect.garmin.com/course/11079206">https://connect.garmin.com/course/11079206</a>	Run A10 – 5.1km, 10.4km & 20.3km Old Noarlunga 'Away' Runs	2017 The Athlete's Foot Greenbelt Half Marathon 5km, 10km & 21.1km - Sunday 30 April 2017 :: SARRC Running Events	ANZAC day Tue 25/4
Week 18	7-May-17	Run 10: 5.3km Leitch Ave run - <a href="http://www.stepwhere.com/maps/route/5-3km-Leitch-Ave-run">http://www.stepwhere.com/maps/route/5-3km-Leitch-Ave-run</a>	Run 45 – 5.3km, 10.5km and 21.1km Revnella Runs		
Week 19	14-May-17	Run 11: Witton road 5.0km Christies Beach 'Squares' run - <a href="http://www.stepwhere.com/maps/route/5-0km-Christies-Beach-Squares-run">http://www.stepwhere.com/maps/route/5-0km-Christies-Beach-Squares-run</a>	Run 49 – 5.6km, 9.9km and 20.1km Onkaparinga Hills runs	Sun, 14 May 2017 - TRSA Sturt Gorge	
Week 20	21-May-17	Run 12: Noarlunga Downs 6.6km (4.7km short cut) run - <a href="https://connect.garmin.com/modern/course/13532470">https://connect.garmin.com/modern/course/13532470</a>	Run 9 – 5km, 10km and 20.1km States & Piggott Range Road runs		
Week 21	28-May-17	Run 13 - 6.8km Grand Boulevard Run - <a href="http://www.stepwhere.com/maps/route/6-9km-The-Grand-loop-run">http://www.stepwhere.com/maps/route/6-9km-The-Grand-loop-run</a>	Run A3 – 5.0km, 9.8km & 22.7km Woodcroft Tangari Park and Happy Valley 'Away' runs	2017 Barossa Marathon Festival 5km, 10km, 21.1km & 42.2km - Sunday 28 May 2017 :: SARRC Running Events	
Week 22	4-Jun-17	Run 14: 6.1km Fremantle road loop (4.8km short cut) - <a href="http://www.stepwhere.com/maps/route/6-1km-Fremantle-road-loop">http://www.stepwhere.com/maps/route/6-1km-Fremantle-road-loop</a>	Run 1 - 4.9km, 9.9km & 20.5km Morphett Vale 'Block Runs'		
Week 23	11-Jun-17	Run 15: 5.6km Port Noarlunga Run - <a href="https://connect.garmin.com/modern/course/12055359">https://connect.garmin.com/modern/course/12055359</a>	Run 19 – 5.3km, 9.8km and 20.2km runs		
Week 24	18-Jun-17	Run 16: 5.0km Porties loop - <a href="https://connect.garmin.com/modern/course/14143468">https://connect.garmin.com/modern/course/14143468</a>	Run 7 - 5.4km, 10.0km and 20.7km Southern Expressway runs	Sun, 18 June 2017 - TRSA Mt. Misery	Mon 12/6 - Queens Birthday long weekend
Week 25	25-Jun-17	Run 17: 6.3km Noarlunga Down road and trail loop - <a href="https://connect.garmin.com/modern/course/14143485">https://connect.garmin.com/modern/course/14143485</a>	Belair National Park/Yurrebilla Trail 'Away' run	2017 Vic Park Loop 5km to 25km - Sunday 25 June 2017 :: SARRC Running Events Sun, 25 June 2017 - The tower trail run (Mt. Gambier)	
Week 26	2-Jul-17	Week 18: SRG Sand/Trail 6.7km	Run 10 - 5.2km, 10.0km and 21.1km Onkaparinga Hills		
Week 27	9-Jul-17	Run 1: 8.3km Port Noarlunga - Seaford River run (4.9k shorter option) - <a href="https://connect.garmin.com/course/9070460">https://connect.garmin.com/course/9070460</a>	Run 25 – 5.1km, 10.4km & 20.1km Collins Runs		
Week 28	16-Jul-17	Run 2: 5.4km River road loop (7 roundabouts run) - <a href="https://connect.garmin.com/course/9147629">https://connect.garmin.com/course/9147629</a>	Run 24 – 5.0km, 9.9km & 20.85km Honeypot runs		
Week 29	23-Jul-17	Run 3: 7km Port Noarlunga Cliff Ave loop - <a href="http://www.stepwhere.com/maps/route/7km-Port-Noarlunga-Cliff-Ave-loop">http://www.stepwhere.com/maps/route/7km-Port-Noarlunga-Cliff-Ave-loop</a>	Run 17 – 5.1km, 10.7km and 19.8km Morphett Vale and Expressway runs		
Week 30	30-Jul-17	Run 4: 5.5km Noarlunga loop - <a href="https://connect.garmin.com/modern/course/13049116">https://connect.garmin.com/modern/course/13049116</a>	Run A6 – 4.8km, 9.9km and 10.1km Willunga 'Away' Runs		
Week 31	6-Aug-17	Run 6: 5.4km Christies Beach run - <a href="http://www.stepwhere.com/maps/route/5-4km-Christies-Beach-loop">http://www.stepwhere.com/maps/route/5-4km-Christies-Beach-loop</a>	Run 4 - 4.9km, 10.1km and 20.0km Panatalinga Loop runs	Sun, 06 August 2017 - TRSA Mt. Crawford	
Week 32	13-Aug-17	Run 7: 6.3km Port Noarlunga 'Double Loop' run - <a href="https://connect.garmin.com/modern/course/13269133">https://connect.garmin.com/modern/course/13269133</a>	Run 16 – 5.1km, 9.9km & 20.0km Morphett Vale & Revnella Loop		

Week 33	20-Aug-17	Run 8: 6.2km Christies Beach (Elgin Ave) loop run - <a href="https://connect.garmin.com/modern/course/13339352">https://connect.garmin.com/modern/course/13339352</a>	Run 13 – 5.3km, 10.4km and 19.7km States Rd, Freeway and bike track runs	2017 The Athlete's Foot Adelaide Marathon Festival - Sunday 20 August 2017 :: SARRC Running Events	
Week 34	27-Aug-17	Run 10: 5.3km Leitch Ave run - <a href="http://www.stepwhere.com/maps/route/5-3km-Leitch-Ave-run">http://www.stepwhere.com/maps/route/5-3km-Leitch-Ave-run</a>	Run A5 – 6.0km, 9.9km and 20.6km Reynella interchange 'Away' runs		
Week 35	3-Sep-17	Run 11: Witton road 5.0km Christies Beach 'Squares' run - <a href="http://www.stepwhere.com/maps/route/5-0km-Christies-Beach-Squares-run">http://www.stepwhere.com/maps/route/5-0km-Christies-Beach-Squares-run</a>	Run 3 – 5.0km, 10.1km & 20.4km Coast to Vines track	Sun, 03 September 2017 - TRSA Mt. Hayfield	
Week 36	10-Sep-17	Run 12: Noarlunga Downs 6.6km (4.7km short cut) run - <a href="https://connect.garmin.com/modern/course/13532470">https://connect.garmin.com/modern/course/13532470</a>	Run 23 – 5.1km, 10.2km & 19.8km Morphett Vale road runs		
Week 37	17-Sep-17	Run 13 - 6.8km Grand Boulevard Run - <a href="http://www.stepwhere.com/maps/route/6-9km-The-Grand-loop-run">http://www.stepwhere.com/maps/route/6-9km-The-Grand-loop-run</a>	Run 20 – 5.2km, 10.0km & 19.6km runs	City to Bay Fun Run - Date TBC	
Week 38	24-Sep-17	Run 14: 6.1km Fremantle road loop (4.8km short cut) - <a href="http://www.stepwhere.com/maps/route/6-1km-Fremantle-road-loop">http://www.stepwhere.com/maps/route/6-1km-Fremantle-road-loop</a>	Run A1 - 5.0km, 10.0km & 19.4km Onkaparinga River 'Away' runs	2017 Yurrebilla Ultra Marathon 56km - Sunday 24 September 2017 :: SARRC Running Events	
Week 39	1-Oct-17	Run 15: 5.6km Port Noarlunga Run - <a href="https://connect.garmin.com/modern/course/12055359">https://connect.garmin.com/modern/course/12055359</a>	Run 15 – 5.2km, 10.2km & 20.8km Morphett Vale Loop		
Week 40	8-Oct-17	Run 16: 5.0km Porties loop - <a href="https://connect.garmin.com/modern/course/14143468">https://connect.garmin.com/modern/course/14143468</a>	Run 18 – 5.8km, 10.9km & 20.7km Track & Southern Expressway runs		Mon 2/10 - Labour Day Long weekend
Week 41	15-Oct-17	Run 17: 6.3km Noarlunga Down road and trail loop - <a href="https://connect.garmin.com/modern/course/14143485">https://connect.garmin.com/modern/course/14143485</a>	Run 12 – 5.0km, 10.7km and 20.4km Vale Loop runs	2017 Hardy's McLaren Vale Half Marathon 5km, 10km & 21.1km - Sunday 15 October 2017 :: SARRC Running Events	
Week 42	22-Oct-17	Week 18: SRG Sand/Trail 6.7km	Run 6 - 5.0km, 10.1km and 20km Pimpala Runs		
Week 43	29-Oct-17	Run 1: 8.3km Port Noarlunga - Seaford River run (4.9k shorter option) - <a href="https://connect.garmin.com/course/9070460">https://connect.garmin.com/course/9070460</a>	Run A7 – 5.4km, 10.0km and 20.6km McLaren Vale 'Away' runs		
Week 44	5-Nov-17	Run 2: 5.4km River road loop (7 roundabouts run) - <a href="https://connect.garmin.com/course/9147629">https://connect.garmin.com/course/9147629</a>	Run 21 - 5.4km, 12.8km & 22.5km Panatalinga Runs	Sun, 05 November 2017 - TRSA Kuitpo Forest	
Week 45	12-Nov-17	Run 3: 7km Port Noarlunga Cliff Ave loop - <a href="http://www.stepwhere.com/maps/route/7km-Port-Noarlunga-Cliff-Ave-loop">http://www.stepwhere.com/maps/route/7km-Port-Noarlunga-Cliff-Ave-loop</a>	Run 14 – 5.0km, 10.0km & 20.5km Morphett Vale Loop	2017 Glenelg Classic 5km & 10km - Sunday 12 November 2017 :: SARRC Running Events	
Week 46	19-Nov-17	Run 4: 5.5km Noarlunga loop - <a href="https://connect.garmin.com/modern/course/13049116">https://connect.garmin.com/modern/course/13049116</a>	Run 11 - 5.1km, 10.1km & 20.8km Morphett Vale Loop		
Week 47	26-Nov-17	Run 5: 6.15km Port Noarlunga River edge run - <a href="https://connect.garmin.com/course/10346541">https://connect.garmin.com/course/10346541</a>	Run A8 – 5.9km, 9.9km and 19.9km Moana Beach 'Away' Runs		
Week 48	3-Dec-17	Run 6: 5.4km Christies Beach run - <a href="http://www.stepwhere.com/maps/route/5-4km-Christies-Beach-loop">http://www.stepwhere.com/maps/route/5-4km-Christies-Beach-loop</a>	Run 22 – 5.1km, 9.8km and 20.0km Morphett Vale runs		
Week 49	10-Dec-17	Run 7: 6.3km Port Noarlunga 'Double Loop' run - <a href="https://connect.garmin.com/modern/course/13269133">https://connect.garmin.com/modern/course/13269133</a>	SRG Christmas Event - TBC		
Week 50	17-Dec-17	Run 8: 6.2km Christies Beach (Elgin Ave) loop run - <a href="https://connect.garmin.com/modern/course/13339352">https://connect.garmin.com/modern/course/13339352</a>	Run 2 - 5.0km, 10.0km & 17.2km Christies Creek trail		
Week 51	24-Dec-17	Run 9: 6.2km Port Noarlunga Onkaparinga River trail and road run - <a href="https://connect.garmin.com/course/11079206">https://connect.garmin.com/course/11079206</a>	Run 5 – 5.3km, 10.2km and 20.2km Morphett Vale runs		
Week 52	31-Dec-17	Run 10: 5.3km Leitch Ave run - <a href="http://www.stepwhere.com/maps/route/5-3km-Leitch-Ave-run">http://www.stepwhere.com/maps/route/5-3km-Leitch-Ave-run</a>	Christmas break	Christmas Day Fanatics 8km, 13km or 21.1km	Christmas, Boxing day & NY day Public Holiday's