

# Muscat Road Runner Summer 2012 Programme (Apr - Sep)

Start time:	April 6.00 p.m.	May 6.00 p.m.	June 6.00 p.m.		July 6.00 p.m.	August 6.00 p.m.	September 6.00 p.m.
Friday			1		Friday		
Saturday			2		Saturday		1
Sunday	1 <b>Sunday Social Run</b>		3 <b>Sunday Social Run</b>		Sunday	1 <b>Sunday Social Run</b>	2 <b>Sunday Social Run</b>
Monday	2		4		Monday	2	3
Tuesday	3 <b>PDO Loop 5.5/9k</b>	1 <b>Predictor 5/10k</b>	5 <b>Handicap 5k</b>		Tuesday	3 <b>SS5</b>	4 <b>PDO Loop 5.5/9k</b>
Wednesday	4	2	6		Wednesday	4	5
Thursday	5	3	7		Thursday	5	6
Friday	6	4	8		Friday	6	7
Saturday	7	5	9		Saturday	7	8
Sunday	8 <b>Sunday Social Run</b>	6 <b>Sunday Social Run</b>	10 <b>Sunday Social Run</b>		Sunday	8 <b>Sunday Social Run</b>	5 <b>Sunday Social Run</b>
Monday	9	7	11		Monday	9	10
Tuesday	10 <b>April Relays</b>	8 <b>Ministries 3/5k</b>	12 <b>Predictor 5/10k</b>		Tuesday	10 <b>PDO Loop 5.5/9k</b>	7 <b>PDO Loop 5.5/9k</b>
Wednesday	11	9	13		Wednesday	11	12
Thursday	12	10	14		Thursday	12	13
Friday	13	11	15		Friday	13	14
Saturday	14	12	16		Saturday	14	15
Sunday	15 <b>Sunday Social Run</b>	13 <b>Sunday Social Run</b>	17 <b>Sunday Social Run</b>		Sunday	15 <b>Sunday Social Run</b>	12 <b>Sunday Social Run</b>
Monday	16	14	18		Monday	16	17
Tuesday	17 <b>Handicap 5k</b>	15 <b>SS2</b>	19 <b>SS4</b>		Tuesday	17 <b>Handicap 5k</b>	14 <b>Handicap 5k</b>
Wednesday	18	16	20		Wednesday	18	15
Thursday	19	17	21		Thursday	19	16
Friday	20	18	22		Friday	20	17
Saturday	21	19	23		Saturday	21	18
Sunday	22 <b>Sunday Social Run</b>	20 <b>Sunday Social Run</b>	24 <b>Sunday Social Run</b>		Sunday	22 <b>Sunday Social Run</b>	19 <b>Sunday Social Run</b>
Monday	23	21	25		Monday	23	20
Tuesday	24 <b>SS1</b>	22 <b>PDO Loop 5.5/9k</b>	26 <b>Ministries 3/5k</b>		Tuesday	24 <b>Predictor 5/10k</b>	21 <b>Predictor 5/10k</b>
Wednesday	25	23	27		Wednesday	25	22
Thursday	26	24	28		Thursday	26	23
Friday	27	25	29		Friday	27	24
Saturday	28	26	30		Saturday	28	25
Sunday	29 <b>Sunday Social Run</b>	27 <b>Sunday Social Run</b>			Sunday	29 <b>Sunday Social Run</b>	26 <b>Sunday Social Run</b>
Monday	30	28			Monday	30	27
Tuesday		29 <b>SS3</b>			Tuesday	31 <b>Ministries 3/5k</b>	28 <b>Ministries 3/5k</b>
Wednesday		30			Wednesday		29
Thursday		31			Thursday		30
Friday					Friday		31

**Paula Edwards: Madam Chairman** 9923.6690  
**Ahmed Al Malki: Race Director** 9977.8881  
**Paul Dean: Treasurer** 9716.3703  
**Lisa Fenton: Media Reporter** 9660.2709  
**Rowena Robis: Series Timekeeper** 9522.4971  
**Nigel Stoker: Program & Results** 9289.2727  
**Iqbal al Balushi: Webmaster** 9922.9279



[Facebook](#)

**Jim Prior: Photographer** 9943.6012  
 tba : **Sunday Socials**  
**Mark Jones: Ministries** 9814.5086  
**Suleiman Al Alawi: PDO Loop** 9934.1350  
**Olivier Paul: Handicap** 9827.4306  
**Julie Moore: Predictor** 9907.2315  
[www.muscatroadrunners.com](http://www.muscatroadrunners.com)



[Facebook](#)

**Notes:**

- 1) As well as the official MRR runs there is a Social Run every Sunday at the usual monthly time, normally from the house of a member - check FB or receive email by registering as a MRR group member at [www.muscatroadrunners.com](http://www.muscatroadrunners.com)
- 2) Summer Series requires 4 runs out of 6 to qualify for Series T-shirt.
- 3) Check FB / Email for actual race locations as subject to change.

Date

25-Apr-2012

[www.muscatroadrunners.com](http://www.muscatroadrunners.com)