

## 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, 10 August 2018	<a href="#">East Creek</a>	9.0km
Monday, 13 August 2018	<a href="#">Hospital</a>	9.35km
Friday, 17 August 2018	<a href="#">USQ</a>	8.6km
Monday, 20 August 2018	<a href="#">Picnic Point</a>	10.1km
Friday, 24 August 2018	<a href="#">Trails South (Winter)</a>	9.5km
Monday, 27 August 2018	<a href="#">West Creek</a>	8.6km
Friday, 31 August 2018	<a href="#">Centenary Heights</a>	8.6km
Monday, 3 September 2018	<a href="#">Gold Park/Golf Course</a>	9.4km
Friday, 7 September 2018	<a href="#">Rangeville Ramble</a>	10.0km
Monday, 10 September 2018	<a href="#">Handley Street</a>	10.1km
Friday, 14 September 2018	<a href="#">Smithfield</a>	10.2km
Monday, 17 September 2018	<a href="#">Nielsen Park</a>	8.6km
Friday, 21 September 2018	<a href="#">High Street</a>	8.8km
Monday, 24 September 2018	<a href="#">Nelson Street</a>	10.5km
Friday, 28 September 2018	<a href="#">Trails North (Summer)</a>	9.25km
Monday, 1 October 2018	<a href="#">East Creek</a>	9.0km
Friday, 5 October 2018	<a href="#">Hospital</a>	9.35km
Monday, 8 October 2018	<a href="#">USQ</a>	8.6km
Friday, 12 October 2018	<a href="#">Picnic Point</a>	10.1km
Monday, 15 October 2018	<a href="#">Trails South (Summer)</a>	9.5km
Friday, 19 October 2018	<a href="#">West Creek</a>	8.6km
Monday, 22 October 2018	<a href="#">Centenary Heights</a>	8.6km
Friday, 26 October 2018	<a href="#">Gold Park/Golf Course</a>	9.4km
Monday, 29 October 2018	<a href="#">Rangeville Ramble</a>	10.0km
Friday, 2 November 2018	<a href="#">Handley Street</a>	10.1km
Monday, 5 November 2018	<a href="#">Smithfield</a>	10.2km
Friday, 9 November 2018	<a href="#">Nielsen Park</a>	8.6km
Monday, 12 November 2018	<a href="#">High Street</a>	8.8km
Friday, 16 November 2018	<a href="#">Nelson Street</a>	10.5km
Monday, 19 November 2018	<a href="#">Trails North (Summer)</a>	9.25km
Friday, 23 November 2018	<a href="#">East Creek</a>	9.0km
Monday, 26 November 2018	<a href="#">Hospital</a>	9.35km
Friday, 30 November 2018	<a href="#">USQ</a>	8.6km
Monday, 3 December 2018	<a href="#">Picnic Point</a>	10.1km
Friday, 7 December 2018	<a href="#">Trails South (Summer)</a>	9.5km
Monday, 10 December 2018	<a href="#">West Creek</a>	8.6km
Friday, 14 December 2018	<a href="#">Centenary Heights</a>	8.6km
Monday, 17 December 2018	<a href="#">Gold Park/Golf Course</a>	9.4km
Friday, 21 December 2018	<a href="#">Rangeville Ramble</a>	10.0km
Monday, 24 December 2018	<a href="#">Handley Street</a>	10.1km
Friday, 28 December 2018	<a href="#">Smithfield</a>	10.2km
Monday, 31 December 2018	<a href="#">Nielsen Park</a>	8.6km
Friday, 4 January 2019	<a href="#">High Street</a>	8.8km
Monday, 7 January 2019	<a href="#">Nelson Street</a>	10.5km
Friday, 11 January 2019	<a href="#">Trails North (Summer)</a>	9.25km
Monday, 14 January 2019	<a href="#">East Creek</a>	9.0km
Friday, 18 January 2019	<a href="#">Hospital</a>	9.35km
Monday, 21 January 2019	<a href="#">USQ</a>	8.6km
Friday, 25 January 2019	<a href="#">Picnic Point</a>	10.1km
Monday, 28 January 2019	<a href="#">Trails South (Summer)</a>	9.5km

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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, 1 February 2019	<a href="#">West Creek</a>	8.6km
Monday, 4 February 2019	<a href="#">Centenary Heights</a>	8.6km
Friday, 8 February 2019	<a href="#">Gold Park/Golf Course</a>	9.4km
Monday, 11 February 2019	<a href="#">Rangeville Ramble</a>	10.0km
Friday, 15 February 2019	<a href="#">Handley Street</a>	10.1km
Monday, 18 February 2019	<a href="#">Smithfield</a>	10.2km
Friday, 22 February 2019	<a href="#">Nielsen Park</a>	8.6km
Monday, 25 February 2019	<a href="#">High Street</a>	8.8km
Friday, 1 March 2019	<a href="#">Nelson Street</a>	10.5km
Monday, 4 March 2019	<a href="#">Trails North (Summer)</a>	9.25km
Friday, 8 March 2019	<a href="#">East Creek</a>	9.0km
Monday, 11 March 2019	<a href="#">Hospital</a>	9.35km
Friday, 15 March 2019	<a href="#">USQ</a>	8.6km
Monday, 18 March 2019	<a href="#">Picnic Point</a>	10.1km
Friday, 22 March 2019	<a href="#">Trails South (Summer)</a>	9.5km
Monday, 25 March 2019	<a href="#">West Creek</a>	8.6km
Friday, 29 March 2019	<a href="#">Centenary Heights</a>	8.6km
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