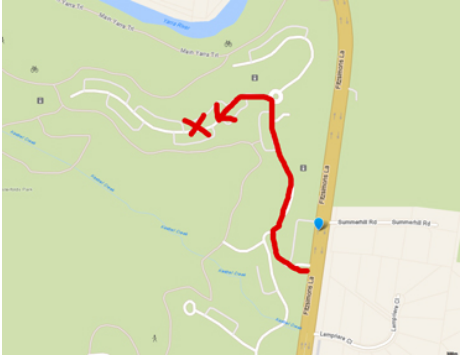
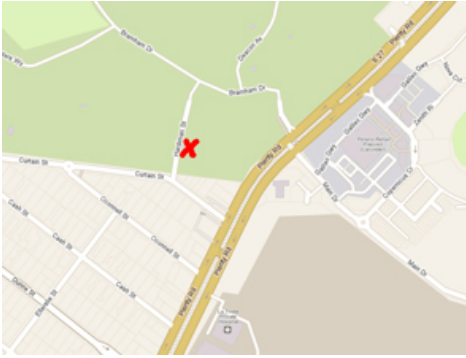
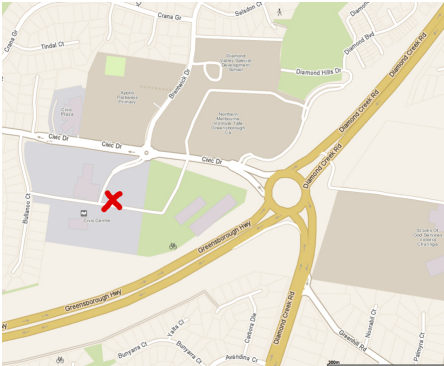
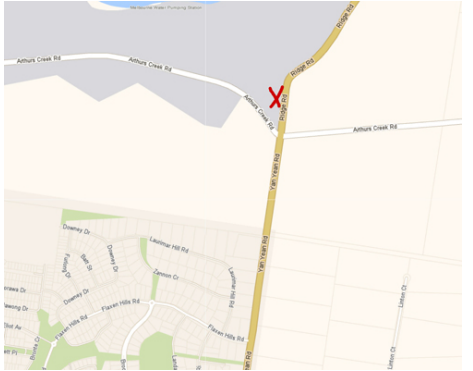



DCR Timetable September 2017

Tuesday	Thursday	Sunday
<p>29th Aug 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Skills Reducing Recoveries Marngrook Oval</p>	<p>31st Aug 7pm – Group Run Marngrook Oval</p>	<p>3rd Sep Trail: Westerfolds Park Meeting place: Meet at the main carpark off the Fitzsimons Lane entrance (near playground / Westerfolds parkrun start) Time: 8am Distance: 5km, 8km+</p> 
<p>5th Sep 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Skills Deeks Quarters Marngrook Oval</p>	<p>7th Sep 7pm – Group Run Marngrook Oval</p>	<p>10th Sep Trail: Darebin Trail Meeting place: Bundoora Park via the main entrance (Fairway drive) and then first left into Hardiman (Hardiman St Carpark - see X on map) Time: 8am Distance: 5km, 8km+</p> 
<p>12th Sep 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Skills 1km Repts Marngrook Oval</p>	<p>14th Sep 7pm – Group Run Marngrook Oval</p>	<p>17th Sep Trail: Ring Road Trail Meeting place: Diamond Valley Library. Civic Dr, Greensborough (see X on map) Time: 8am Distance: 5km, 8km+ Please note there are no toilets or taps until 8am.</p> 

Tuesday	Thursday	Sunday
<p>19th Sep 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Skills Winders Willinda Park</p>	<p>21st Sep 7pm – Group Run Marngrook Oval</p>	<p>24th Sep Trail: Ridge Road, Doreen Meeting place: Corner of Ridge Rd and Arthurs Creek Rd. Parking on the side of the road (no official car park). Time: 8am Distance: 5km, 8km+ ***NOTE - There are no water taps or toilets.*** ***BYO Water and tissues in case of emergency pit stop!***</p> 
<p>26th Sep 7pm – Group Run 7pm – Start to Run Marngrook Oval</p> <p>7:30pm – Skills Gear Shifter Marngrook Oval</p>	<p>28th Sep 7pm – Group Run 7pm – Start to Run Marngrook Oval</p>	<p>30th Sep Trail: Aqueduct Trail Meeting place: Corner Godber Rd & Allendale Rd (top of hill) Time: 8am *DAYLIGHT SAVINGS STARTS* Distance: Start to Run, 5km, 8km+ Please be considerate to locals when parking and making noise before we run. And pls gather on the path not the road. Please note there are no toilets or taps at start.</p> 
<p>3rd Oct 7pm – Group Run 7pm – Start to Run Marngrook Oval</p> <p>7:30pm – Skills Mona Fartlek Marngrook Oval</p>	<p>5th Oct 7pm – Group Run 7pm – Start to Run OR Snowball Marngrook Oval</p>	<p>7th Oct Trail: Plenty River Trail Meeting place: Montmorency Park (enter near Monty Football Club - see X on map) Time: 8am Distance: Start to Run, 5km, 8km+</p> 