

Events take place in the order shown.

26-Mar 100, 1000, 60, 600, 4k run/walk
2-Apr 400, 100, 1500, 60, 3k run/walk
9-Apr 200, 800, 60, 300, 5k run/3k walk
16-Apr 60, 1m, 400, 3k run/walk, 200
23-Apr 60, 800, 100, 400, 1500 [night of 10km handicap at UWA]
30-Apr 300, 60, 5k run/3k walk, 100, 800
7-May 200, 1000, 100, 600, 3k run/walk
14-May 200, 2k run/walk, 100, 300, 800
21-May 100, 1000, 200, 600, 5k run/3k walk
28-May 200, 1500, 60, 400, 3k run/walk
4-Jun 100, 300, 4k run/walk, 60, 800
11-Jun 200, 1500, 60, 400, 2k run/walk
18-Jun 600, 3k run/walk, 100, 1000, 200
25-Jun 60, 800, 100, 400, 5k run/3k walk
2-Jul 100, 1m, 200, 600, 3k run/walk
9-Jul 60, 1000, 400, 4k run/walk, 200
16-Jul 200, 800, 300, 2k run/walk, 100
23-Jul 60, 1500, 100, 400, 3k run/walk
30-Jul 800, 60, 300, 100, 5k run/3k walk
6-Aug 60, 3k run/walk, 600, 200, 1000
13-Aug 60, 800, 100, 300, 5k run/3k walk
20-Aug 1000, 100, 3k run/walk, 200, 600
27-Aug 200, 1m, 60, 400, 3k run/walk
3-Sep 100, 800, 60, 5k run/3k walk, 300
10-Sep 60, 400, 1500, 200, 2k run/walk
17-Sep 1000, 60, 100, 600, 5k run/3k walk
24-Sep 200, 1m, 60, 300, 3k run/walk

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28-May 200, 1500, 60, 400, 3k run/walk
4-Jun 100, 300, 4k run/walk, 60, 800
11-Jun 200, 1500, 60, 400, 2k run/walk
18-Jun 600, 3k run/walk, 100, 1000, 200
25-Jun 60, 800, 100, 400, 5k run/3k walk
2-Jul 100, 1m, 200, 600, 3k run/walk
9-Jul 60, 1000, 400, 4k run/walk, 200
16-Jul 200, 800, 300, 2k run/walk, 100
23-Jul 60, 1500, 100, 400, 3k run/walk
30-Jul 800, 60, 300, 100, 5k run/3k walk
6-Aug 60, 3k run/walk, 600, 200, 1000
13-Aug 60, 800, 100, 300, 5k run/3k walk
20-Aug 1000, 100, 3k run/walk, 200, 600
27-Aug 200, 1m, 60, 400, 3k run/walk
3-Sep 100, 800, 60, 5k run/3k walk, 300
10-Sep 60, 400, 1500, 200, 2k run/walk
17-Sep 1000, 60, 100, 600, 5k run/3k walk
24-Sep 200, 1m, 60, 300, 3k run/walk

