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| International Competitions | UKTA Competitions | Other Competitions |
| Black Belt course/seminar/grading | Squad Training | Others |

Events & Training 2008

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| January 20th Sunday 10:30-12:30 | National Squad Training | Eastern Leisure |
| January 27th Sunday | Black Belt Seminar | North/Central England |
| February 3rd Sunday 10:00-12:00 | National Squad Training | Upper Hall, Sophia Gardens |
| February 10th Sunday 10:00-16:00 | ITF Wales umpire seminar | MAFC, Newport |
| February 16th Saturday 18:00 | Ely Skittles Night | Ty Pwll Coch |
| February 17th Sunday 09:00 | Regional seminar and grading | Heath Hospital Sports Hall |
| February 17th Sunday 10:00-12:00 | National Squad Training | Eastern Leisure Centre |
| February 24th Sunday | Grand Prix VI Stage I | Eastern Leisure Centre |
| March 2nd Sunday 10:00-12:00 | National Squad Training | Upper Hall, Sophia Gardens |
| March 7th-9th | Black Belt seminar and grading | Glasgow |
| March 15th Saturday | English Open | K2, Crawley |
| March 16th Sunday | European Cup NW eliminators | K2, Crawley |
| April 6th Sunday 10:00-12:00 | National Squad Training | Upper Hall, Sophia Gardens |
| April 12th Saturday 13:30-17:00 | Ely bag packing fundraiser | Asda, Cardiff Bay |
| April 20th Sunday | Grand Prix VI stage II | Eastern Leisure Centre |
| April 27th Sunday 10:00-12:00 | National Squad Training | Heath Hospital Sports Hall |
| May 4th Sunday 10:00-12:00 | National Squad Training | Heath Hospital Sports Hall |
| May 11th Sunday 9:00-11:00 | National Squad Training | Barry Island beach |
| May 18th Sunday 09:00 | Regional seminar and grading | Heath Hospital Sports Hall |
| May 18th Sunday 11:00-13:00 | National Squad Training | Cogan Leisure Centre |
| May 29th-June 1st | XXIII Senior & XIV Junior Euros | Porec, Croatia |
| June 21st Saturday | Scottish Open | Kelvin Hall, Glasgow |
| June 29th Sunday | National Squad Training | Heath Hospital Sports Hall |
| June 29th Sunday | Black Belt seminar | England |
| July 13th Sunday | London Open | Guildford Spectrum |
| July 27th Sunday | National Squad Training | Heath Hospital Sports Hall |
| August 10th Sunday | National Squad Training | Heath Hospital Sports Hall |
| August 23rd-24th | Regional seminar and grading | Heath Hospital Sports Hall |
| August 31st Sunday | National Squad Training | Heath Hospital Sports Hall |
| September 5th-7th | Black Belt seminar and grading | Shawlands, Glasgow |
| September 15th-21st | VIII Junior & III Veteran Worlds | Tashkent, Uzbekistan |
| October 4th Saturday | Welsh Open | UWIC, Cardiff |
| October 19th Sunday 10:00-12:00 | National Squad Training | Upper Hall, Sophia Gardens |
| October 26th Sunday | Grand Prix VI stage III | Eastern Leisure Centre |
| November 1st Saturday | UK Open | Fenton Manor, Stoke On Trent |
| November 9th Sunday 10:00-12:00 | National Squad Training | Heath Hospital Sports Hall |
| November 9th Sunday 10:00-12:00 | National Squad Training | Cogan Leisure Centre |
| November 16th 09:00 | Regional seminar and grading | Heath Hospital Sports Hall |
| November 22nd Saturday | Four Nations | Bryn Meadows, Maesywimmer |
| November 24th Monday 18:30 | ITF Wales AGM | The Purple Lounge, Bute Street |
| December 6th Saturday | RITA National Open | Dublin Tallaght Leisure Centre |
| December 13th Saturday | 2nd ITF Pro Tournament final | Zagreb, Croatia |
| December 13th Saturday 19:00 | Ely Adults Xmas meal | The Riverside, Canton |
| January 9th Friday 19:00 | ITF Wales Awards Night | RAFA Club, Ely |