

FRIDAY	GUIDED TRAIL RUNS										EXTRA ADVENTURES										JUST SHOW UP		JUST SHOW UP										EXTRA WORKSHOPS																	
																					WORKOUTS/MOVEMENT		RUNS																											
07:00											07:00											07:00	SUNRISE YOGA WITH CARL FROM STRETCH												07:00															
08:00											08:00											08:00	PROJECT AWESOME												08:00															
09:00	RUN THE WILD 4KM	LOVE TRAILS ADVENTURES AT RHOSSILI 3KM & 5KM	TRIBE RUN FOR LOVE (21KM)	RUN TO BEACH CLEAN WITH GOODGYM (17KM)	MULTI-DAY ULTRA WITH ULTRA-X (22KM)						09:00	RUN TO SURFING (15KM)	RUN TO ROCK CLIMBING (10KM)				RUN TO SEA KAYAKING (10KM)	RUN TO PARAGLIDING (13KM)			09:00	OYOGO YOGA SESSIONS											09:00																	
10:00	WE ARE DAYBREAK 8KM										10:00										10:00		RUN TO WILD SWIM - BLUEPOOL CORNER (20KM)											10:00																
11:00											11:00			RUN TO SURFING (15KM)	RUN TO ROCK CLIMBING (10KM)			RUN TO SEA KAYAKING (10KM)	RUN TO PARAGLIDING (13KM)			11:00		DEPART BETWEEN 09:00 AND 12:00	PUB CRAWL RUN (6KM - 24KM)	SUMMER TRAILS (7KM AND 16KM MARKED COURSE) START TMES TO BE ANNOUNCED	FIND & SEEK: ORIENTEERING CHALLENGE	NAVIGATION SKILLS FOR RUNNERS		11:00																				
12:00			MOJU (5KM)									12:00																				12:00																		
13:00	BE MORE YOU (5KM)			TRACK MAFIA (30KM)			LONDON SOCIAL RUNNERS (10KM)					13:00					RUN TO SEA KAYAKING (10KM)	RUN TO PARAGLIDING (13KM)			13:00											13:00																		
14:00	EVOSSI COASTAL RUN (13KM)	LOVE TRAILS ADVENTURES AT RHOSSILI 3KM & 5KM	RUN TO WINE TASTING (5KM)									14:00			RUN TO SURFING (15KM)	RUN TO ROCK CLIMBING (10KM)			RUN TO SEA KAYAKING (10KM)	QUANTUM YOGA WITH ROANNA ROSE DOLEMAN										14:00																				
15:00				WILD TRAIL RUNNERS HILL SESSION (7KM)	VIVOBAREFOOT INNOVATE SUSTAINABILITY PLOGGING RUN (5KM)						15:00	RUN TO SURFING (15KM)	RUN TO ROCK CLIMBING (10KM)									15:00	LOVE TRACK		KUNDALINI YOGA WITH DOUG WILSON															15:00	NAVIGATION SKILLS FOR RUNNERS									
16:00											16:00											16:00								16:00																				
17:00	RUN WITH PAGE PERFECT (5KM)										17:00	RUN TO SURFING (15KM)	RUN TO ROCK CLIMBING (10KM)			SUNSET RUN TO COASTEERING (15KM)	RUN TO SEA KAYAKING (10KM)			17:00													17:00																	
18:00											18:00									18:00													18:00																	
19:00											19:00			SUNSET RUN TO COASTEERING (15KM)			RUN TO SEA KAYAKING (10KM)	RUN TO PARAGLIDING (13KM)			19:00	NO KANE NO GAIN PRESENTED BY DJ MELODY KANE												19:00																
20:00											20:00										20:00													20:00																
21:00											21:00										21:00													21:00																
22:00				WILD TRAIL RUNNERS NIGHT RUN (9KM)							22:00										22:00													22:00																
23:00											23:00											23:00													23:00															

