

**NUTRI  
TECH®**

**BRIAN BANDS**  
sports



**BIG TREE TRAINING RUNS 2025**



**DONATION: R50 per runner**

**CONTACT EUSENTHA:  
084 665 0910**

# 30km Big Tree Runs

**18 JAN**

**9 FEB**

**15 FEB**

**22 FEB**

**22 MAR**

**5am 5.30/km runners + 5:30am the 4.30/km runners**

**ROUTE:** Big Tree to Buffelsfontein Rd. Turn right - proceed through Mt Pleasant onto Seaview Road past Bushy Park until road narrows and make a u-turn - back towards Mt Pleasant and at Bushy Park turn left, proceed straight onto Theescombe Hills left upper Seaview Road and back to Mt Pleasant and left into Buffelsfontein down to William Moffatt, turn left and back to Big Tree ± 30km.

**ALL DATES WILL FOLLOW SAME ROUTE**