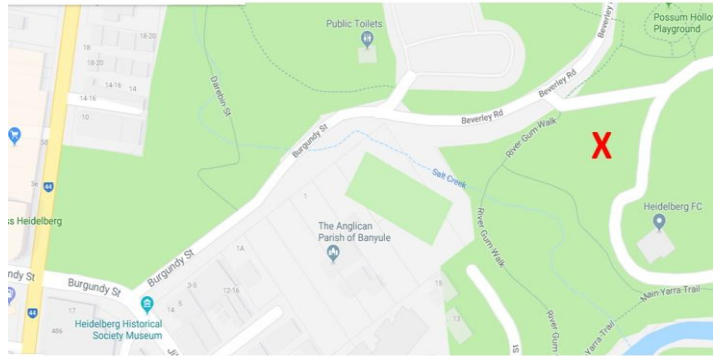
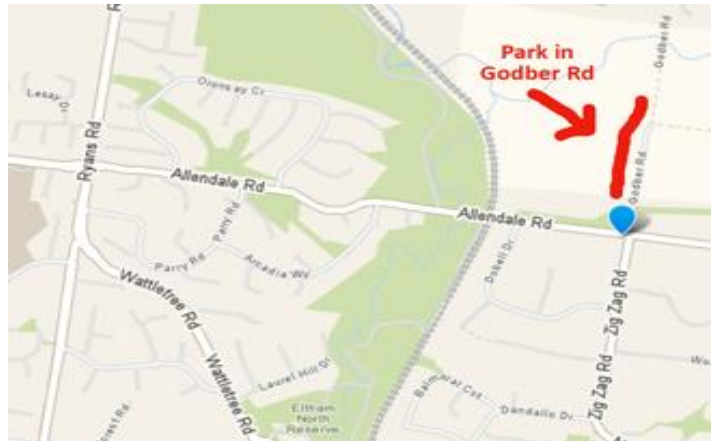
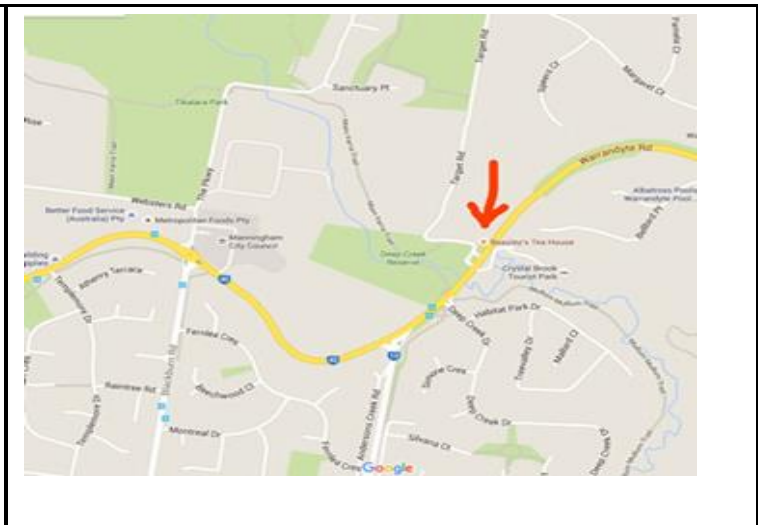


DCR Timetable February 2019

Tuesday	Thursday	Sunday
<p>5th February 7pm – Group Run Marngrook Oval</p> <p>7:25pm – Mona Fartlek Marngrook Oval</p>	<p>7th February 7pm – Group Run Marngrook Oval</p>	<p>10th February</p> <p>Trail: Main Yarra Trail, Heidelberg Meeting place: Car Park adjacent to Heidelberg Football Club, Beverley Road, Heidelberg *20km run to Diamond Creek from here* Time: 8am Distance: 5km, 8km, 10km+</p> 
<p>12th February 7pm – Group Run Marngrook Oval</p> <p>7:25pm – Reducing Recoveries Marngrook Oval</p>	<p>14th February 7pm – Group Run Marngrook Oval</p>	<p>17th February</p> <p>Trail: Aqueduct Trail Meeting place: Corner of Allendale Rd and Godbers Rd (top of hill). Parking on the side of the road (no official car park). This is a residential area so please be considerate to locals. Note: there are no toilets or taps at this venue ***BYO Water and tissues in case of emergency pit stop!*** Time: 8am Distance: 5km, 8km, 10km+</p> 

<p>19th February 7pm – Group Run Marngrook Oval</p> <p>7:25pm – 400s Increasing Pace Marngrook Oval</p>	<p>21st February</p> <p>7pm – Group Run Marngrook Oval</p>	<p>24th February</p> <p>Trail: Mullum Mullum Meeting place: Beasley's Teahouse, 195 Heidelberg-Warrandyte Road Doncaster East</p> <p>Time: 8am Distance: 5km, 8km, 10km+</p> <p>*Join us for coffee afterwards at Beasley's Teahouse*</p>	
<p>26th February 7pm – Group Run Marngrook Oval</p> <p>7:25pm – Relays Marngrook Oval</p>	<p>28th February</p> <p>7pm – Group Run Marngrook Oval</p>	<p>3rd March</p> <p>Trail: Westerfolds Park Meeting place: Meet at the Manor House. Turn left on entry to the park and follow the road up the hill.</p> <p>Time: 8am Distance: 5km, 8km, 10km+</p>	