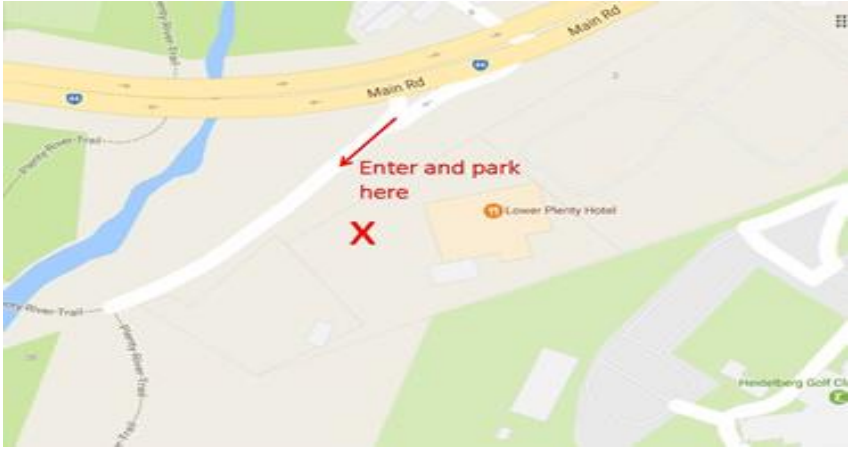
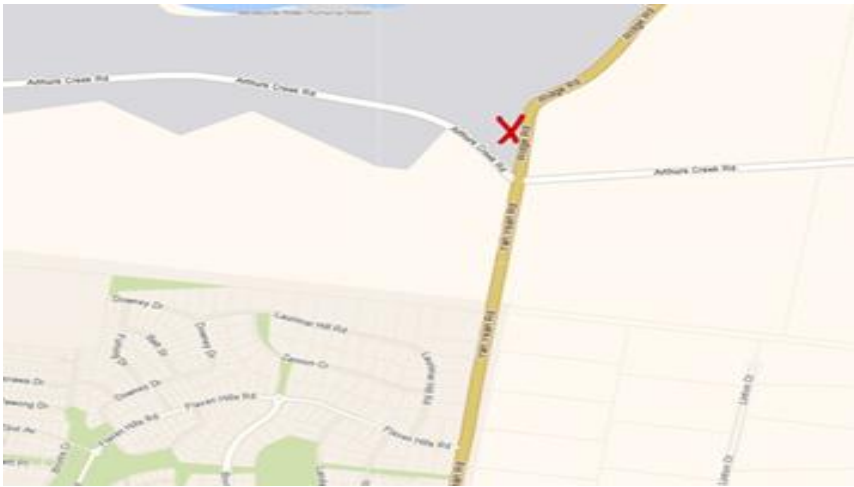

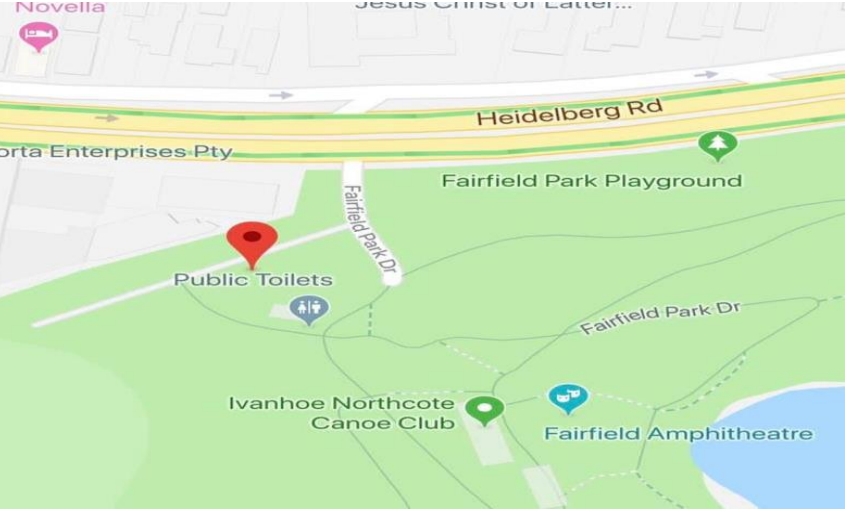


# DCR Timetable March 2019

| Tuesday  | Thursday   | Sunday   |  |
|--|--|--|--|
| <p>5<sup>th</sup> March<br/>7pm – Group Run and STR<br/>Marngrook Oval</p> <p>7:30pm – Hills<br/>Christians Road<br/>Meet at Hurstbridge<br/>Primary School Car Park</p> | <p>7<sup>th</sup> March</p> <p>7pm – Group Run and<br/>STR<br/>Marngrook Oval</p>  | <p>10<sup>th</sup> March</p> <p><b>Trail:</b> Plenty River Trail, Lower Plenty<br/><b>Meeting place:</b> Lower Plenty Hotel,<br/>4 Main Road, Lower Plenty</p> <p>8am – Group Run<br/>8am – Start to Run</p> <p><b>Trail:</b> Plenty River Trail<br/><b>Distance:</b> 5km, 8km, 10km+</p>  |   |
| <p>12<sup>th</sup> March<br/>7pm – Group Run and STR<br/>Willinda Park</p> <p>7:25pm – 200s on the 2<br/>minutes<br/>Willinda Park</p>                                   | <p>14<sup>th</sup> March</p> <p>7pm – Group Run and<br/>STR<br/>Marngrook Oval</p> | <p>17<sup>th</sup> March</p> <p><b>Trail:</b> Ridge Road (superb training<br/>for GOR!)</p> <p>8am – Group Run<br/>8am – Start to Run</p> <p><b>Trail:</b> Ridge Rd, Doreen<br/><b>Meeting place:</b> Corner of Ridge Rd<br/>and Arthurs Creek Rd. Parking on<br/>the side of the road (no official car<br/>park).</p> <p><b>Note:</b> there are no toilets or taps at this venue<br/>***BYO Water and tissues in case of<br/>emergency pit stop!***</p> <p><b>Distance:</b> 5km, 8km, 10km+</p> |  |

|  |  |   |  |
|--|--|---|--|
| <p>19th March<br/>7pm – Group Run and STR<br/>Marngrook Oval</p> <p>7:25pm – Deeks Quarters<br/>Marngrook Oval</p> <p>Beep Test!</p> | <p>21<sup>st</sup> March</p> <p>7pm – Group Run and STR<br/>Marngrook Oval</p> | <p>24<sup>th</sup> March</p> <p><b>Trail: Ring Road (Uni Hill start)</b><br/><b>Meeting place:</b> Car park adjacent to La Salita, Enterprise Drive, Bundoora</p> <p><b>Time:</b> 8am<br/><b>Distance:</b> 5km, 8km, 10km+</p> <p>8am: Start to Run</p> |   |
| <p>26th March<br/>7pm – Group Run and STR<br/>Marngrook Oval</p> <p>7:25pm – Gear Shifter<br/>Marngrook Oval</p>                     | <p>28<sup>th</sup> March</p> <p>7pm – Group Run and STR<br/>Marngrook Oval</p> | <p>31<sup>st</sup> March</p> <p><b>Trail:</b> Yarra Bend<br/><b>Meeting place:</b> Fairfield Boat House Car Park</p> <p><b>Time:</b> 8am<br/><b>Distance:</b> 5km, 8km, 10km+<br/><b>Plus Trail option!</b></p> <p>8am : Start to Run</p>               |  |