

Note that this calendar is provisionally set out at the beginning of the year, and the details are subject to change. Use this as a guideline, but be sure to check the weekly club emails or the website for up to date news of each week's run. Special events are shown in **bold**.

| Date | Venue | Location | Distances (km) |
|----------------------|---|------------------|------------------------------------|
| January | | | |
| Saturday 5th | Arboretum | Nairobi | 10, 15, 20 |
| Saturday 12th | Club Legend | Karen | 10, 15, 20, 25, 30 |
| Saturday 19th | Ngong County Offices, Kahara (Matasia loop) | Ngong | 10, 15, 20, 25, 30, 35 |
| Saturday 26th | Kereita Forest Station | Kiambu | 10, 15, 20, 25, 30, 35, 40 |
| February | | | |
| Saturday 2nd | Kisamis Hotel, Olepolos | Kajiado | 10, 15, 20, 25, 30, 35, 40 |
| Saturday 9th | Kefri, Muguga | Kiambu | 10, 15, 20, 25, 30, 35, 40 |
| Saturday 16th | Graceland Upcountry Run | Nyeri | 15, 25, 35 |
| Saturday 23rd | Royal Club / Adams Arcade | Nairobi | 10, 15, 20 |
| March | | | |
| Saturday 2nd | Karura Forest | Nairobi | 10, 15, 20 |
| Sunday 3rd | Kilimanjaro Marathon | Moshi, TZ | 21, 42 |
| Saturday 9th | Spring Valley Oven | Nairobi | 10, 15, 20, 25 |
| Sunday 10th | First Lady's Half Marathon | Nairobi | 10, 21 |
| Saturday 16th | Villa Park Springs, Wangige | Kiambu | 10, 15, 20, 25, 30 |
| Saturday 23rd | Loswani Restaurant | Kiambu | 10, 15, 20, 25, 30 |
| Saturday 30th | Zinc Hauz Resort, Mukurweini | Nyeri | 15, 20, 25, 30, 35, 40 |
| April | | | |
| Saturday 6th | Goshen Garden Restaurant, Kikuyu | Kiambu | 15, 20, 25, 30, 35, 40 |
| Saturday 13th | Ngong County Offices, Kahara | Ngong | 10, 15, 20, 27 |
| Saturday 20th | Valley Arcade | Nairobi | 10, 15, 20, 25, 30, 40 |
| Saturday 27th | Aberdare Cottages, Aberdares | Nyeri | 10, 15, 20, 25, 30, 35, 40, 45, 50 |

| Date | Venue | Location | Distances (km) |
|--------------------|---|---------------------|-----------------------------------|
| May | | | |
| Saturday 4th | Hardy Shopping Centre, (Maasai Lane loop) | Karen | 10, 15, 20, 25, 30 |
| Saturday 11th | Hekima Place, Magadi Road (Chairman's Run) | Kajiado | 10, 15, 20, 25, 30, 35, 40 |
| Saturday 18th | Adams Arcade | Nairobi | 10, 15, 20, 25, 30, 35, 40 |
| Saturday 25th | Classic Villas Resort (new route) | Kiambu | 10, 15, 20, 25, 30, 35, 40 |
| Friday 31st | Afrika Lodges, Voi | Taita Taveta | 10 |
| June | | | |
| Saturday 1st | Afrika Lodges, Voi | Taita Taveta | Up to 50 |
| Sunday 2nd | Afrika Lodges, Voi | Taita Taveta | 5 |
| Saturday 8th | Berra Inn | Ngong | 10, 15, 20, 25, 30, 35, 40 |
| Sunday 9th | Comrades Marathon | South Africa | 87 |
| Saturday 15th | Kivani Market, Mua Hills | Machakos | 10, 15, 20, 25, 30, 35, 40, 45 |
| Saturday 22nd | Jowac Sports Club | Ndenderu | 10, 15, 20, 25, 30, 35, 40 |
| Saturday 29th | Camp Malta | Murang'a | 10, 15, 20, 25, 30, 35, 40 |
| Sunday 30th | Lewa Safaricom Marathon | Isiolo | 21, 42 |
| July | | | |
| Saturday 6th | Githungucu Primary School, Ndeiya | Kiambu | 15, 20, 25, 30, 35, 40, 45, 50 |
| Saturday 13th | Berra Inn (lap of Ngong Hills) | Ngong | Up to 50 |
| Saturday 20th | Fire Pit Restaurant | Nairobi | 10, 15, 20, 25, 30 |
| Saturday 27th | Sego Lodge, Fluorspar | Elgeyo Marakwet | 20, 25, 30, 35, 40, 45, 50, 60 |

| Date | Venue | Location | Distances (km) |
|----------------------|---------------------------------------|----------------|----------------------------|
| August | | | |
| Saturday 3rd | Oasis Restaurant | Karen | 10, 15, 20, 25, 30, 35 |
| Saturday 10th | Gulf Petrol Station, Tigoni | Kiambu | 21, 42 |
| Saturday 17th | County Pride Hotel, Githunguri | Kiambu | 15, 20, 25, 30, 35, 40, 45 |
| Saturday 24th | Karen Primate Centre | Karen | 10, 15, 20, 25, 30, 35, 40 |
| Saturday 31st | Maasai Eco Lodge | Kajiado | 15, 25, 35, 40, 50 |
| September | | | |
| Saturday 7th | The Pork Joint, Karinde | Nairobi | 10, 15, 20, 25, 30, 35 |
| Saturday 14th | Bavaria Gardens, Westlands | Nairobi | 10, 15, 20, 25 |
| Saturday 21st | Qaribu Inn, Loresho | Nairobi | 10, 15, 20, 25, 30 |
| Saturday 28th | Mt Kenya Ultra Marathon | Nyeri | 35, 45, 65, 100 |
| October | | | |
| Saturday 5th | Classic Villas Resort | Kiambu | 10, 15, 20, 25, 30, 35, 40 |
| Saturday 12th | Havila Resort, Sagana | Kirinyaga | 10, 15, 20, 25 |
| Saturday 19th | Karura Forest (Runda route) | Nairobi | 10, 15, 20, 25 |
| Saturday 26th | Arboretum | Nairobi | 5 |
| Sunday 27th | Nairobi Marathon | Nairobi | 10, 21, 42 |
| November | | | |
| Saturday 2nd | Adams Arcade | Nairobi | 10, 15, 20 |
| Saturday 9th | Yellowstone Gardens, Dagoretti | Nairobi | 10, 15, 20, 25 |
| Saturday 16th | City Park Bowling Green Restaurant | Nairobi | 10, 15, 20, 25 |
| Saturday 23rd | Run Together Training Camp | Naivasha | 10, 15, 20, 25, 30 |
| Saturday 30th | Olaro Hotel, Ongata Rongai | Kajiado | 10, 15, 20, 25, 30 |

| Date | Venue | Location | Distances (km) |
|---------------|---|----------|----------------|
| December | | | |
| Saturday 7th | Crayfish Camp (AGM and elections) | Naivasha | 10, 15, 20 |
| Saturday 14th | Ngong County Offices, Kahara (original route) | Ngong | 10, 15, 20, 26 |
| Saturday 21st | Arboretum | Nairobi | 10, 15, 20, 25 |
| Saturday 28th | Karura Forest | Nairobi | 10, 15, 20, 25 |