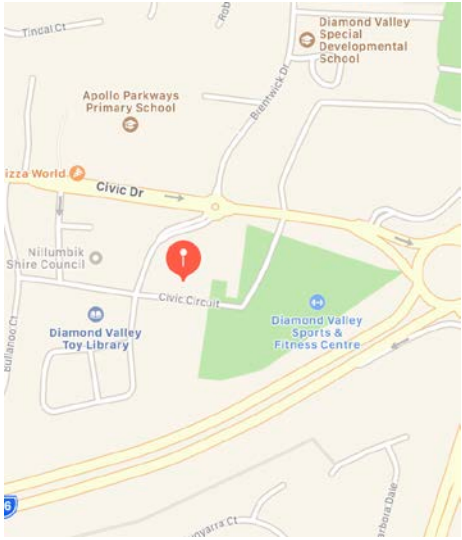
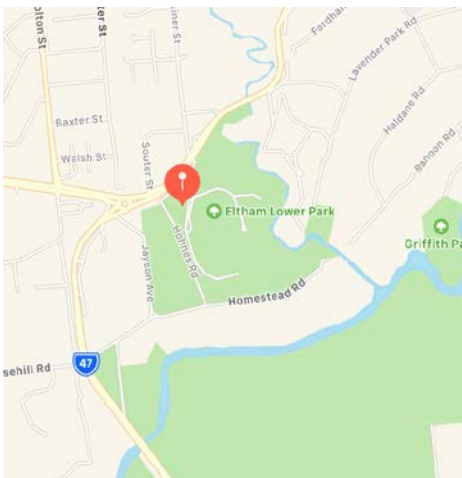



DCR Timetable October 2019

Tuesday	Thursday	Sunday	
<p>1st October 7pm – Group Run Marngrook Oval</p> <p>7:25pm – Pacer Train</p>	<p>3rd October</p> <p>9:30am – Group Run Marngrook Oval</p> <p>7pm – Group Run Marngrook Oval</p>	<p>6th October</p> <p>Trail: Ring Road</p> <p>Meeting place: Diamond Valley Library</p> <p>Time: 8am</p> <p>Distance: 5km, 8km, 10km+</p>	
<p>8th October 7pm – Group Run Willinda Park</p> <p>7:25pm – Relays</p>	<p>10th October</p> <p>9:30am – Group Run Marngrook Oval</p> <p>7pm – Group Run Marngrook Oval</p>	<p>13th October</p> <p>Trail: Eltham Lower</p> <p>Meeting place: Eltham Lower Park</p> <p>Distance: 5km, 8km, 10km+</p>	

<p>15th October 7pm – Group Run Start to Run Week 1 Marngrook Oval</p> <p>7:25pm – 400s Increasing pace</p>	<p>17th October</p> <p>9:30am – Group Run Marngrook Oval</p> <p>7pm – Group Run Start to Run Week 1 Marngrook Oval</p>	<p>20th October</p> <p>Trail: Main Yarra Trail</p> <p>Meeting place: Yarra Bend Park</p> <p>Time: 8am</p> <p>Distance: Start to Run Week 1 5km, 8km, 10km+</p>	
<p>22nd October</p> <p>7pm – Group Run Start to Run Week 2 Marngrook Oval</p> <p>7:25pm – Gear Shifter</p>	<p>24th October</p> <p>9:30am – Group Run Marngrook Oval</p> <p>7pm – Group Run Start to Run Week 2 Marngrook Oval</p>	<p>27th October</p> <p>No Run – Run 4 the Furies</p>	

<p>29th October 7pm – Group Run Start to Run Week 3 Marngrook Oval</p> <p>7:25pm – 1200s</p>	<p>31st October</p> <p>9:30am – Group Run Marngrook Oval</p> <p>7pm – Group Run Start to Run Week 3 Marngrook Oval</p>	<p>3rd November</p> <p>Trail: Sugarloaf Trail and Road Run</p> <p>Meeting place: Simpson Road, Sugarloaf Reserve</p> <p>Time: 8am</p> <p>Distance: Start to Run Week 3 5km & 16km Trail 5km, 8km, 10km+ Road</p>	 <p>The map shows the location of the meeting place on Simpson Road, Sugarloaf Reserve. It also shows the Sugarloaf Reservoir Park and Ridge Rd.</p>
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