



DATE	VENUE	LOCATION	DISTANCES	EVENT	
JANUARY	04 The Legend	Karen	10,15,20,25,30	Start running	
	11 The Green Table Pizza	Lavington	10,15,20,25,30	Jan cake/ Networking	
	18 Camelia Gardens	Tigoni	10,15, 20,25,30,35		
	25 The Forest @ Kereita	Lari, Kiambu	10,15,20,25,30,35,40		
FEBRUARY	01 Imani Resort Ooloolua	Ngong-Matasia	10,15,20,25,30,35		
	08 Rosslyn Riviera Mall	Runda	10,15,20,25,30,35	Feb babies cake	
	15 Country House Gardens	Karen	10,15, 20, 25, 30		
	22 Karura Forest	Gigiri	5,10,15km – loop(s)	Alternative run	
MARCH	23 MoCu stadium – Moshi	Moshi,Tanzania	21, 42	Kilimanjaro Marathon	
	01 Mwiko Gardens	Westlands	5,10,15,20,25,30	Westlands Run	
	08 Comboni Missionaries	Karen	10,15,20,25, 30, 35	March babies Cake	
	15 Kijabe Ultra	Kimende	10,20,30 ...50KM	URK /USRC	
APRIL	22 Olarro Hotel - Smith Olupat	Rongai	10,15,20,25,30,35		
	29 Mfangano Island	Homabay	33km ring or portion		
	05 Forts Place Grill & BBQ	Upper Kabete	10,15,20,25,30		
	12 Backyard Ultra	Nairobi	6km loops	URK/USRC	
MAY	19 ACK / Citam - Big Smoke	Karen	5,10,15,20,25,30	Easter Weekend Run	
	26 Stoni Athi Resort	Athi River	10,15,20,25,30,35	April cake, Bonfire party	
	01 Karura Forest - Sigiria	Thigiri	loop(s)	Larbour Day- Thursday	
	03 The Green Table Pizza	Lavington	5,10, 15, 20, 25,30		
JUNE	10 Kabuku Junction	Thika	10,15, 20, 25, 30, 35	May birthdays cake	
	17 Alliance Classic Run	Kikuyu	5,10, 21		
	24 Sahihi Run	Cianda-Kiambu	5,10, 21,30	Charity Run	
	31 Chepterit	Nandi County	Saturday travel	Remembering Joshua	
JULY	01 Madaraka day- holiday		20,30,40.....50	A Sunday Run & Social	
	04 Your Run	Your Route,	Your Distance	Global Running Day	
	07 KEFRI-PCEA Thirime School	Kikuyu	4,10,20,30	June babies cake	
	14 Berra Inn	Ngong Hills	10, 15, 20, 25, 30	June babies cake	
AUGUST	21 Parklands Baptist Church	Westlands	10, 15, 20, 25, 30	Miles for meals Run	
	28 Old Moses Run	Nanyuki	15,21km	Mt Kenya Blazers/USRC	
	05 United Kenya Club (UKC)	Nairobi	5, 10	Warm up Run	
	06 Nairobi City Marathon	Expressway Nrb	21, 42km	Sunday marathon	
SEPTEMBER	12 Otium Lounge – Mwimuto	Lower Kabete	10, 15, 20, 25, 30		
	19 Ridgeviews Leisure Garden	Ridgeways	10,15, 20, 25, 30	July cake/Networking	
	26 Wajee Nature Park	Mukurweini	10,15, 20, 25, 30, 35	Chairman's Run	
	02 Villa Park Spring	Wangige	10, 15, 20, 25, 30		
OCTOBER	09 Mt Longonot Trail Run/Hike	Longonot	12km loop(s)	URK/USRC	
	16 Water Point Kitengela	Kajiado	10,15,20,25, 30	August Babies/Mbunis	
	23 Levilla Gardens	Kikuyu	10, 15, 20, 25, 30, 35		
	30 Ole Akhalai	Kimuka	10, 15, 20, 25, 30		
NOVEMBER	06 Bavaria Gardens	Westlands	10, 15, 20, 25, 30	Sept Babies Cake	
	13 Limuru Country Club	Tigoni	10, 15, 20 ,25, 30, 35		
	20 Lava Latte	State Hse Rd	10,15,20,25,30		
	21 FKF Karura Run	Karura	5,10,21,watch party	Run Beyond-Sunday	
DECEMBER	27 Mt Kenya Ultra Marathon	Nyeri	25, 50, 80	M2M Ultra-Marathon	
	04 Backyard Ultra		6km loops	URK/USRC	
	10 Karura Forest	Gigiri	5,10,15km – loop(s)	Huduma holiday-Friday	
	11 Rimpia Greens by Bayleys	Ongata Rongai	10,15, 20,25,30		
JANUARY	18 Tamasha Joint Restaurant	Karen	10,15,20,25,30	Oct Cake/Networking	
	20 Karura Forest - Sigiria	Thigiri	5,10,15km – loop(s)	Mashujaa Day	
	25 Public Service Club	Upper Hill	5,10	Marathon Warmup	
	26 Stanchart Marathon	Nairobi	5, 10, 21,42	Stanchart Marathon	
FEBRUARY	01 The Green Table Pizza	Lavington	10, 15, 20, 25,30	Costume Run/Nov cake	
	08 Recreational Runners Marathon	Karen	5,10, 21,42	Run & End of Year Party	
	15 Gatanga Run	Thika	10, 15, 20, 25, 30		
	22 Kamango Gardens	Nachu	10, 15,20,25, 30, 35		
MARCH	29 Kasuku Centre	Kileleshwa	10, 15, 20, 25, 30		
	06 AGM	TBC	10,15,20	AGM Elections of CRE	
	13 Cellar's Grill	Karen	10,15,20,25,30	Wahome's Run	
	20 Karura Forest	Gigiri	5,10,15km – loop(s)	Xmass Run, Dec cake	
APRIL	27 Arboretum	Arboretum	10,15,20		