



Calendar of Events 2006

January		SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	January	
S	1		MR25 - 10km Progressive Run MacRitchie Reservoir, 7.00am			1	S
M	2					2	M
T	3					3	T
W	4					4	W
T	5					5	T
F	6					6	F
S	7			IAAF X-Ctry Permit Meeting Belfast (GBR)		7	S
S	8					8	S
M	9					9	M
T	10					10	T
W	11					11	W
T	12					12	T
F	13					13	F
S	14		Inter-Varsity-Polytechnic Games- Track & Field (IVP) Nanyang Poly, 1.30pm	Oceania Masters Championships, (14 - 21 Jan) Christchurch (NZL) IAAF X-Ctry Permit Meeting Edinburgh (GBR)		14	S
S	15			Oceania Masters Championships, (14 - 21 Jan) Christchurch (NZL) IAAF X-Ctry Permit Meeting Sevilla (ESP) Standard Chartered Greatest Race on Earth Mumbai (IND)		15	S
M	16					16	M
T	17					17	T
W	18		Inter-Varsity-Polytechnic Games- Track & Field (IVP) Nanyang Poly, 4.00pm	Oceania Masters Championships, (14 - 21 Jan) Christchurch (NZL)		18	W
T	19					19	T
F	20					20	F
S	21		Inter-Varsity-Polytechnic Games- Track & Field (IVP) Nanyang Poly, 1.30pm			21	S
S	22	SAA 1st League Walk 2006 Bishan Park, 7.30am		IAAF X-Ctry Permit Meeting Tourcoing (FRA)		22	S
M	23					23	M
T	24					24	T
W	25					25	W
T	26					26	T
F	27					27	F
S	28					28	S
S	29			IAAF Indoor Permit Meeting Moscow (RUS) IAAF X-Ctry Permit Meeting Albufeira (POR)		29	S
M	30					30	M
T	31					31	T

February	SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	February
W	1				1 W
T	2		IAAF Indoor Permit Meeting Stockholm (SWE)		2 T
F	3		IAAF Indoor Permit Meeting New York (USA)		3 F
S	4	X-Campus Run 2006 Ngee Ann Poly Sports Complex 8.00am	IAAF Indoor Permit Meeting Stuttgart (GER)		4 S
S	5	MR25 - Time-Trial MacRitchie Reservoir, 5.00pm	IAAF X-Ctry Permit Meeting San Vittore (ITA)		5 S
M	6				6 M
T	7				7 T
W	8				8 W
T	9				9 T
F	10		2nd Asian Indoor Athletics C'ships (10 - 12 Feb) Pattaya (THA)		10 F
S	11	55th SAA Road Relay C'ships 2006 MacRitchie Reservoir, 1.30pm	IAAF X-Ctry Permit Meeting Nairobi (KEN)		11 S
S	12		IAAF Indoor Permit Meeting Karlsruhe (GER) Standard Chartered Greatest Race on Earth Hong Kong (HKG)		12 S
M	13				13 M
T	14				14 T
W	15				15 W
T	16				16 T
F	17				17 F
S	18	55th SAA X-Country C'ships MacRitchie Reservoir, 1.30pm	IAAF Indoor Permit Meeting Birmingham (GBR) IAAF Outdoor Permit Meeting Melbourne (AUS)		18 S
S	19		IAAF X-Ctry Permit Meeting Diekirch (LUX)		19 S
M	20				20 M
T	21				21 T
W	22				22 W
T	23				23 T
F	24				24 F
S	25		IAAF Indoor Permit Meeting Athens (GRE)		25 S
S	26	SAA 2nd League Walk 2006 Bishan Park, 7.30am	IAAF Indoor Permit Meeting Gent (BEL)		26 S
M	27				27 M
T	28				28 T

China National Long Distance
Throw Permit (1)

March	SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	March
W	1				1 W
T	2				2 T
F	3		IAAF Indoor Permit Meeting Lievin (FRA)		3 F
S	4	Akira Swift TAN SOO LIAT Memorial Age Group Road Relay C'ships 2006 MacRitchie Reservoir, 1530hrs	European Winter Throwing Challenge, tbd		4 S
S	5	1st Allcomers Meet Gombak Stadium, 2.00pm	MR25 - 15km Progressive Run MacRitchie Reservoir, 7.00am	IAAF X-Ctry Permit Meeting Fukuoka (JPN) 15th Kuala Lumpur International Marathon 2006 Merdeka Square (MAS)	5 S
M	6				6 M
T	7				7 T
W	8				8 W
T	9				9 T
F	10				10 F
S	11	Wings Annual X-Ctry C'ships Turf City	IAAF World Indoor C'ships, (10 - 12 March) Moscow (RUS) China National X-Ctry C'ships	SAA Women's Committee- International Women's Day Celebration (Seminar) (venue tbc)	11 S
S	12		IAAF World Indoor C'ships, (10 - 12 March) Moscow (RUS) China National X-Ctry C'ships	SAA Track & Field Officiating Course 2006 (11 - 12 Mar, 8am - 5pm) CCAB, Evans Road	12 S
M	13				13 M
T	14				14 T
W	15		WMA Indoor C'ship Linz (AUT)		15 W
T	16	National Inter- Primary School Track Relay C'ships			16 T
F	17				17 F
S	18		Perlis AAA Junior C'ships Kangar (MAS) IAAF World Race-Walking Challenge 2006 (18 - 19 Mar) Tijuana (MEX)		18 S
S	19	SAA 3rd League Walk 2006 Bishan Park, 7.30am	IAAF X-Ctry Permit Meeting Chiba (JPN)		19 S
M	20				20 M
T	21				21 T
W	22				22 W
T	23	National Inter- Primary School Track Relay C'ships	The Commonwealth Games, (19 - 25 March) Melbourne (AUS)		23 T
F	24				24 F
S	25	Schools Relay C'ships '06 Gombak Stadium, 2.00pm	China National Marathon 2006		25 S
S	26		Saberkas Rh Marathon 2006 Sarawak (MAS) FTAAA MLD Competition Kuala Lumpur (MAS)		26 S
M	27				27 M
T	28				28 T
W	29				29 W
T	30				30 T
F	31				31 F

China National Long Distance
Throw Permit (2)

April		SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	April	
S	1		Akira/ Swift Age Group X-Country C'ships 2006 MacRitchie Reservoir, 1500hrs	IAAF World Race-Walking Challenge 2006 Rio Major (POR)		1	S
S	2	New Paper Progress Walk 1 Bishan Park, 7.30am	MR25 - Time-Trial MacRitchie Reservoir, 5.00pm	IAAF World Cross-Country Championship, Fukuoka (JPN)		2	S
M	3					3	M
T	4					4	T
W	5					5	W
T	6					6	T
F	7					7	F
S	8	32nd Singapore Junior Athletic C'ships (Day 1) Gombak Stadium, 2.00pm		Selangor AA Junior C'ships (8 - 9 Apr) Shah Alam (MAS)		8	S
S	9	32nd Singapore Junior Athletic C'ships (Day 2) Gombak Stadium, 2.00pm		Sarawak AAA Junior C'ships (8 - 9 Apr) Sarawak (MAS) Kuala Lumpur AAA Junior C'ships Kuala Lumpur (MAS)		9	S
M	10			Mauritius International Meet 2006		10	M
T	11					11	T
W	12		47th National Inter-Schools X-Country Finals			12	W
T	13					13	T
F	14			Kedah AAA Junior C'ships (14 - 15 Apr) Alor Star (MAS)		14	F
S	15	32nd Singapore Junior Athletic C'ships (Day 3) Gombak Stadium, 2.00pm		European 10000m Cup Perak AA JUNIOR C'ships (15 - 16 Apr) Ipoh (MAS)		15	S
S	16	32nd Singapore Junior Athletic C'ships (Day 4) Gombak Stadium, 2.00pm		Asian 20km/ 50km Race Walking C'ships Wajima (JPN)		16	S
M	17					17	M
T	18					18	T
W	19					19	W
T	20					20	T
F	21	SAA Kids' Athletics Zone Competition - Primary School (SOUTH Zone) Serangoon Gdn South Sch 2.30pm - 6.30pm		Terengganu AAA Junior C'ships (21 - 22 Apr) Terengganu (MAS)		21	F
S	22	32nd Singapore Junior Athletic C'ships (Day 5) Gombak Stadium, 2.00pm		IAAF World Race-Walking Challenge 2006 Kunshan City (CHN) China National Track & Field Grand Prix Series (1) (22 - 23 Apr)		22	S
S	23	32nd Singapore Junior Athletic C'ships (Day 6) Gombak Stadium, 2.00pm		Sabah AAA Junior C'ships (22 - 23 Apr) Kota Kinabalu (MAS)		23	S
M	24			Pahang AAA Open/ Junior C'ships (23 - 24 Apr) Kuantan (MAS)		24	M
T	25					25	T
W	26			Thailand Open Track & Field C'ships 2006 (26 - 29 Apr) Bangkok (THA)		26	W
T	27			11th International Athletics Hanoi C'ships 2006 (27 - 29 Apr) Hanoi (VIE)		27	T
F	28					28	F
S	29			IAAF Outdoor Permit Meeting Martinique (FRA)		29	S
S	30	New Paper Progress Walk 2 Bishan Park, 7.30am				30	S
TBD				GCC Junior C'ships, tbd KSA			TBD

May		SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	May	
M	1					1	M
T	2					2	T
W	3					3	W
T	4					4	T
F	5					5	F
S	6			IAAF Outdoor Permit Meeting Martinique (FRA) Negri Sembilan AAA Junior C'ships (6 - 7 May) Seremban (MAS)		6	S
S	7	SAA Team Walk C'ships '06 Bishan Park, 7.30am (postponed till later date)	MR25 - 20km Progressive Run MacRitchie Reservoir, 7.00am	FTAAA Sprints & Hurdles Race Kuala Lumpur (MAS)		7	S
M	8					8	M
T	9					9	T
W	10					10	W
T	11					11	T
F	12			IAAF Outdoor Permit Meeting Doha (QAT)		12	F
S	13			IAAF World Combined Events Permit Meeting (13 - 14 May) Desenzano (ITA) IAAF World Race- Walking Cup, (13 - 14 May) La Coruna (ESP) China National Track & Field Grand Prix Series (2) (13 - 14 May)		13	S
S	14		Akira/ Swift Down Memory Lane Walk 2006 Bishan Park, 0700hrs	IAAF World Race- Walking Cup, (13 - 14 May) La Coruna (ESP) China National Track & Field Grand Prix Series (2) (13 - 14 May) IAAF Outdoor Permit Meeting Rio de Janeiro (BRA)		14	S
M	15					15	M
T	16					16	T
W	17					17	W
T	18			Asian Grand Prix 2006 1st leg, Bangkok (THA)		18	T
F	19	SAA Kids' Athletics Zone Competition - Primary School (NORTH Zone) Serangoon Gdn South Sch 2.30pm - 6.30pm		Ibero American C'ships (19 - 21 May) Ponce (PUR)		19	F
S	20			Chinese Taipei International Athletic Meet 2006 (20 - 21 May) Tainan (TPE)		20	S
S	21	The NEW PAPER Big Walk 2006 National Stadium, 7.30am		IAAF Outdoor Permit Meeting Belem (BRA)		21	S
M	22			Asian Grand Prix 2006 2nd leg, Bangalore (IND)		22	M
T	23					23	T
W	24					24	W
T	25					25	T
F	26		Project Nutz Campus Relay Ngee Ann Poly Sports Complex 5.00pm	Asian Grand Prix 2006 3rd leg, Pune (IND)		26	F
S	27			China National Track & Field Grand Prix Series (3) (27 - 28 May) Zhengzhou (CHN) IAU European 100km Champs IAAF World Combined Events Permit Meeting (27 - 28 May) Gotzis (AUT)		27	S
S	28	2nd Allcomers Meet Gombak Stadium, 2.00pm		IAAF Outdoor Permit Meeting Hengelo (NED)		28	S
M	29					29	M
T	30					30	T
W	31					31	W

South American Masters Championship, Rio (BRA)

June		SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	June	
T	1			Kuala Lumpur AAA Open C'ships (1 - 2 June) Kuala Lumpur (MAS)		1	T
F	2			IAAF Outdoor Permit Meeting Oslo (NOR)		2	F
S	3			IAAF Outdoor Permit Meeting Eugene (USA)		3	S
				International Meeting G. Kosanov Memorial (3 - 4 June) Almaty (KAZ)			
S	4		MR25 - Time-Trial MacRitchie Reservoir, 5.00pm	IAAF Outdoor Permit Meeting Milan (ITA)		4	S
				IAAF World Combined Events Permit Meeting (4 - 5 June) Arles (FRA)			
M	5			IAAF Outdoor Permit Meeting Prague (CZE)		5	M
T	6			IAAF Outdoor Permit Meeting Turin (ITA)		6	T
				1st South East Asian Junior C'ships (6 - 7 June) Bangkok (THA)			
W	7			IAAF Outdoor Permit Meeting Ostrava (CZE)		7	W
T	8					8	T
F	9		Wings Annual Track & Field C'ships 2006 (9 - 11 June)	IAAF Outdoor Permit Meeting Lille (FRA)		9	F
S	10					10	S
S	11		MR25 - X-Country Marathon MacRitchie Reservoir, 7.00am	IAAF Outdoor Permit Meeting Palo Alto (USA)		11	S
M	12					12	M
T	13					13	T
W	14					14	W
T	15					15	T
F	16					16	F
S	17		Akira/ Swift 53rd Annual Track & Field C'ships 2006 (17 - 18 June) Toa Payoh Stadium, 1300hrs	Perlis AAA Open C'ships Kangar (MAS)		17	S
				IAAF Outdoor Permit Meeting Kazan (RUS)			
				European Cups (17 - 18 June) (other Levels)			
S	18			International Competition on Prizes of the Olympic C'ships Tayiana Kolpakova (17 - 18 June) Biskek (KGZ)		18	S
M	19					19	M
T	20					20	T
W	21			Philippines Open Track & Field C'ships 2006 (21 - 24 June) Manila (PHI)		21	W
T	22					22	T
F	23					23	F
S	24			IAAF World Combined Events Permit Meeting (24 - 25 June) Ratingen (GER)		24	S
S	25					25	S
M	26					26	M
T	27			IAAF Outdoor Permit Meeting Helsinki (FIN)		27	T
W	28			European Cups (Super League) (28 - 29 June) Malaga (ESP)		28	W
T	29					29	T
F	30					30	F

Throws International Meet
(New Delhi, IND)

July		SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	July	
S	1			Penang AAA Open C'ships (1 - 2 Jul) Penang (MAS)		1	S
				European Combined Events Cup tbd, (01/02)			
				Hong Kong Inter-City Athletics Challenge 2006 (1 - 2 July)			
S	2		MR25 - 25km Progressive Run MacRitchie Reservoir, 7.00am	FTAAA Open C'ships Kuala Lumpur (MAS) Jakarta 10-K Run 2006 Jakarta (INA)		2	S
M	3			IAAF Outdoor Permit Meeting Athens (GRE)		3	M
T	4					4	T
W	5		WALA/MSSM/ SSSC Track & Field Meet			5	W
T	6					6	T
F	7			IAAF Outdoor Permit Meeting Paris (FRA)		7	F
S	8					8	S
S	9	SAA Junior Walk C'ships Bishan Park, 7.30am		Selangor AAA Open C'ships (8 - 9 July) Shah Alam (MAS)		9	S
M	10					10	M
T	11			IAAF Outdoor Permit Meeting Lausanne (SUI)		11	T
W	12					12	W
T	13					13	T
F	14		47th National Inter-School Track & Field C'ships (Heats) (6 - 18 Jul)	IAAF Outdoor Permit Meeting Rome (ITA)		14	F
				Kedah AAA Open C'ships (14 - 15 Jul) Alor Star (MAS)			
S	15			12th Asian Junior Athletics C'ships (15 - 18 July) Macao (CHN)		15	S
S	16			Sarawak AAA Open C'ships (15 - 16 Jul) Sarawak (MAS)		16	S
M	17			IAAF Outdoor Permit Meeting Zagreb (CRO)		17	M
T	18			12th Asian Junior Athletics C'ships (15 - 18 July) Macao (CHN)		18	T
W	19		47th National Inter-School Track & Field C'ships (Final)			19	W
T	20					20	T
F	21	SAA Kids' Athletics Zone Competition - Primary School (EAST Zone) Serangoon Gdn South Sch 2.30pm - 6.30pm		IAAF Outdoor Permit Meeting Monaco (MON)		21	F
S	22			Perak AAA Open C'ships (22 - 23 Jul) Ipoh (MAS)		22	S
				Negri Sembilan AAA Open C'ships (22 - 23 Jul) Seremban (MAS)			
				Sabah AAA Open C'ships (22 - 23 Jul) Kota Kinabalu (MAS)			
S	23	3rd Allcomers Meet Gombak Stadium, 2.00pm		IAAF Outdoor Permit Meeting Thessaloniki (GRE)		23	S
M	24					24	M
T	25			IAAF Outdoor Permit Meeting Stockholm (SWE)		25	T
W	26					26	W
T	27			European Masters C'ships, (26 Jul-5 Aug) Poznan (POL)		27	T
F	28	SAA Kids' Athletics Zone Competition - Primary School (WEST Zone) Serangoon Gdn South Sch 2.30pm - 6.30pm		IAAF Outdoor Permit Meeting London (GBR)		28	F
				Kelantan AAA Open/Junior C'ships (28 - 29 Jul) Kota Bahru (MAS)			
S	29			2nd Asian All-Stars Athletics Championships 2006 Brunei (BRU)		29	S
S	30	SAA Individual Walk C'ships Bishan Park, 7.30am		European Masters C'ships, (26 Jul-5 Aug) Poznan (POL)		30	S
M	31					31	M
		tbd		European Mountain Run, Champs tbd		tbd	

August	SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	August
T	1				1 T
W	2				2 W
T	3				3 T
F	4	Ngee Ann Campus Road Relay - Project Nutz 2006, 4.00pm Ngee Ann Sports Complex	European Masters C'ships, (26 Jul-5 Aug) Pozman (POL)		4 F
S	5				5 S
S	6	MR25 - Time-Trial MacRitchie Reservoir, 5.00pm			6 S
M	7				7 M
T	8				8 T
W	9		European C'ships (08 - 13 Aug) Goteborg(SWE) / African Senior C'hips (09 -13 Aug) Mauritius (MRI)		9 W
T	10				10 T
F	11				11 F
S	12				12 S
S	13	4th Allcomers Meet Gombak Stadium, 2.00pm	Malay Mail Big Walk 2006 Kuala Lumpur (MAS)		13 S
M	14				14 M
T	15				15 T
W	16		IAAF World Junior C'ships (15 - 20 Aug) Beijing (CHN)		16 W
T	17				17 T
F	18		IAAF Outdoor Permit Meeting Zurich (SUI)		18 F
S	19		IAAF World Junior C'ships (15 - 20 Aug) Beijing (CHN)		19 S
S	20	SAA Merlion Walk C'ships Bishan Park, 7.30am	IAAF Outdoor Permit Meeting Sheffield (GBR)		20 S
M	21		Terengganu AAA Open C'ships (21 - 22 Aug) Terenagganu (MAS)		21 M
T	22		IAAF Outdoor Permit Meeting Linz (AUT)		22 T
W	23				23 W
T	24				24 T
F	25		IAAF Outdoor Permit Meeting Brussels (BEL)		25 F
S	26		53rd Sabah International Track & Field Open C'ships 2006 (26 - 27 Aug) Sabah (MAS)		26 S
S	27	New Balance REAL Run 2006 Sentosa	IAAF Outdoor Permit Meeting Rieti (ITA)		27 S
M	28				28 M
T	29				29 T
W	30				30 W
T	31				31 T

September		SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	September	
F	1					1	F
S	2	68th Singapore Open Track & Field Championships Gombak Stadium, 2.00pm				2	S
S	3		MR25 - 30km Progressive Run MacRitchie Reservoir, 7.00am	IAAF Outdoor Permit Meeting Berlin (GER)		3	S
M	4					4	M
T	5					5	T
W	6					6	W
T	7					7	T
F	8					8	F
S	9			4th IAAF World Athletics Final (9 - 10 Sept) Stuttgart (GER)		9	S
S	10					10	S
M	11					11	M
T	12					12	T
W	13					13	W
T	14			MAAU National Open C'ships (14 - 17 Sept) Kuala Lumpur (MAS)		14	T
F	15					15	F
S	16			IAAF World Combined Events Permit Meeting (16 - 17 Sept) Talence (FRA)		16	S
S	17			10th IAAF World Cup in Athletics (16 - 17 Sept) Athens (GRE)			
M	18					18	M
T	19			83rd Malaysian National Open Athletic C'ships 2006 (19 - 22 Sept) Penang (MAS)		19	T
W	20					20	W
T	21					21	T
F	22					22	F
S	23					23	S
S	24				24	S	
M	25					25	M
T	26					26	T
W	27					27	W
T	28					28	T
F	29					29	F
S	30					30	S

October		SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	October	
S	1		MR25 - Time-Trial MacRitchie Reservoir, 5.00pm			1	S
M	2					2	M
T	3					3	T
W	4					4	W
T	5					5	T
F	6					6	F
S	7		NTU Track & Field C'ships 2006 NTU Sports & Recreation Centre			7	S
S	8			15th IAAF World Road Race Championships Debrecen (HUN)		8	S
M	9					9	M
T	10					10	T
W	11					11	W
T	12					12	T
F	13					13	F
S	14		NTU Track & Field C'ships 2006 NTU Sports & Recreation Centre			14	S
S	15			Asian Marathon 2006 (Beijing, CHN)		15	S
M	16					16	M
T	17					17	T
W	18					18	W
T	19					19	T
F	20					20	F
S	21					21	S
S	22					22	S
M	23					23	M
T	24					24	T
W	25					25	W
T	26					26	T
F	27					27	F
S	28					28	S
S	29		MR25 - Elite 10km Time-Trial MacRitchie Reservoir, 7.00am	Standard Chartered Greatest Race on Earth Nairobi (KEN)		29	S
M	30					30	M
T	31					31	T

IAAF World Running C'ships, tbd

November	SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	November
W	1				1 W
T	2				2 T
F	3				3 F
S	4				4 S
S	5	5th Allcomers Meet Gombak Stadium, 2.00pm	MR25 - 35km Progressive Run MacRitchie Reservoir, 7.00am		5 S
M	6				6 M
T	7				7 T
W	8				8 W
T	9				9 T
F	10	SAA Kids' Athletics Competition - Primary School (FINALS) Serangoon Gdn South Sch 2.30pm - 6.30pm			10 F
S	11				11 S
S	12		Standard Chartered Greatest Race on Earth Nairobi Marathon 2006		12 S
M	13				13 M
T	14				14 T
W	15				15 W
T	16				16 T
F	17				17 F
S	18				18 S
S	19				19 S
M	20				20 M
T	21				21 T
W	22				22 W
T	23				23 T
F	24				24 F
S	25				25 S
S	26				26 S
M	27				27 M
T	28				28 T
W	29				29 W
T	30				30 T

December	SAA Events	Local Clubs Events	Overseas Competitions	Courses/ Seminar	December
F	1				1 F
S	2				2 S
S	3	Standard Chartered Singapore Marathon 2006			3 S
M	4				4 M
T	5				5 T
W	6		Asian Masters C'ships (06 - 11 Dec)		6 W
T	7				7 T
F	8		Asian Games 2006 - Athletics (08 - 12 Dec) Doha (QAT)		8 F
S	9				9 S
S	10	MR25 - Time-Trial MacRitchie Reservoir, 5.00pm	European Cross- Country C'ships San Giorgio Su Legnano (ITA)		10 S
M	11		Asian Games 2006 - Athletics (08 - 12 Dec) Doha (QAT)		11 M
T	12				12 T
W	13				13 W
T	14				14 T
F	15				15 F
S	16				16 S
S	17				17 S
M	18				18 M
T	19				19 T
W	20				20 W
T	21				21 T
F	22				22 F
S	23				23 S
S	24				24 S
M	25				25 M
T	26				26 T
W	27				27 W
T	28				28 T
F	29				29 F
S	30				30 S
S	31	MR25 - Ultra- Marathon MacRitchie Reservoir, 7.00am			31 S
tbd			GCC Cross Country C'ships, UAE		tbd