DCR Timetable October 2019

October 2019						
Tuesday	Thursday		Sunday			
1 st October 7pm – Group Run Marngrook Oval 7:25pm – Pacer Train	3 rd October 9:30am – Group Run Marngrook Oval 7pm – Group Run Marngrook Oval	6th October Trail: Ring Road Meeting place: Diamond Valley Library Time: 8am Distance: 5km, 8km, 10km+	Apollo Parkways Primary School Civic Or Civic Circuit Diamond Valley Sports & Fitness Centre Fitness Centre			
8 th October 7pm – Group Run Willinda Park 7:25pm – Relays	10 th October 9:30am – Group Run Marngrook Oval 7pm – Group Run Marngrook Oval	13 th October Trail: Eltham Lower Meeting place: Eltham Lower Park Distance: 5km, 8km, 10km+	Saxter St Writish St. Say Gentlem Lower Park Griffith Pa			

15 th October 7pm – Group Run Start to Run Week 1 Marngrook Oval 7:25pm – 400s Increasing pace	17th October 9:30am – Group Run Marngrook Oval 7pm – Group Run Start to Run Week 1 Marngrook Oval	20th October Trail: Main Yarra Trail Meeting place: Yarra Bend Park Time: 8am Distance: Start to Run Week 1 5km, 8km, 10km+	Heidelberg Rd orta Enterprises Pty Fairfield Park Playground Public Toilets Ivanhoe Northcote Canoe Club Fairfield Amphitheatre
22 nd October 7pm – Group Run Start to Run Week 2 Marngrook Oval 7:25pm – Gear Shifter	24th October 9:30am – Group Run Marngrook Oval 7pm – Group Run Start to Run Week 2 Marngrook Oval	27 th October No Run – Run 4 the Firies	

		3 rd November	
29 th October	31st October	Trail: Sugarloaf Trail and Road Run	Sugarloat Reservoir Park
7pm – Group Run Start to Run Week 3 Marngrook Oval	9:30am – Group Run Marngrook Oval	Meeting place: Simpson Road, Sugarloaf Reserve	
7:25pm – 1200s	7pm – Group Run Start to Run Week 3 Marngrook Oval	Time: 8am Distance: Start to Run Week 3 5km & 16km Trail 5km, 8km, 10km+ Road	