
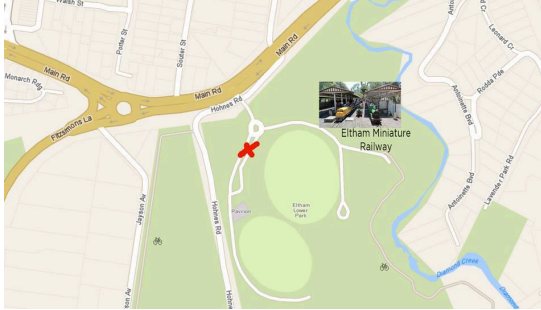
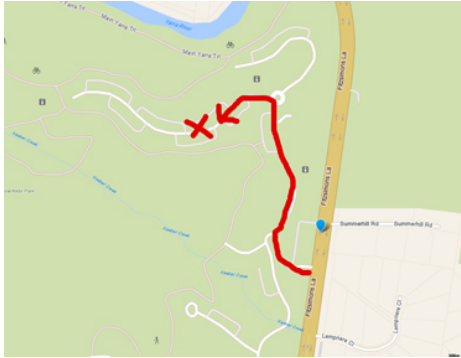


DCR Timetable October 2017

Tuesday	Thursday	Sunday
<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> 
<p>10th Oct 7pm – Group Run 7pm – Start to Run Marngrook Oval</p> <p>7:30pm – Skills Relays Marngrook Oval</p>	<p>12th Oct 7pm – Group Run 7pm – Start to Run Marngrook Oval</p>	<p>15th Oct Trail: Eltham Lower Trail to Petty's Orchard Meeting place: At playground to left of roundabout at Eltham Lower Park, Main Rd, Eltham (see X on map) Time: 8am Distance: Start to Run, 5km, 8km+</p> 
<p>17th Oct 7pm – Group Run 7pm – Start to Run Marngrook Oval</p> <p>7:30pm – Skills Whistle Fartlek Marngrook Oval</p>	<p>19th Oct 7pm – Group Run 7pm – Start to Run Marngrook Oval</p>	<p>22nd Oct Trail: Westerfolds Park Meeting place: Meet at the main carpark off the Fitzsimons Lane entrance (near playground / Westerfolds parkrun start) Time: 8am Distance: Start to Run, 5km, 8km+</p> 

<p>24th Oct 7pm – Group Run 7pm – Start to Run Marngrook Oval</p> <p>7:30pm – Skills Six to One Marngrook Oval</p>	<p>26th Oct 7pm – Group Run 7pm – Start to Run</p>	<p>29th Oct Trail: Mullum Mullum Trail Meeting place: Beasley's Teahouse, 195 Heidelberg-Warrandyte Road Doncaster East Time: 8am Distance: Start to Run, 5km, 8km+</p>	
<p>31st Oct 7pm – Group Run 7pm – Start to Run Marngrook Oval</p> <p>7:30pm – Skills 200s on the 2 mins Willinda Park</p>	<p>2nd Nov 7pm – Group Run 7pm – Start to Run</p>	<p>5th Nov Trail: Plenty River Trail Meeting place: Lower Plenty Hotel, 4 Main Road, Lower Plenty Time: 8am Distance: Start to Run, 5km, 8km+</p>	