



# TOOWOOMBA ROAD RUNNERS

## WINTER CALENDAR 2019

Invites runners of all abilities and fitness levels to

### SUNDAY MORNING RUNS

6.30am to 8am – Run is between 12km to 14km



WEB SITE [www.trr.org.au](http://www.trr.org.au) EMAIL - [tmbarr@gmail.com](mailto:tmbarr@gmail.com), also see on [facebook](#)

07 April	Laneways of Newtown	Capt Cook Oval, McGregor St	Social Run	
14 April	Westbrook Waddle	Progress Ave Westbrook	Social Run	
21 April	Nobby adventure	Nobby Pub	Social Run	
28 April	Baillie Henderson Hospital	North Point Coffee Club	Social Run	
05 May	<b>TRR KING/QUEEN OF RANGE</b>	<b>Murphy's Creek</b>	<b>RACE 1</b>	<b>10k</b>
12 May	Twb West Lions Mothers Day Classic	Queens Park	Fun Run/walk	6/3k
19 May	Preston Trails (opp The Chapel)	Preston Boundary Rd	Trail Run	
26 May	<b>40 for Fortey Memorial Race</b>	<b>Prince Henry Dve</b>	<b>Team Run</b>	<b>40k</b>
02 June	Back to Base - Twba Base Hospital	Peachey St	Social Run	
09 June	Mt Rascal (Hodgsonvale)	Lions Park, New England Hwy	Social Run	
16 June	Glenvale Park to Mt Peel	Panorama Drive	Social Run	14k
23 June	Laurel Bank Park	Hill St entrance	Social Run	
30 June	Redwood Park Trails	Warrego Hwy Carpark	Trail Run	
07 July	Webb Park	Dudley St	Social Run	
14 July	Highfields Village Run (Woolies)	Highfields Rd	Social Run	
21 July	<b>Jetty2Jetty Club Trip</b>	<b>Redcliffe</b>	<b>21k/10k/5k</b>	
28 July	Rockville Park	Tor St (over North)	Social Run	
05 August	West Creek	Faye Crt	Social Run	
12 August	Canter in the Cotswolds Hills	Cotswolds Park Hamzah Drv	Social Run	
19 August	Meringandan Meander	Meringandan Pub	Social Run	
26 August	Alderley St Fire Trails	Duggan Park Leslie St	Trail Run	
01 September	Drayton Dalliance	Japanese Gardens USQ	Social Run	
08 September	Whereabouts in Withcott	Opp Withcott Pub (KOR start)	Social Run	
15 September	Newtown Park	Taylor/Pottinger Sts	Social Run	
22 September	<b>Roger Guard Hilly Half</b>	<b>Stenner St Park</b>	<b>21k/10k/5k</b>	
29 September	Harlaxton Hills & Weale St	Kate St Park	Social Run	
06 October	Highfields Plaza (Coles)	Plaza Drive	Social Run	
13 October	Trees and trails	Glen Lomond Park McStay St	Trail Run	
20 October	Rifle Range Run-around	Mt Lofty Lookout, North St	Social Run	
27 October	Hampton Forest (opp Hampton Shop)	N.England Hwy	Social Run	
03 November	<b>CLUB CHAMPIONSHIPS, MIDDLE RIDGE PARK ALSO AGM, AWARDS AND BREAKFAST @ 8am</b>		<b>STENNER ST Pairs Run @ 7am 5k</b>	

TUESDAY AFTERNOON INTERVALS – 5.30PM FROG'S HOLLOW QUEENS PARK  
 WEDNESDAY MORNING RUN 5.30AM MOTHERS MEMORIAL – BURSTOW ST 6.5-7.5K  
 WEDNESDAY AFTERNOON RUN 5.30PM MOTHERS MEMORIAL – BURSTOW ST 6.5-7.5k  
 MONDAY & FRIDAY AFTERNOON 5.30PM MIDDLE RIDGE PARK - STENNER ST 8.5-10.5k

#### FOR FURTHER INFORMATION

Toowoomba Road Runners PO Box 2348 Toowoomba 4350

\*\*Sunday runs followed by a coffee

Trail runs subject to weather/trail conditions