

## TTS Social Running Group Autumn Schedule 2024

Date	Meeting Point	Run Name	Description	Longer/Shorter	Length	Coffee/breakfast at
2/3/2024	Mawson Shops (Southlands) main carpark	Mawson - Torrens-Farrer - Isaacs Loop	<p>The route includes Athllon drive bike path then along Beasley St , Basedow, Gouger St in Torrens before joining the fire trail. After crossing Athllon Drive stay adjacent to Farrer houses on fire trial and then under Erindale Drive into Isaacs. Follow the fire trial through the pine forest until into O'Malley. Circumnavigate O'Malley or not. Make your way to the pedestrian bridge and return</p>	Shorter - out and back route. Longer - Return from Isaacs via Hindmarsh Drive and Athllon Drive	14km	Lil Milk Bar
9/3/2024	Anzac West carpark Constitution Ave. Note you must be travelling west to access the car park	Anzac West - Mt Ainslie loop	<p>From the car park which is adjacent to the ANZAC West office complex on Constitution Ave we head east along the footpath to ANZAC parade. We then proceed right down the middle of ANZAC parade to the War Memorial. We skirt the edge of the memorial (subject to construction) and then head up Mt Ainslie to the fire trial. Turn left (west) and follow the trial around the Mountain. Keep the mountain on your right! After completing a loop of the mountain proceed down Anzac Parade and home.</p>	<p>Longer - add a loop from the carpark to Regatta Point and back - 1.5km Shorter - the loop around the mountain is just under 9km so the only shorter option is an out and back.</p>	13.5km	Pedlar café, Constitution Ave, Campbell, about 500m from start

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16/3/2024	Denman Prospect (DP)shops	Namarag Park	<p>Its is on fire trails from the DP shops. There is a construction in the area and our route is on public accessible paths on the edge of the site. It is about 3kms to Butters Bridge, an amazing pedestrian bridge over the Molonglo. Once over the bridge explore the new, unusual and interesting Namarag Park . It is a park with an indigenious focus and has only recently opened. After a good look around, continue north on Namrag Trail to the Molonglo River Reserve, past the suspended pipeline and to the giant grey chminey which is about 6km. You can travel further on to Kama Nature Park (there is a gate and a sign) or continue onto the access road towards Belconnen turning at your leisure. Retrace your steps to the start of the Molonglo River Reserver (after the pipeline) and turn right to take the path closest to the river. This trail wll loop around to the bridge and return path to DP shops.</p>	Turn at any point. Suggest turn at Kama Nature park about 6.5km. Its 3km to start of Namarag Park.	6 - 13km	Morning Dew, Denman Prospect shops
23/3/2024	Cook shops	Arboretum from Cook	<p>Starting point from Cook, which involves running through Cook and Aranda and then to Glenloch Interchange. Take the tunnel under William Hovell Drive to the Arboretum.The Arboretum provides some wonderful running terrain and views. Top of Dairy Farmers Hill is a must for the magnificent views over the lake. Alternatively do a loop of the Arboretum boundary (8km). Return by the same path</p>	14km, as an out and back run	Longer run available by running the arboretum boundary	Little Oink, Cook
30/3/2024	EQ café Kent St Deakin	Red Hill/ Garran loop	<p>This route is a variant of our previous Red Hill loop. From EQ café head south on Kent St and find the Red hill fire trail. The trail will take us over Red Hill Rd and parallel to Mugga way an a long ascent towards Hindmarsh Drive. Continue on the fire tril now parellel with Hindmarsh drive aail immediately nd ascend into Garran. Continue on the fire trail until we reach a compound (diplomatic residence) with a significant fence, From here we turn left and enter the golf course skirting the course on the left hand side. emerging on to Kitchener St. Turn right and fflow Kitchener St to Kent St and return to EQ cafe.</p>	Shorter as an out and back.	13.8 km approx	EQ Café, Deakin

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6/4/2024	Meating Place, Cooleman Court, Southern carpark opposite McDonalds	Chapman Ridge, Mcquoids hill loop and return	<p>From Cooleman Court head through Stirling adjacent to and then under Streeton Drive. The path will also go under Perry Drive. Continue on the path past Chapman Primary and then up the steps and single track to Cooleman Ridge. Turn left for about 300m then take the track signposted with "9" to the right. At post "7" make a left and follow the trail over the saddle to a locked gate with a yellow chain. The gate is publicly accesible and turn right for another 400m till another gate which will take us to the horse paddocks carpark. At the end of road is a trail to the left of the farm gate and another 800m will take you to a more acceible part of the fence. (marked with pink fabric). The trail to Mcquoids will be on your left and is very steep. Enjoy the view from the top and then take the descent on the eastern side of the hill towards Kambah Pool Road. Turn left on the trial adjacent to the road then left again to find the trail behind the houses. Continue on this trail for about 2km and then turn left to join the Namatjira gates trail. Follow Namatjira Drive back to the shops .</p>	<p>Shorter - turn back earlier. Longer - come back along the length of Cooleman ridge to Kathner St and Hindmarsh Drive will add 5 km.</p>	13. km long - 18 kms approx	Meating Place, Cooleman Court
13/4/2024	Stromlo Forest Park car park	Stromlo to Molonglo/Zoo and return	<p>Starting at the Stromlo car park, go past the bush fire memorial. Head through a series of parks and along Ulysses Ctt through Wright to the Cotter Road. Take the underpass and then veering right on the bike path follow and Coombs to the river. The path roughly follows Terry Connolly Drive and Harold White Av. At the end of HW ave find the fire trail to the river. Crossing the river and enjoy the fire trail along the Molonglo, turning back at Scrivener Dam (zoo) or somewhere earlier.</p>	Plenty of options	14	Onsite cafe, Handlebar
20/4/2024	Tuggeranong Bunnings carark	Banks, Gordon, Point Hutt, Pine Island	<p>The highlight of this run is the river trail between Pine Island and Point Hutt Road and the fire trail behind Gordon. Start at Bunnings carpark and head to Pine Island via the bike path and tunnel under Athllon Drive. Turn left over the cattle grate into Pine Island East car park. Fron here its about 2.2km to Point Hutt. On reaching Point Hutt head up the road and turn right into Jim Pyke Ave before taking the fire trail on your right (behind the first lot of houses) that runs around the back of Gordon. There is a bit of a hill to start with! Turn round at 8km.</p>	<p>It's about 8.5 km to Knoke Ave Gordon. The return portion via the road (Tharwa Dr/Drakeford Dr) is a little shorter</p>	16km	Two before Ten Tuggeranog or Café Beetroot

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27/4/2024	Forde Shops	Forde shops to Mulligans Flat Nature Park	Note the starting location at Forde Shops. We will follow the bike path and then turn right onto the fire trail to the main gate. We will follow the main for a loop in the reserve along the Main Mulligan Trail, Old Coach track (turn right at the main gate) and the Pipeline track and finally the Link Track which rejoins the main trail. When on the Pipeline track go through the Bettong Gate and at the fence line turn left. Follow this fence line for 3-4 kms until the Link track.	Lap of the Yerrabi Ponds, about 500m from the start is about 4km. For a 9km run turn around at the start of the Pipeline track.	14km.	<a href="mailto:Frankies@Forde.com">Frankies@Forde.com</a> <a href="#">Forde Shops</a>
4/5/2024	Black Mountain Peninsula	Canberra Runners 10 Miler. Note 7:30AM start	A club event. Follow the bike path around West Basin ignoring the peninsulars in a clock wise direction. Free to club members. Perfect tune up for Club half marathon in late May	event for 16km.	16km	TBA
11/5/2024	Bungendore Showground	Bungendore Showground to Lake George via Lake Road	We have long had an active Bungendore Faction. This run is a "nod" to their long time support of TTS. Starting at the Showground we will run to the edge of Lake George along Lake Road and return.	Lake Road is about 7.5km long. Continue past the showground for more!	0 -15km	Bungendore café
18/05/2024	Hall shops	One Tree Hill	Out and back course from Hall shops , corner of Gladestone St and Victoria Street. The summit of One Tree Hill is an optional extra but offers amazing views over Canberra. The path is rocky in places and is very undulating with the first four kilometers largely uphill. Turn around at any point, suggestion is at 6 km.	out and back course	12	Daughters @ Hall café, Victoria St
19/5/2024	Lennox Gardens, Yarralumla	Canberra Runners Half Marathon	Race day		10km, 21.1km, kids race, 5km`	

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25/5/2024	University of Canberra, Bruce Park and ride carpark, College St	Rachel's Romp 2.0 Bruce -Oconnor- Black Mtn-Aranda	<p>From the carpark, follow College St to Haydon Drive. Cross Haydon drive and turn left. At Ginninderra drive, turn right and follow bike path around the back of the AIS and under Gungahlin Drive to join our usual bike path. [From here it is the same route as normal] Follow this down the hill (turn left) until you reach the roundabout at the intersection with Dryandra St.</p> <p>From the roundabout, follow the Centenary Trail signs to the power station at the base of Black Mountain. Here, take a sharp right and follow the fire trail under the power lines. Stay under the power lines and the track for 3-4 kms to its end (at a gate).</p> <p>At the gate, we turn right (almost a U turn) to reach the crossing over Caswell Drive. Turn right at the fire trail and follow it along the back of Aranda. At the end, turn left and go around (or over) Aranda oval. At the bike path, turn right and follow it to cross the Belconnen Way overpass. Turn right and follow the bike path to Haydon Drive and then on to College St, where you turn left to get back to the carpark.</p>	turn around at any point for a shorter run. Longer - at the gate at Caswell drive turn left and take longer route under Caswell and Bindubi Street	14.5	Coffee Grounds & Oscar's Bakery, about 200m from start location
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**RULES, Well sort of**

All runs commence at 7am (3 minute rule applies) rain(if heavy 0 minute rule overrides 3 minute), hail or shine.  
 Be mindful of valuables left in vehicles  
**Due to the size of the group dogs on a lead please**  
 Its generally warm so all runners must take their own water, few routes, if any, have taps or bubblers  
 Leave your headphones in the car or at home and have a chat with your fellow runners  
 Run at your own comfortable pace  
Events in Red  
 Stay for coffee/breakfast afterwards if you can on Saturdays

**Tuesday/Thursday**

Meet 6:30 (0 minute rule applies) at Lennox Garden, behind the Hyatt hotel. Its very busy at Lennox onTuedays. 50- 55min run  
 Most Tuesdays - hill effort runs at Parliament House or Regatta Point or Treasury Gardens

**Canberra Runners events**

First Sunday every month is the jogalong for Women and Girls at Weston Park  
 Saturday and Tuesday regular club events see [www.canberrarunner.org.au](http://www.canberrarunner.org.au)