

### Townsville Roadrunners 2019 Season Calendar

Day	Date	Start Time (incl. Juniors)	Run Name	Start Location	Approx dist km (Long)	Club Points	Pres Cup	Approx dist km (Short)	Junior
Sat	26-Jan	7:00am	Australia Day Fun Run	Jezzine Barracks	5.0				
Sat 02Feb Sat 09Feb		6.00am	Beginners Running Clinic (FREE and runs for 2 weeks with presentations by local professionals)	Strand Park	20-30mins walking/jogging				
Sat	2-Mar	6.30am	Casino Run	Strand Park	7.0	Y	Y	3.5	Y
Sat	9-Mar	6.30am	Fairfield Waters Run	Sheriff Park Love Lane	8.0	Y		4.0	Y
Sat	16-Mar	6.30am	Railway run	Strand Park	9.0	Y		5.0	
Sat	23-Mar	6.30am	East Water Tanks	City Oasis Inn	9.0	Y		5.0	
Sat	30-Mar	6.30am	Ross Dam 10k time trial	Ross Dam	10.0	Y	Y	5.0	Y
Sat	6-Apr	7:00am	Riverway Park Run (Parkrun Barcode needed)	Tony Ireland Stadium - Riverway	5.0			N/A	
Sun	7-Apr	From 07:00am	OuterLimits Elliots Revenge Trail run	Bowling Green Bay National Park	6, 12, 18k				
Sat	13-Apr	6.30am	The Athletes Foot 10K Series Run #1 - Pallarenda Trail (freshwater loop)	Pallarenda	10.0	Y		5.0	Y
Sat	20-Apr	6.30am	Easter Egg Hunt / TTOC	Riverway	variable			N/A	
Sat	27-Apr	7:00am	Aplins Weir Parkrun (Parkrun barcode needed)	North Shore Town Square-Burdell	5.0			N/A	
Sun	28-Apr	6:00am	Burdekin Sugar Rush	Anzac Park, Ayr	5,10,21				
Sat	4-May	6.30am	On Your Feet / Off Your Feet	Stagpole St, West End	"About 8k"	Y		4.0	
Sat	11-May	6.30am	Running Works Cross Country Race (3k loops)	Bicentennial Park	9.0	Y		3.0	
Sun	12-May	7.30am	Mother's Day Charity Run/Walk	Rossiter Park Kimball St	5.0			N/A	
Sat	18-May	6.30am	North Ward Hills	Queens Park Kennedy St	7.5	Y		4.0	
Sat	25-May	6.30am	The Athletes Foot 10K Series Run #2 Lower River Loop	Sherriff Park Love Lane	10.0	Y		5.0	Y
Sat	1-Jun	6.30am	Townsville 10 Miler	James Cook University	16.0	Y		5.0	
Sat	8-Jun	6.30am	Round the Hill	Kennedy St. North Ward	12.0		Y	5.0	
Fri	14-Jun	6.00pm	3 Day Race - Race 1 of 3	James Cook University Union	9.3	Club points for completing all three runs only		N/A	
Sat	15-Jun	6.30am	3 Day Race - Race 2 of 3	Strand Park	19.4			N/A	
Sun	16-Jun	6.30am	3 Day Race - Race 3 of 3	Strand Park	13.6			N/A	
Sat	22-Jun	6.30am	Two Tunnels run	Rossiter Park Kimball St	10.0	Y		5.0	Y
Sat	29-Jun	6.30am	West Water Tanks	Strand Park	10.0	Y		5.0	
Sun	7-Jul	6.30am	River HM, 10k	Riverway	21 & 10	Y			
Sat	13-Jul	6.30am	Riverside Figure 8	Sherriff Park Love Lane	15.8	Y	Y	5.0	Y
Sat	20-Jul	6.30am	The Athletes Foot 10K Series Run #3 - Ross Dam	Ross Dam	10.0	Y		5.0	Y
Sat	27-Jul	6.30am	University tour	James Cook University	8.0	Y		4.0	
Sun	4-Aug	From 5:30am	Townsville Running Festival 5k, 10k, 21k, 42k	Jezzine Barracks	21k & 42k only	Y			Y
Sat	10-Aug	6.30am	Fairfield Waters handicap	Bicentennial Park Queens Rd	9.0			4.5	Y
Sat	17-Aug	6.30am	Douglas Hills/Trails	Riverway	8.0	Y		4.0	Y
Sat	24-Aug	7.00am	North Shore Parkrun (Parkrun barcode needed)	North Shore Town Square-Burdell	5.0			N/A	
Sun	25-Aug	From 05:30am	OuterLimits Cape Pallarenda Trail run	Pallarenda	6, 12, 21, 42k				
Sat	31-Aug	6.30am	Castle Hill Goat Track / King/Queen of the Castle	Kennedy St. North Ward	8.0	Y		4.0	Y
Sat	7-Sep	6.30am	Bushland Beach Ramble	Bushland Beach Foreshore (End of Mt Low Parkway)	8.0	Y		4.0	
Sat	14-Sep	6.30am	On Your Feet / Off Your Feet	Stagpole St, West End	"About 8k"	Y		4.0	
Sat	21-Sep	6.30am	Palmetum Loops	Rossiter Park Kimball St	8.0	Y		4.0	Y
Sat	28-Sep	6.30am	Race in the Park	Anderson Park	7.0	Y		4.0	Y
Sat	5-Oct	6.30am	Mystery Run	Strand Park	"About 8k"			4.0	
Sat	12Oct to 28Dec	6.00am	Off Season Runs (untimed) + visit Parkruns	Riverway	Varies			Varies	
Wed	25-Dec-19	6.00am	TRR traditional Xmas breakfast run to the top of Castle Hill	Start anywhere, be at top by 06:30am					
Sat	04Jan20 to 29Feb20	6.00am	Off Season Runs (untimed)	Strand Park	Varies			Varies	