

Toowoomba Road Runners Inc. Monday and Friday Afternoon Run Calendar

The runs start at **5:30pm** each Monday and Friday from Middle Ridge Park, Stenner Street

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

Date	Route	Distance
Friday, 3 January 2020	Nielsen Park	8.6km
Monday, 6 January 2020	High Street	8.8km
Friday, 10 January 2020	Nelson Street	10.5km
Monday, 13 January 2020	Trails North (Summer)	9.25km
Friday, 17 January 2020	East Creek	9.0km
Monday, 20 January 2020	Hospital	9.35km
Friday, 24 January 2020	USQ	8.6km
Monday, 27 January 2020	Picnic Point	10.1km
Thursday, 30 January 2020	Trails South (Summer)	9.5km
Monday, 3 February 2020	West Creek	8.6km
Friday, 7 February 2020	Centenary Heights	8.6km
Monday, 10 February 2020	Gold Park/Golf Course	9.4km
Friday, 14 February 2020	Rangeville Ramble	10.0km
Monday, 17 February 2020	Handley Street	10.1km
Friday, 21 February 2020	Smithfield	10.2km
Monday, 24 February 2020	Nielsen Park	8.6km
Friday, 28 February 2020	High Street	8.8km
Monday, 2 March 2020	Nelson Street	10.5km
Friday, 6 March 2020	Trails North (Summer)	9.25km
Monday, 9 March 2020	East Creek	9.0km
Friday, 13 March 2020	Hospital	9.35km
Monday, 16 March 2020	USQ	8.6km
Friday, 20 March 2020	Picnic Point	10.1km
Monday, 23 March 2020	Trails South (Summer)	9.5km
Friday, 27 March 2020	West Creek	8.6km
Monday, 30 March 2020	Centenary Heights	8.6km
Friday, 3 April 2020	Gold Park/Golf Course	9.4km
Monday, 6 April 2020	Rangeville Ramble	10.0km
Friday, 10 April 2020	Handley Street	10.1km
Monday, 13 April 2020	Smithfield	10.2km
Friday, 17 April 2020	Nielsen Park	8.6km
Monday, 20 April 2020	High Street	8.8km
Friday, 24 April 2020	Nelson Street	10.5km
Monday, 27 April 2020	Trails North (Summer)	9.25km
Friday, 1 May 2020	East Creek	9.0km
Monday, 4 May 2020	Hospital	9.35km
Friday, 8 May 2020	USQ	8.6km
Monday, 11 May 2020	Picnic Point	10.1km
Friday, 15 May 2020	Trails South (Summer)	9.5km
Monday, 18 May 2020	West Creek	8.6km
Friday, 22 May 2020	Centenary Heights	8.6km
Monday, 25 May 2020	Gold Park/Golf Course	9.4km
Friday, 29 May 2020	Rangeville Ramble	10.0km
Monday, 1 June 2020	Handley Street	10.1km
Friday, 5 June 2020	Smithfield	10.2km
Monday, 8 June 2020	Nielsen Park	8.6km
Friday, 12 June 2020	High Street	8.8km
Monday, 15 June 2020	Nelson Street	10.5km
Friday, 19 June 2020	Trails North (Winter)	9.25km

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Monday, 22 June 2020	East Creek	9.0km
Friday, 26 June 2020	Hospital	9.35km
Monday, 29 June 2020	USQ	8.6km
Friday, 3 July 2020	Picnic Point	10.1km
Monday, 6 July 2020	Trails South (Winter)	9.5km
Friday, 10 July 2020	West Creek	8.6km
Monday, 13 July 2020	Centenary Heights	8.6km
Friday, 17 July 2020	Gold Park/Golf Course	9.4km
Monday, 20 July 2020	Rangeville Ramble	10.0km
Friday, 24 July 2020	Handley Street	10.1km
Monday, 27 July 2020	Smithfield	10.2km
Friday, 31 July 2020	Nielsen Park	8.6km
Monday, 3 August 2020	High Street	8.8km
Friday, 7 August 2020	Nelson Street	10.5km
Monday, 10 August 2020	Trails North (Winter)	9.25km
Friday, 14 August 2020	East Creek	9.0km
Monday, 17 August 2020	Hospital	9.35km
Friday, 21 August 2020	USQ	8.6km
Monday, 24 August 2020	Picnic Point	10.1km
Friday, 28 August 2020	Trails South (Winter)	9.5km
Monday, 31 August 2020	West Creek	8.6km
Friday, 4 September 2020	Centenary Heights	8.6km
Monday, 7 September 2020	Gold Park/Golf Course	9.4km
Friday, 11 September 2020	Rangeville Ramble	10.0km
Monday, 14 September 2020	Handley Street	10.1km
Friday, 18 September 2020	Smithfield	10.2km
Monday, 21 September 2020	Nielsen Park	8.6km
Friday, 25 September 2020	High Street	8.8km
Monday, 28 September 2020	Nelson Street	10.5km
Friday, 2 October 2020	Trails North (Winter)	9.25km
Monday, 5 October 2020	East Creek	9.0km
Friday, 9 October 2020	Hospital	9.35km
Monday, 12 October 2020	USQ	8.6km
Friday, 16 October 2020	Picnic Point	10.1km
Monday, 19 October 2020	Trails South (Winter)	9.5km
Friday, 23 October 2020	West Creek	8.6km
Monday, 26 October 2020	Centenary Heights	8.6km
Friday, 30 October 2020	Gold Park/Golf Course	9.4km
Monday, 2 November 2020	Rangeville Ramble	10.0km
Friday, 6 November 2020	Handley Street	10.1km
Monday, 9 November 2020	Smithfield	10.2km
Friday, 13 November 2020	Nielsen Park	8.6km
Monday, 16 November 2020	High Street	8.8km
Friday, 20 November 2020	Nelson Street	10.5km
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