


# DCR Timetable November 2017

Tuesday	Thursday	Sunday
<p>31st Oct 7pm – Group Run 7pm – Start to Run Marngrook Oval, Diamond Creek</p> <p>7:30pm – Skills 200s on the 2 mins Willinda Park, Greensborough</p>	<p>2nd Nov 7pm – Group Run 7pm – Start to Run Marngrook Oval</p>	<p>5th Nov <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> Start to Run, 5km, 8km+</p> 
<p>7th Nov: Melbourne Cup Day 7pm – Group Run 7pm – Start to Run Marngrook Oval</p> <p>7:30pm – Skills Increasing Pace 400s Marngrook Oval</p>	<p>9th Nov 7pm – Group Run 7pm – Start to Run Marngrook Oval</p>	<p>12th November <b>NO DCR TRAINING RUN</b></p> <p>DCR members are encouraged to support the Run for the Firies at Eltham North Reserve. See <a href="http://runforthefiries.com">runforthefiries.com</a> for more information and entry details.</p> 

<p>14<sup>th</sup> Nov 7pm – Group Run 7pm – Start to Run Marngrook Oval</p> <p>7:30pm – Skills Hills Christians Rd, Hurstbridge. Meet at Hurstbridge Primary School</p>	<p>16<sup>th</sup> Nov 7pm – Group Run 7pm – Start to Run Marngrook Oval</p>	<p>19<sup>th</sup> Nov <b>Trail:</b> Darebin Trail <b>Meeting place:</b> Bundoora Park via the main entrance (Fairway drive) and then first left into Hardiman St Carpark - see X on map) <b>Time:</b> 8am <b>Distance:</b> Start to Run, 5km, 8km+</p>	
<p>21<sup>st</sup> Nov 7pm – Group Run 7pm – Start to Run Marngrook Oval</p> <p>7:30pm – Skills Indian File Marngrook Oval</p>	<p>23<sup>rd</sup> Nov 7pm – Group Run 7pm – Start to Run Marngrook Oval</p>	<p>26<sup>th</sup> Nov <b>Trail:</b> Ring Rd Trail <b>Meeting place:</b> Diamond Valley Library. Civic Dr, Greensborough (see X on map) <b>Time:</b> 8am <b>Distance:</b> Start to Run, 5km, 8km+</p> <p>Please note there are no toilets or taps at this venue</p>	
<p>28<sup>th</sup> Nov 7pm – Group Run 7pm – Start to Run Marngrook Oval</p> <p>7:30pm – Skills Gear Shifter Marngrook Oval</p>	<p>30<sup>th</sup> Nov 7pm – Group Run 7pm – Start to Run Marngrook Oval</p>	<p>3<sup>rd</sup> Dec <b>Trail:</b> Ridge Rd, Doreen <b>Meeting place:</b> Corner of Ridge Rd and Arthurs Creek Rd. Parking on the side of the road (no official car park). <b>Time:</b> 8am <b>Distance:</b> 5km, 8km+</p> <p>Note: there are no toilets or taps at this venue ***BYO Water and tissues in case of emergency pit stop!***</p>	