

Toowoomba Road Runners - Monday and Friday Afternoon Runs
 Start at Middle Ridge Park, Stenner Street, at 5:30pm

Monday 7 Dec	Nielsen Park	8.5 km
Friday 11 Dec	High Street	8.8 km
Monday 14 Dec	Nelson St	10.3 km
Friday 18 Dec	Trails North	9 km
Monday 21 Dec	East Creek	8.5 km
Friday 25 Dec	Hospital	9.3 km
Monday 28 Dec	USQ	9.3 km
Friday 1 Jan	Picnic Point	10 km
Monday 4 Jan	Trails South	9.3 km
Friday 8 Jan	West Creek	8.6 km
Monday 11 Jan	Centenary Heights	9.2 km
Friday 15 Jan	Gold Park/Golf	9.9 km
Monday 18 Jan	Rangeville Ramble	10 km
Friday 22 Jan	The Spur	10.2 km
Monday 25 Jan	Smithfield	9.8 km
Friday 29 Jan	Nielsen Park	8.5 km
Monday 1 Feb	High Street	8.8 km
Friday 5 Feb	Nelson St	10.3 km
Monday 8 Feb	Trails North	9 km
Friday 12 Feb	East Creek	8.5 km
Monday 15 Feb	Hospital	9.3 km
Friday 19 Feb	USQ	9.3 km
Monday 22 Feb	Picnic Point	10 km
Friday 26 Feb	Trails South	9.3 km
Monday 1 Mar	West Creek	8.6 km
Friday 5 Mar	Centenary Heights	9.2 km
Monday 8 Mar	Gold Park/Golf	9.9 km
Friday 12 Mar	Rangeville Ramble	10 km
Monday 15 Mar	The Spur	10.2 km
Friday 19 Mar	Smithfield	9.8 km
Monday 22 Mar	Nielsen Park	8.5 km
Friday 26 Mar	High Street	8.8 km
Monday 29 Mar	Nelson St	10.3 km
Friday 2 Apr	Trails North	9 km
Monday 5 Apr	East Creek	8.5 km
Friday 9 Apr	Hospital	9.3 km
Monday 12 Apr	USQ	9.3 km
Friday 16 Apr	Picnic Point	10 km
Monday 19 Apr	Trails South	9.3 km
Friday 23 Apr	West Creek	8.6 km
Monday 26 Apr	Centenary Heights	9.2 km
Friday 30 Apr	Gold Park/Golf	9.9 km
Monday 3 May	Rangeville Ramble	10 km
Friday 7 May	The Spur	10.2 km
Monday 10 May	Smithfield	9.8 km
Friday 14 May	Nielsen Park	8.5 km
Monday 17 May	High Street	8.8 km

Friday 21 May	Nelson St	10.3 km
Monday 24 May	Trails North	9 km
Friday 28 May	East Creek	8.5 km
Monday 31 May	Hospital	9.3 km
Friday 4 Jun	USQ	9.3 km
Monday 7 Jun	Picnic Point	10 km
Friday 11 Jun	Trails South	9.3 km
Monday 14 Jun	West Creek	8.6 km
Friday 18 Jun	Centenary Heights	9.2 km
Monday 21 Jun	Gold Park/Golf	9.9 km
Friday 25 Jun	Rangeville Ramble	10 km
Monday 28 Jun	The Spur	10.2 km
Friday 2 Jul	Smithfield	9.8 km
Monday 5 Jul	Nielsen Park	8.5 km
Friday 9 Jul	High Street	8.8 km
Monday 12 Jul	Nelson St	10.3 km
Friday 16 Jul	Trails North	9 km
Monday 19 Jul	East Creek	8.5 km
Friday 23 Jul	Hospital	9.3 km
Monday 26 Jul	USQ	9.3 km
Friday 30 Jul	Picnic Point	10 km
Monday 2 Aug	Trails South	9.3 km
Friday 6 Aug	West Creek	8.6 km
Monday 9 Aug	Centenary Heights	9.2 km
Friday 13 Aug	Gold Park/Golf	9.9 km
Monday 16 Aug	Rangeville Ramble	10 km
Friday 20 Aug	The Spur	10.2 km
Monday 23 Aug	Smithfield	9.8 km
Friday 27 Aug	Nielsen Park	8.5 km
Monday 30 Aug	High Street	8.8 km
Friday 3 Sep	Nelson St	10.3 km
Monday 6 Sep	Trails North	9 km
Friday 10 Sep	East Creek	8.5 km
Monday 13 Sep	Hospital	9.3 km
Friday 17 Sep	USQ	9.3 km
Monday 20 Sep	Picnic Point	10 km
Friday 24 Sep	Trails South	9.3 km
Monday 27 Sep	West Creek	8.6 km
Friday 1 Oct	Centenary Heights	9.2 km
Monday 4 Oct	Gold Park/Golf	9.9 km
Friday 8 Oct	Rangeville Ramble	10 km
Monday 11 Oct	The Spur	10.2 km
Friday 15 Oct	Smithfield	9.8 km
Monday 18 Oct	Nielsen Park	8.5 km
Friday 22 Oct	High Street	8.8 km
Monday 25 Oct	Nelson St	10.3 km
Friday 29 Oct	Trails North	9 km
Monday 1 Nov	East Creek	8.5 km
Friday 5 Nov	Hospital	9.3 km