

Dates	Parcours 1	KMS + DENIVELE	Parcours 2	KMS + DENIVELE
3/2/2024	https://www.openrunner.com/route-details/18316283	79kms 784D+	https://www.openrunner.com/route-details/18316378	88KMS 1094D+
	Rte de Gordes.Lagnes.Cabrieres.Joucas.Lioux.Font jouvale.St Sat les Apt.Le chene.Retour piste.		Rte de Gordes.Lagnes.Cabrieres.Senanque.Murs.Lioux.Font jouvale.St Sat les Apt.Le chene.Retour piste	
3/3/2024	COURSE VIDAUQUE			
3/6/2024	https://www.openrunner.com/route-details/18326352	86kms 930D+	https://www.openrunner.com/route-details/18326351	114kms 1528d+
	Robion.Oppède.Lacoste.Bonnieux.Buoux.Saignon.Apt.retour piste.		Robion.Oppède de vieux.Lacoste.Bonnieux.Rte du pointu.Buoux.Cazeneuve.Gignac.Rustrel.Gargas.Roussillon.Goult.Retour piste.	
3/9/2024	https://www.openrunner.com/route-details/18316401	88kms 652D+	https://www.openrunner.com/route-details/18316408	100kms 644D+
	Orgon.Eygalières.Mouriés.Paradou.Rte de brunelly.Fontvielle.Le grésST rémy.Mollégès.Ch des parties.Cavaillon		Orgon.Eygalières.Mouriés.Rte de st martin.Chambreumont.Paradou.Rte de brunelly.Fontvielle.Le grés.Maillane.Eyragues.Noves.Verquières.Ch des parties.Cavaillon	
3/10/2024	COURSE SIGNES			
3/13/2024	https://www.openrunner.com/route-details/18326811	83kms 597D+	https://www.openrunner.com/route-details/18326806	96kms 938D+
3/16/2024	https://www.openrunner.com/route-details/18327169	78kms 747D+	https://www.openrunner.com/route-details/18327178	132kms 1329D+
3/17/2024	COURSE ST MARTIN DE CRAU			
3/20/2024	https://www.openrunner.com/route-details/18327355	84kms 714D+	https://www.openrunner.com/route-details/18327361	102kms 1057D+
3/23/2024	https://www.openrunner.com/route-details/18327714	78kms 762D+	https://www.openrunner.com/route-details/18327710	142kms 1456D+
3/23/2024	COURSE L ISLE/ SORGUES			
3/27/2024	https://www.openrunner.com/route-details/18331876	77kms 623kms	https://www.openrunner.com/route-details/18331873	87kms 682D+
3/30/2024	https://www.openrunner.com/route-details/18332368	74kms 1044D+	https://www.openrunner.com/route-details/18332366	126kms 2099D+