



# *Circuits des mercredis*

## *Octobre 2018*

### *Départ : 8 h ou 13 h 30*

**03**

**76 km**

**DV 811 m**

**Open** [www.openrunner.com/index.php?id=7948413](http://www.openrunner.com/index.php?id=7948413)

Pieusse – Pomas – Montclar – D 36 - Roullens – Lavalette – Maquens – Pont de L'Hopital – Cazilhac – Cavanac – Leuc – Verzeille – St Hilaire – Villebazy – Buc St Polycarpe – Limoux.

**10**

**68 km**

**DV 793 m**

**Open** [www.openrunner.com/index.php?id=7948480](http://www.openrunner.com/index.php?id=7948480)

St Polycarpe – Buc – Villebazy – St Hilaire – Ladern – Greffeil – Clermont La Caunette – Villardebelle – Buc – St Polycarpe – Limoux.

**17**

**71 km**

**Départ : 8h30 ou 13h30**

**DV 825 m**

**Open** [www.openrunner.com/index.php?id=6612765](http://www.openrunner.com/index.php?id=6612765)

Les Dignes – Castelreng – La Bezole – St Benoit – Courtauly – Col St Pierre Monthaut – Alaigne – Routier – Brugairolles – Cambieure – Cailhau – La Malepère Villarzel – St Martin – Limoux.

**24**

**71 km**

**DV 801 m**

**Open** [www.openrunner.com/index.php?id=3986643](http://www.openrunner.com/index.php?id=3986643)

Pieusse – Pomas – Montclar – La Malepère – D 43 – Montréal – D119 – D 21 Villeneuve les Montréal – D 63 – Brézilhac – La Courtète – D 63 – Bellegarde - D 463 Monthaut – Col St Pierre – Loupia – Limoux.

**31**

**71 km**

**DV 783 m**

**Open** [www.openrunner.com/index.php?id=9138395](http://www.openrunner.com/index.php?id=9138395)

Loupia – Col St Pierre – Mirepoix – D 625 – La Bastide-de Bouzignac – Lagarde Canon – D 63 – Col de la Fotte – St Benoit – La Bezole – Ajac – Limoux.