



## Event Calendar

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### July 2024

#### 01 — Monday

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 4-6km All Abilities Group

#### 02 — Tuesday

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

#### 03 — Wednesday

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

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 7.30 Intermediate/Intervals Wednesday Group

#### 04 — Thursday

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

#### 05 — Friday

No events

#### 06 — Saturday

No events

#### 07 — Sunday

No events

#### 08 — Monday

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

#### 09 — Tuesday

No events

#### 10 — Wednesday

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 7.30 Intermediate/Intervals Wednesday Group

## **11 — Thursday**

No events

## **12 — Friday**

No events

## **13 — Saturday**

06:30 — 08:00 SRG 2024 6.30am Saturday Trail Run

## **14 — Sunday**

15:30 — 17:00 2024 Sunday Trail Run

## **15 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

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

## **16 — Tuesday**

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

## **17 — Wednesday**

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

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

19:00 — 20:30 SRG 2024 7.00pm Intermediate/Intervals Wednesday Group

## **18 — Thursday**

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

## **19 — Friday**

No events

## **20 — Saturday**

05:00 — 08:00 SRG 2024 5.00am Saturday Trail Run

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

17:30 — 20:00 SRG 2024 5.30pm Saturday Night Trail Run

## **21 — Sunday**

06:00 — 08:00 SRG 2024 6.00am Sunday Trail Run

15:30 — 17:00 2024 Sunday Trail Run

## **22 — 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

## **23 — Tuesday**

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

### **24 — Wednesday**

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

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

### **25 — Thursday**

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

### **26 — Friday**

No events

### **27 — Saturday**

06:00 — 08:00 SRG 2024 6am Saturday Run

### **28 — Sunday**

15:30 — 17:00 2024 Sunday Trail Run

### **29 — 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

### **30 — Tuesday**

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

### **31 — Wednesday**

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

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

## **August 2024**

### **01 — Thursday**

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

### **02 — Friday**

No events

### **03 — Saturday**

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

### **04 — Sunday**

15:30 — 17:00 2024 Sunday Trail Run

## **05 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

17:30 — 18:30 SRG 2024 5.30pm Walking Group

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

## **06 — Tuesday**

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

## **07 — Wednesday**

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

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

## **08 — Thursday**

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

## **09 — Friday**

No events

## **10 — Saturday**

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

## **11 — Sunday**

15:30 — 17:00 2024 Sunday Trail Run

## **12 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

17:30 — 18:30 SRG 2024 5.30pm Walking Group

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

## **13 — Tuesday**

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

## **14 — Wednesday**

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

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

## **15 — Thursday**

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

## **16 — Friday**

No events

## **17 — Saturday**

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

## **18 — Sunday**

15:30 — 17:00 2024 Sunday Trail Run

## **19 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

17:30 — 18:30 SRG 2024 5.30pm Walking Group

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

## **20 — Tuesday**

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

## **21 — Wednesday**

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

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

## **22 — Thursday**

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

## **23 — Friday**

No events

## **24 — Saturday**

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

## **25 — Sunday**

15:30 — 17:00 2024 Sunday Trail Run

## **26 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

17:30 — 18:30 SRG 2024 5.30pm Walking Group

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

## **27 — Tuesday**

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

## **28 — Wednesday**

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

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

## **29 — Thursday**

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

## **30 — Friday**

No events

## **31 — Saturday**

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

# **September 2024**

## **01 — Sunday**

15:30 — 17:00 2024 Sunday Trail Run

## **02 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

17:30 — 18:30 SRG 2024 5.30pm Walking Group

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

### **03 — Tuesday**

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

### **04 — Wednesday**

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

### **05 — Thursday**

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

### **06 — Friday**

No events

### **07 — Saturday**

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

### **08 — Sunday**

No events

### **09 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

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

### **10 — Tuesday**

No events

### **11 — Wednesday**

No events

### **12 — Thursday**

No events

### **13 — Friday**

No events

### **14 — Saturday**

No events

### **15 — Sunday**

No events

### **16 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

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

### **17 — Tuesday**

No events

### **18 — Wednesday**

No events

### **19 — Thursday**

No events

### **20 — Friday**

No events

### **21 — Saturday**

No events

### **22 — Sunday**

No events

### **23 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

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

### **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**

05:00 — 06:00 SRG 2024 5am Monday Run

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

## **October 2024**

### **01 — Tuesday**

No events

### **02 — Wednesday**

No events

### **03 — Thursday**

No events

**04 — Friday**

No events

**05 — Saturday**

No events

**06 — Sunday**

No events

**07 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

**08 — Tuesday**

No events

**09 — Wednesday**

No events

**10 — Thursday**

No events

**11 — Friday**

No events

**12 — Saturday**

No events

**13 — Sunday**

No events

**14 — Monday**

05:00 — 06:00 SRG 2024 5am Monday Run

**15 — Tuesday**

No events

**16 — Wednesday**

No events

**17 — Thursday**

No events

**18 — Friday**

No events

**19 — Saturday**

No events

**20 — Sunday**

No events

**21 — Monday**



No events

**22 — Tuesday**

No events

**23 — Wednesday**

No events

**24 — Thursday**

No events

**25 — Friday**

No events

**26 — Saturday**

No events

**27 — Sunday**

No events

**28 — Monday**

No events

**29 — Tuesday**

No events

**30 — Wednesday**

No events

**31 — Thursday**

No events