

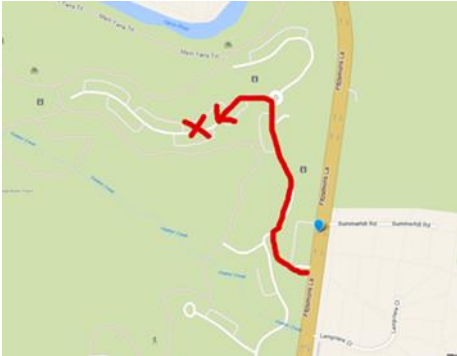
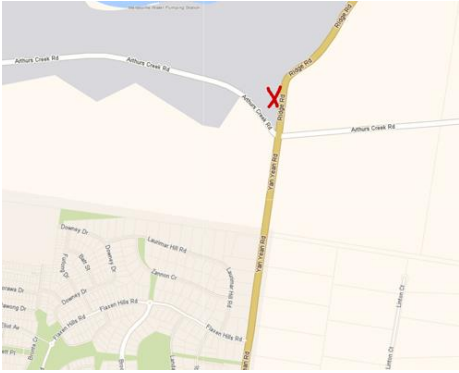


DCR Timetable June 2018

Tuesday	Thursday	Sunday
<p>5th June 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Winders Willinda Park Athletics Track Beatrix St, Greensborough</p>	<p>7th June 7pm – Group Run Marngrook Oval</p>	<p>10th June Trail: Plenty River Trail Meeting place: Lower Plenty Hotel, 4 Main Road, Lower Plenty</p> <p>Time: 8am Distance: 5km, 8km, 10km+</p> 
<p>12th June 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Pyramid intervals Marngrook Oval</p>	<p>14th June 7pm – Group Run Marngrook Oval</p>	<p>17th June Trail: Diamond Creek Trail Meeting place: Alistair Knox Park, in front of Eltham Library, Panther Place Eltham</p> <p>Time: 8am Distance: 5km, 8km, 10km+</p> 
<p>19th June 7pm – Group Run Marngrook Oval</p> <p>7.10pm – Beep Test 7:30pm – Six to One intervals Marngrook Oval</p>	<p>21st June 7pm – Group Run Marngrook Oval</p>	<p>24th June Trail: Westerfolds Park Meeting place: Meet at the main carpark off the Fitzsimons Lane entrance (near playground / Westerfolds parkrun start)</p> <p>Time: 8am Distance: 5km, 8km, 10km+</p> 

<p>26th June 7pm – Group Run Marngrook Oval</p> <p>7:30pm – Hill Repetitions Meet at Ryans Reserve, Broadgully Rd Diamond Creek</p>	<p>28th June 7pm – Group Run Marngrook Oval</p>	<p>1st July Trail: Ridge Rd, 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, 10km+ Note: there are no toilets or taps at this venue ***BYO Water and tissues in case of emergency pit stop!***</p>	
		<p>1st July Trails Option Trail: Plenty Gorge Meeting place: Yellow Gum Carpark, off Goldsworthy Lane, Plenty Time: 8am Distance: 5km, 10km+</p>	