



Event Calendar

January 2025

01 — Wednesday

No events

02 — Thursday

19:00 — 20:00 7pm POP UP - Run with a difference

03 — Friday

No events

04 — Saturday

05:00 — 07:00 SRG 2025 5am Saturday Run

05 — Sunday

05:00 — 09:00 Sunday long run 5am

15:30 — 17:00 Sunday Trail Run

06 — Monday

05:00 — 06:00 SRG 2025 5am Monday Run

17:30 — 18:30 SRG 2025 5:30pm Monday Walking Group

18:30 — 20:00 SRG 2025 6:30pm Monday All Abilities Group

19:00 — 20:00 SRG 2025 7.00pm Monday Short & Slow All Abilities

07 — Tuesday

05:00 — 06:00 SRG 2025 5am Tuesday Run

08 — Wednesday

05:00 — 06:00 SRG 2025 5am Wednesday Short & Slow All Abilities

19:00 — 20:00 SRG 2025 7pm Wednesday All Abilities Group

09 — Thursday

05:00 — 06:00 SRG 2025 5am Thursday Run

10 — Friday

No events

11 — Saturday

05:00 — 07:00 SRG 2025 5am Saturday "On Tour"

12 — Sunday

05:00 — 08:00 5am run Sunday long run West End

15:30 — 17:00 Sunday Trail Run

13 — Monday

05:00 — 06:00 SRG 2025 5am Monday Run

17:30 — 18:30 SRG 2025 5:30pm Walking Group

18:30 — 19:30 SRG 2025 6.30pm Monday 5-8km All Abilities Group (with Troy)

19:00 — 20:00 SRG 2025 7.00pm Monday Short & Slow All Abilities

14 — Tuesday

05:00 — 06:00 SRG 2025 5am Tuesday Run

15 — Wednesday

05:00 — 06:00 SRG 2025 5am Wednesday Slow & Short All Abilities

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

19:30 — 20:30 SRG 2025 7.30pm Intermediate/Intervals Wednesday Group

16 — Thursday

05:00 — 06:00 SRG 2025 5am Thursday Run

17 — Friday

No events

18 — Saturday

05:00 — 07:00 SRG 2025 5am Saturday Run

19 — Sunday

No events

20 — Monday

05:00 — 06:00 SRG 2025 5am Monday Run

17:30 — 18:30 SRG 2025 5:30pm Walking Group

18:30 — 20:00 SRG 2025 6.30pm Monday All Abilities Group

19:00 — 20:00 7PM Slow & Short - Monday

21 — Tuesday

05:00 — 06:00 SRG 2025 5am Tuesday Run

22 — Wednesday

05:00 — 06:00 SRG 2025 5am Wednesday Slow & Short All Abilities

19:00 — 20:00 7PM Slow & Short - Wednesday

19:30 — 20:30 SRG 2025 7.30pm Intermediate/Intervals Wednesday Group

23 — Thursday

05:00 — 06:00 SRG 2025 5am Thursday Run

24 — Friday

No events

25 — Saturday

05:00 — 07:00 SRG 2025 5am Saturday Run

26 — Sunday

05:00 — 09:00 5am run Sunday long run Wynnum

27 — Monday

05:30 — 06:30 SRG 2025 5am Monday Run

06:00 — 08:00 SRG/TRAQ Summer Series

17:30 — 18:30 SRG 2025 5.30pm Monday 4-6km All Abilities Group (with Laurie)

18:30 — 20:00 SRG 2025 6.30pm Monday All Abilities Group

19:00 — 20:00 7PM Slow & Short - Monday

28 — Tuesday

05:00 — 06:00 SRG 2025 5am Tuesday Run

29 — Wednesday

05:00 — 06:00 SRG 2025 5am Wednesday Slow & Short All Abilities

19:00 — 20:00 7PM Slow & Short - Wednesday

30 — Thursday

05:00 — 06:00 SRG 2025 5am Thursday Run

31 — Friday

No events

February 2025

01 — Saturday

05:00 — 07:00 SRG 2025 5am Saturday Run

02 — Sunday

15:30 — 17:00 Sunday Trail Run

03 — Monday

05:00 — 06:00 SRG 2025 5am Monday Run

17:30 — 18:30 SRG 2025 5:30pm Walking Group

18:30 — 20:00 SRG 2025 6.30pm Monday All Abilities Group

19:00 — 20:00 7PM Slow & Short - Monday

04 — Tuesday

05:00 — 06:00 SRG 2025 5am Tuesday Run

05 — Wednesday

05:00 — 06:00 SRG 2025 5am Wednesday Slow & Short All Abilities

19:00 — 20:00 7PM Slow & Short - Wednesday

06 — Thursday

05:00 — 06:00 SRG 2025 5am Thursday Run

07 — Friday

No events

08 — Saturday

No events

09 — Sunday

No events

10 — Monday

18:30 — 19:30 SRG 2025 6.30pm Monday 4-6km All Abilities Group

11 — Tuesday

No events

12 — Wednesday

19:00 — 20:00 SRG 2025 7pm Wednesday All Abilities Group

13 — Thursday

No events

14 — Friday

No events

15 — Saturday

No events

16 — Sunday

No events

17 — Monday

19:00 — 19:45 SRG 2025 7:00pm Monday Funday All Abilities

18 — Tuesday

No events

19 — Wednesday

19:00 — 20:00 SRG 2025 7pm Wednesday All Abilities Group

20 — Thursday

No events

21 — Friday

No events

22 — Saturday

No events

23 — Sunday

No events

24 — Monday

18:30 — 19:30 SRG 2025 6.30pm Monday 4-6km All Abilities Group

25 — Tuesday

No events

26 — Wednesday

19:00 — 20:00 SRG 2025 7pm Wednesday All Abilities Group

27 — Thursday

No events

28 — Friday

No events

March 2025

01 — Saturday

No events

02 — Sunday

No events

03 — Monday

19:00 — 19:45 SRG 2025 7:00pm Monday Funday All Abilities

04 — Tuesday

No events

05 — Wednesday

19:00 — 20:00 SRG 2025 7pm Wednesday All Abilities Group

06 — Thursday

No events

07 — Friday

No events

08 — Saturday

No events

09 — Sunday

No events

10 — Monday

18:30 — 19:30 SRG 2025 6.30pm Monday 4-6km All Abilities Group

11 — Tuesday

No events

12 — Wednesday

19:00 — 20:00 SRG 2025 7pm Wednesday All Abilities Group

13 — Thursday

No events

14 — Friday

No events

15 — Saturday

No events

16 — Sunday

No events

17 — Monday

No events

18 — Tuesday

No events

19 — Wednesday

19:00 — 20:00 SRG 2025 7pm Wednesday All Abilities Group

20 — Thursday

No events

21 — Friday

No events

22 — Saturday

No events

23 — Sunday

No events

24 — Monday

No events

25 — Tuesday

No events

26 — Wednesday

19:00 — 20:00 SRG 2025 7pm Wednesday All Abilities Group

27 — Thursday

No events

28 — Friday

No events

29 — Saturday

No events

30 — Sunday

No events

31 — Monday

No events