

## Toowoomba Road Runners Inc. Monday and Friday Afternoon Run Calendar

Run each Monday and Friday from Middle Ridge Park, Stenner Street

[Start - Monday and Friday Afternoon Runs](#)

Date	Route	Distance
Monday, 1 April 2019	<a href="#">Gold Park/Golf Course</a>	9.4km
Friday, 5 April 2019	<a href="#">Rangeville Ramble</a>	10.0km
Monday, 8 April 2019	<a href="#">Handley Street</a>	10.1km
Friday, 12 April 2019	<a href="#">Smithfield</a>	10.2km
Monday, 15 April 2019	<a href="#">Nielsen Park</a>	8.6km
Friday, 19 April 2019	<a href="#">High Street</a>	8.8km
Monday, 22 April 2019	<a href="#">Nelson Street</a>	10.5km
Friday, 26 April 2019	<a href="#">Trails North (Summer)</a>	9.25km
Monday, 29 April 2019	<a href="#">East Creek</a>	9.0km
Friday, 3 May 2019	<a href="#">Hospital</a>	9.35km
Monday, 6 May 2019	<a href="#">USQ</a>	8.6km
Friday, 10 May 2019	<a href="#">Picnic Point</a>	10.1km
Monday, 13 May 2019	<a href="#">Trails South (Summer)</a>	9.5km
Friday, 17 May 2019	<a href="#">West Creek</a>	8.6km
Monday, 20 May 2019	<a href="#">Centenary Heights</a>	8.6km
Friday, 24 May 2019	<a href="#">Gold Park/Golf Course</a>	9.4km
Monday, 27 May 2019	<a href="#">Rangeville Ramble</a>	10.0km
Friday, 31 May 2019	<a href="#">Handley Street</a>	10.1km
Monday, 3 June 2019	<a href="#">Smithfield</a>	10.2km
Friday, 7 June 2019	<a href="#">Nielsen Park</a>	8.6km
Monday, 10 June 2019	<a href="#">High Street</a>	8.8km
Friday, 14 June 2019	<a href="#">Nelson Street</a>	10.5km
Monday, 17 June 2019	<a href="#">Trails North (Winter)</a>	9.25km
Friday, 21 June 2019	<a href="#">East Creek</a>	9.0km
Monday, 24 June 2019	<a href="#">Hospital</a>	9.35km
Friday, 28 June 2019	<a href="#">USQ</a>	8.6km
Monday, 1 July 2019	<a href="#">Picnic Point</a>	10.1km
Friday, 5 July 2019	<a href="#">Trails South (Winter)</a>	9.5km
Monday, 8 July 2019	<a href="#">West Creek</a>	8.6km
Friday, 12 July 2019	<a href="#">Centenary Heights</a>	8.6km
Monday, 15 July 2019	<a href="#">Gold Park/Golf Course</a>	9.4km
Friday, 19 July 2019	<a href="#">Rangeville Ramble</a>	10.0km
Monday, 22 July 2019	<a href="#">Handley Street</a>	10.1km
Friday, 26 July 2019	<a href="#">Smithfield</a>	10.2km
Monday, 29 July 2019	<a href="#">Nielsen Park</a>	8.6km
Friday, 2 August 2019	<a href="#">High Street</a>	8.8km
Monday, 5 August 2019	<a href="#">Nelson Street</a>	10.5km
Friday, 9 August 2019	<a href="#">Trails North (Winter)</a>	9.25km
Monday, 12 August 2019	<a href="#">East Creek</a>	9.0km
Friday, 16 August 2019	<a href="#">Hospital</a>	9.35km
Monday, 19 August 2019	<a href="#">USQ</a>	8.6km
Friday, 23 August 2019	<a href="#">Picnic Point</a>	10.1km
Monday, 26 August 2019	<a href="#">Trails South (Winter)</a>	9.5km
Friday, 30 August 2019	<a href="#">West Creek</a>	8.6km
Monday, 2 September 2019	<a href="#">Centenary Heights</a>	8.6km
Friday, 6 September 2019	<a href="#">Gold Park/Golf Course</a>	9.4km
Monday, 9 September 2019	<a href="#">Rangeville Ramble</a>	10.0km
Friday, 13 September 2019	<a href="#">Handley Street</a>	10.1km
Monday, 16 September 2019	<a href="#">Smithfield</a>	10.2km
Friday, 20 September 2019	<a href="#">Nielsen Park</a>	8.6km

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Monday, 23 September 2019	<a href="#">High Street</a>	8.8km
Friday, 27 September 2019	<a href="#">Nelson Street</a>	10.5km
Monday, 30 September 2019	<a href="#">Trails North (Winter)</a>	9.25km
Friday, 4 October 2019	<a href="#">East Creek</a>	9.0km
Tuesday, 8 October 2019	<a href="#">Hospital</a>	9.35km
Friday, 11 October 2019	<a href="#">USQ</a>	8.6km
Tuesday, 15 October 2019	<a href="#">Picnic Point</a>	10.1km
Friday, 18 October 2019	<a href="#">Trails South (Winter)</a>	9.5km
Monday, 21 October 2019	<a href="#">West Creek</a>	8.6km
Friday, 25 October 2019	<a href="#">Centenary Heights</a>	8.6km
Monday, 28 October 2019	<a href="#">Gold Park/Golf Course</a>	9.4km
Friday, 1 November 2019	<a href="#">Rangeville Ramble</a>	10.0km
Monday, 4 November 2019	<a href="#">Handley Street</a>	10.1km
Friday, 8 November 2019	<a href="#">Smithfield</a>	10.2km
Monday, 11 November 2019	<a href="#">Nielsen Park</a>	8.6km
Friday, 15 November 2019	<a href="#">High Street</a>	8.8km
Monday, 18 November 2019	<a href="#">Nelson Street</a>	10.5km
Friday, 22 November 2019	<a href="#">Trails North (Summer)</a>	9.25km
Monday, 25 November 2019	<a href="#">East Creek</a>	9.0km
Friday, 29 November 2019	<a href="#">Hospital</a>	9.35km
Monday, 2 December 2019	<a href="#">USQ</a>	8.6km
Friday, 6 December 2019	<a href="#">Picnic Point</a>	10.1km
Monday, 9 December 2019	<a href="#">Trails South (Summer)</a>	9.5km
Friday, 13 December 2019	<a href="#">West Creek</a>	8.6km
Monday, 16 December 2019	<a href="#">Centenary Heights</a>	8.6km
Friday, 20 December 2019	<a href="#">Gold Park/Golf Course</a>	9.4km
Monday, 23 December 2019	<a href="#">Rangeville Ramble</a>	10.0km
Friday, 27 December 2019	<a href="#">Handley Street</a>	10.1km
Monday, 30 December 2019	<a href="#">Smithfield</a>	10.2km
Friday, 3 January 2020	<a href="#">Nielsen Park</a>	8.6km
Monday, 6 January 2020	<a href="#">High Street</a>	8.8km
Friday, 10 January 2020	<a href="#">Nelson Street</a>	10.5km
Monday, 13 January 2020	<a href="#">Trails North (Summer)</a>	9.25km
Friday, 17 January 2020	<a href="#">East Creek</a>	9.0km
Monday, 20 January 2020	<a href="#">Hospital</a>	9.35km
Friday, 24 January 2020	<a href="#">USQ</a>	8.6km
Monday, 27 January 2020	<a href="#">Picnic Point</a>	10.1km
Thursday, 30 January 2020	<a href="#">Trails South (Summer)</a>	9.5km
Monday, 3 February 2020	<a href="#">West Creek</a>	8.6km
Friday, 7 February 2020	<a href="#">Centenary Heights</a>	8.6km
Monday, 10 February 2020	<a href="#">Gold Park/Golf Course</a>	9.4km
Friday, 14 February 2020	<a href="#">Rangeville Ramble</a>	10.0km
Monday, 17 February 2020	<a href="#">Handley Street</a>	10.1km
Friday, 21 February 2020	<a href="#">Smithfield</a>	10.2km
Monday, 24 February 2020	<a href="#">Nielsen Park</a>	8.6km
Friday, 28 February 2020	<a href="#">High Street</a>	8.8km
Monday, 2 March 2020	<a href="#">Nelson Street</a>	10.5km
Friday, 6 March 2020	<a href="#">Trails North (Summer)</a>	9.25km
Monday, 9 March 2020	<a href="#">East Creek</a>	9.0km
Friday, 13 March 2020	<a href="#">Hospital</a>	9.35km

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Date	Route	Distance
Monday, 16 March 2020	<a href="#">USQ</a>	8.6km
Friday, 20 March 2020	<a href="#">Picnic Point</a>	10.1km
Monday, 23 March 2020	<a href="#">Trails South (Summer)</a>	9.5km
Friday, 27 March 2020	<a href="#">West Creek</a>	8.6km
Monday, 30 March 2020	<a href="#">Centenary Heights</a>	8.6km
Friday, 3 April 2020	<a href="#">Gold Park/Golf Course</a>	9.4km
Monday, 6 April 2020	<a href="#">Rangeville Ramble</a>	10.0km
Friday, 10 April 2020	<a href="#">Handley Street</a>	10.1km
Monday, 13 April 2020	<a href="#">Smithfield</a>	10.2km
Friday, 17 April 2020	<a href="#">Nielsen Park</a>	8.6km
Monday, 20 April 2020	<a href="#">High Street</a>	8.8km
Friday, 24 April 2020	<a href="#">Nelson Street</a>	10.5km
Monday, 27 April 2020	<a href="#">Trails North (Summer)</a>	9.25km