



## Event Calendar

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### October 2024

#### 01 — Tuesday

No events

#### 02 — Wednesday

05:00 — 06:00 SRG 2024 5am Wednesday Run

17:00 — 18:00 McGrath Kids Group

19:00 — 20:30 SRG 2024 7.00pm Wednesday Short & Slow All Abilities

19:30 — 20:30 SRG 2024 7.30pm Intermediate/Intervals Wednesday Group

#### 03 — Thursday

05:00 — 06:00 SRG 2024 5am Thursday Run

#### 04 — Friday

No events

#### 05 — Saturday

05:00 — 08:00 SRG 2024 5am Saturday on Tour in the City

06:00 — 07:00 SRG 2024 5am Saturday Run

#### 06 — Sunday

05:00 — 08:00 SRG 2024 5am Sunday Long Run

15:30 — 17:00 SRG 2024 Sunday Trail Run

#### 07 — Monday

06:00 — 07:00 SRG 2024 5am Monday Run

17:30 — 18:30 SRG 2024 5:30pm Walk All Abilities

18:30 — 20:00 SRG 2024 6.30pm Monday All Abilities Group

19:00 — 20:30 SRG 2024 7.00pm Monday Short & Slow All Abilities

#### 08 — Tuesday

05:00 — 06:00 SRG 2024 5am Tuesday Run

#### 09 — Wednesday

05:00 — 06:00 SRG 2024 5am Wednesday Run

17:00 — 18:00 McGrath Kids Group

19:30 — 20:30 SRG 2024 7.30pm Intermediate/Intervals Wednesday Group

## **10 — Thursday**

05:00 — 06:00 SRG 2024 5am Thursday Run

## **11 — Friday**

No events

## **12 — Saturday**

05:00 — 07:00 SRG 2024 5am Saturday Run

## **13 — Sunday**

15:30 — 17:00 SRG 2024 Sunday Trail Run

## **14 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

17:30 — 18:30 SRG 2024 5:30pm Walking Group

18:30 — 20:00 SRG 2024 6.30pm Monday All Abilities Group

19:00 — 20:30 SRG 2024 7.00pm Monday Short & Slow All Abilities

## **15 — Tuesday**

05:00 — 06:00 SRG 2024 5am Tuesday Run

## **16 — Wednesday**

05:00 — 06:00 SRG 2024 5am Wednesday Run

17:00 — 18:00 McGrath Kids Group

19:00 — 20:30 SRG 2024 7.00pm Wednesday Short & Slow All Abilities

19:30 — 20:30 SRG 2024 7.30pm Intermediate/Intervals Wednesday Group

## **17 — Thursday**

05:00 — 06:00 SRG 2024 5am Thursday Run

## **18 — Friday**

No events

## **19 — Saturday**

05:00 — 07:00 SRG 2024 5am Saturday Run

## **20 — Sunday**

15:30 — 17:00 Sunday Trail Run

## **21 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

17:30 — 18:30 SRG 2024 5:30pm Walking Group

18:30 — 20:00 SRG 2024 6.30pm Monday All Abilities Group

19:00 — 20:30 SRG 2024 7.00pm Monday Short & Slow All Abilities

## **22 — Tuesday**

05:00 — 06:00 SRG 2024 5am Tuesday Run

## **23 — Wednesday**

05:00 — 06:00 SRG 2024 5am Wednesday Run

17:00 — 18:00 McGrath Kids Group

19:00 — 20:30 SRG 2024 7.00pm Wednesday Short & Slow All Abilities

19:30 — 20:30 SRG 2024 7.30pm Intermediate/Intervals Wednesday Group

## **24 — Thursday**

No events

## **25 — Friday**

No events

## **26 — Saturday**

06:00 — 07:00 SRG 2024 5am Saturday Run

## **27 — Sunday**

15:30 — 17:00 Sunday Trail Run

## **28 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

17:30 — 18:30 SRG 2024 5:30pm Walking Group

18:30 — 20:00 SRG 2024 6.30pm Monday All Abilities Group

19:00 — 20:30 SRG 2024 7.00pm Monday Short & Slow All Abilities

## **29 — Tuesday**

05:00 — 06:00 SRG 2024 5am Tuesday Run

## **30 — Wednesday**

05:00 — 06:00 SRG 2024 5am Wednesday Run

17:00 — 18:00 McGrath Kids Group

19:00 — 20:30 SRG 2024 7.00pm Wednesday Short & Slow All Abilities

19:30 — 20:30 SRG 2024 7.30pm Intermediate/Intervals Wednesday Group

## **31 — Thursday**

05:00 — 06:00 SRG 2024 5am Thursday Run

# **November 2024**

## **01 — Friday**

No events

## **02 — Saturday**

06:00 — 07:00 SRG 2024 5am Saturday Run

## **03 — Sunday**

15:30 — 17:00 Sunday Trail Run

## **04 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

17:30 — 18:30 SRG 2024 5:30pm Walking Group

18:30 — 20:00 SRG 2024 6.30pm Wednesday All Abilities Group

19:00 — 20:30 SRG 2024 7.00pm Monday Short & Slow All Abilities

## **05 — Tuesday**

05:00 — 06:00 SRG 2024 5am Tuesday Run

## **06 — Wednesday**

05:00 — 06:00 SRG 2024 5am Wednesday Run

17:00 — 18:00 McGrath Kids Group

19:00 — 20:30 SRG 2024 7.00pm Wednesday Short & Slow All Abilities

19:30 — 20:30 SRG 2024 7.30pm Intermediate/Intervals Wednesday Group

## **07 — Thursday**

05:00 — 06:00 SRG 2024 5am Thursday Run

## **08 — Friday**

No events

## **09 — Saturday**

06:00 — 07:00 SRG 2024 5am Saturday Run

## **10 — Sunday**

15:30 — 17:00 Sunday Trail Run

## **11 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

## **12 — Tuesday**

05:00 — 06:00 SRG 2024 5am Tuesday Run

## **13 — Wednesday**

05:00 — 06:00 SRG 2024 5am Wednesday Run

17:00 — 18:00 McGrath Kids Group

19:00 — 20:30 SRG 2024 7.00pm Wednesday Short & Slow All Abilities

19:30 — 20:30 SRG 2024 7.30pm Intermediate/Intervals Wednesday Group

## **14 — Thursday**

05:00 — 06:00 SRG 2024 5am Thursday Run

## **15 — Friday**

No events

## **16 — Saturday**

06:00 — 07:00 SRG 2024 5am Saturday Run

17:30 — 21:00 SRG Adults Christmas Party

## **17 — Sunday**

15:30 — 17:00 Sunday Trail Run

## **18 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

19:00 — 20:30 SRG 2024 7.00pm Monday 4-6km All Abilities Group

## **19 — Tuesday**

05:00 — 06:00 SRG 2024 5am Tuesday Run

## **20 — Wednesday**

05:00 — 06:00 SRG 2024 5am Wednesday Run

17:00 — 18:00 McGrath Kids Group

18:30 — 20:00 SRG 2024 6.30pm Wednesday All Abilities Group

19:00 — 20:30 SRG 2024 7.00pm Wednesday Short & Slow All Abilities

19:30 — 20:30 SRG 2024 7.30pm Intermediate/Intervals Wednesday Group

## **21 — Thursday**

05:00 — 06:00 SRG 2024 5am Thursday Run

## **22 — Friday**

No events

## **23 — Saturday**

06:00 — 07:00 SRG 2024 5am Saturday Run

## **24 — Sunday**

15:30 — 17:00 Sunday Trail Run

## **25 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

## **26 — Tuesday**

05:00 — 06:00 SRG 2024 5am Tuesday Run

## **27 — Wednesday**

05:00 — 06:00 SRG 2024 5am Wednesday Run

17:00 — 18:00 McGrath Kids Group

18:30 — 20:00 SRG 2024 6.30pm Wednesday All Abilities Group

19:00 — 20:30 SRG 2024 7.00pm Wednesday Short & Slow All Abilities

19:30 — 20:30 SRG 2024 7.30pm Intermediate/Intervals Wednesday Group

## **28 — Thursday**

05:00 — 06:00 SRG 2024 5am Thursday Run

## **29 — Friday**

No events

## **30 — Saturday**

No events

# December 2024

## 01 — Sunday

15:30 — 17:00 Sunday Trail Run

## 02 — Monday

19:00 — 20:30 SRG 2024 7.00pm Monday 4-6km All Abilities Group

## 03 — Tuesday

No events

## 04 — Wednesday

17:00 — 18:00 McGrath Kids Group

18:30 — 20:00 SRG 2024 6.30pm Wednesday All Abilities Group

19:00 — 20:30 SRG 2024 7.00pm Wednesday Short & Slow All Abilities

19:30 — 20:30 SRG 2024 7.30pm Intermediate/Intervals Wednesday Group

## 05 — Thursday

No events

## 06 — Friday

No events

## 07 — Saturday

06:00 — 07:00 SRG 2024 5am Saturday Run

## 08 — Sunday

No events

## 09 — Monday

No events

## 10 — Tuesday

No events

## 11 — Wednesday

17:00 — 18:00 McGrath Kids Group

## 12 — Thursday

No events

## 13 — Friday

No events

## 14 — Saturday

No events

## 15 — Sunday

No events

## 16 — Monday

No events

**17 — Tuesday**

No events

**18 — Wednesday**

17:00 — 18:00 McGrath Kids Group

**19 — Thursday**

No events

**20 — Friday**

No events

**21 — Saturday**

No events

**22 — Sunday**

No events

**23 — Monday**

No events

**24 — Tuesday**

No events

**25 — Wednesday**

No events

**26 — Thursday**

No events

**27 — Friday**

No events

**28 — Saturday**

No events

**29 — Sunday**

No events

**30 — Monday**

No events

**31 — Tuesday**

No events