


DCR Timetable April 2018

Tuesday	Thursday	Sunday
<p>3rd April 7pm – Group Run 7pm - Start to Run Marngrook Oval</p> <p>7:30pm – Skills Whistle Fartlek with a Twist Marngrook Oval</p>	<p>5th April 7pm – Group Run 7pm – Start to Run Marngrook Oval</p>	<p>8th April Trail: Westerfolds Park Meeting place: Meet at the main carpark off the Fitzsimons Lane entrance (near playground / Westerfolds parkrun start) Time: 8am Distance: 5km, 8km, 10km+ Road and Trail runs will be offered</p> 
<p>10th April 7pm – Group Run 7pm - Start to Run Marngrook Oval</p> <p>7.10pm – Beep Test 7:30pm – Skills Increasing Pace 400s Marngrook Oval</p>	<p>12th April 7pm – Group Run 7pm - Start to Run Marngrook Oval</p>	<p>15th April DCR Bus Run 7am – Diamond Creek Bowling Club For members who have RSVP'd on Team App only. Limited to 100 runners.</p> <p>Social breakfast afterwards at the Bowling Club</p> 

<p>17th April 7pm – Group Run 7pm - Start to Run Marngrook Oval</p> <p>7:30pm – Skills Reducing Recovery Pyramid Willinda Park athletics track Beatrix St, Greensborough</p>	<p>19th April 7pm – Group Run 7pm – Start to Run Marngrook Oval</p>	<p>22nd April Trail: Ring Rd Trail Meeting place: Diamond Valley Library. Civic Dr, Greensborough (see X on map)</p> <p>Time: 8am Distance: Start to Run, 5km, 8km, 10km+</p> <p>Please note there are no toilets or taps at this venue</p>	
<p>24th April 7pm – Group Run 7pm - Start to Run Marngrook Oval</p> <p>7:30pm – Skills Double-Trouble Marngrook Oval</p>	<p>26th April 7pm – Group Run 7pm – Start to Run Marngrook Oval</p>	<p>29th April Trail: Aqueduct Trail Meeting place: Corner Godber Rd & Allendale Rd (top of hill), Diamond Creek</p> <p>Time: 8am Distance: Start to Run, 5km, 8km, 10km+</p> <p><i>Please be considerate to locals when parking and making noise before we run. Gather on the path not the road.</i></p> <p>Note - no toilets or taps at start.</p>	