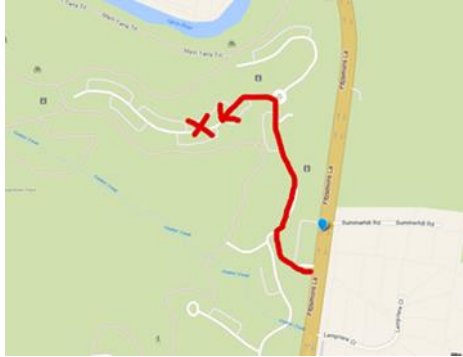
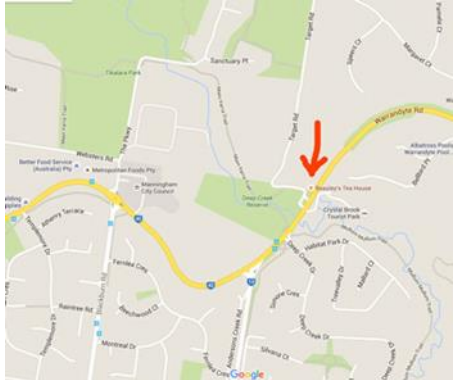




## DCR Timetable January 2018

Tuesday	Thursday	Sunday
<p>2<sup>nd</sup> Jan 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Skills Hill Repetitions Christians Rd. Meet at Hurstbridge Primary School</p>	<p>4<sup>th</sup> Jan 7pm – Group Run Marngrook Oval</p>	<p>7<sup>th</sup> Jan <b>Trail:</b> Westerfolds Park <b>Meeting place:</b> Meet at the main carpark off the Fitzsimons Lane entrance (near playground / Westerfolds parkrun start) <b>Time:</b> 8am <b>Distance:</b> 5km, 8km, 10km+</p> 
<p>9<sup>th</sup> Jan 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Skills Whistle Fartlek with a Twist Marngrook Oval</p>	<p>11<sup>th</sup> Jan 7pm – Group Run Marngrook Oval</p>	<p>14<sup>th</sup> Jan <b>Trail:</b> Mullum Mullum Trail <b>Meeting place:</b> Beasley's Teahouse, 195 Heidelberg-Warrandyte Road Doncaster East <b>Time:</b> 8am <b>Distance:</b> 5km, 8km, 10km+</p> <p>Join us for coffee afterwards at the café.</p> 

<p>16<sup>th</sup> Jan 7pm – Group Run Marngrook Oval</p> <p>7.10pm – Beep Test 7:30pm – Skills Relays Marngrook Oval</p>	<p>18<sup>th</sup> Jan 7pm – Group Run Marngrook Oval</p>	<p>21<sup>st</sup> Jan <b>Trail:</b> Eltham Lower Trail to Petty's Orchard <b>Meeting place:</b> At playground to left of roundabout at Eltham Lower Park, Main Rd, Eltham <b>Time:</b> 8am <b>Distance:</b> 5km, 8km, 10km+</p>	
<p>23<sup>rd</sup> Jan 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Skills 200m on the 2mins Willinda Park athletics track Beatrix St, Greensborough</p>	<p>25<sup>th</sup> Jan 7pm – Group Run Marngrook Oval</p>	<p>28<sup>th</sup> Jan <b>Trail:</b> Plenty River Trail <b>Meeting place:</b> Lower Plenty Hotel, 4 Main Road, Lower Plenty <b>Time:</b> 8am <b>Distance:</b> 5km, 8km, 10km+</p>	
<p>30<sup>th</sup> Jan 7pm – Group Run Marngrook Oval</p> <p>7.30pm – Skills Pyramid Marngrook Oval</p>	<p><b>AUSTRALIA DAY</b> Friday 26<sup>th</sup> Jan 9am - The Chase handicap 5km event Marngrook Oval All welcome</p>		