**Fixture List**

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| **Date** | **Meeting** | **Venue** | **Age Group** | **Web site link** |
| **AUGUST 2019** |  |  |  |  |
| Saturday 3rd August | British Athletics League Division 3 | Basingstoke | Men | <http://www1.bal.org.uk> |
| Sat 3rd August | British Milers Club Grand Prix | Trafford | U17 up | <http://www.britishmilersclub.com> |
| Sun 4th August | Kent Young Athletes League | Gillingham | U13 & U15 |  |
| Tuesday 6th August | TAC Development Meeting | Tonbridge | All |  |
| Wednesday 7th August | Hercules Wimbledon 5000m festival | Wimbledon | Seniors | <https://www.herculeswimbledonac.org.uk/5000m-festival-night> |
| Wed 7th August | Watford Harriers Open Meeting plus British Milers Club Gold Standard | Watford | Individual | <https://watfordharriers.org.uk/open-meets> |
| Sat 10th August | British Milers Club Grand Prix | Trafford | U17 up | <http://www.britishmilersclub.com> |
| Wed14th August | Manchester International | Sports City | Select |  |
| Wed 14th August | British Milers Club and Cambridge Harriers Open Meeting | Eltham | Individual | <http://www.britishmilersclub.com/fixtures/bmcfixtures.aspx> |
| Sat 17th August | Southern Athletics League | Woodford | U17 upwards | <https://www.southernathletics.org.uk> |
| Sat/Sun 17th/18th Aug | South of England under 15 and 17 Championships | Ashford | U15 & U17 | <http://www.seaa.org.uk/index.php/events/track-and-field> |
| Sunday 18th August | Diamond League | Birmingham | Invite |  |
| Wed 21st August | Watford Harriers Open Meeting | Watford | Individual | <https://watfordharriers.org.uk/open-meets> |
| Sat/Sun 24th /25th August | British Championships and World Championships Trials | Birmingham | Qualifying | <https://www.britishathletics.org.uk/events-and-tickets/muller-british-athletics-championships-2019/> |
| Mon 26th August | Tonbridge Open Meeting in Kent u13 Pentathlon TBC | Tonbridge | All |  |
| Friday 30th August (tbc) | Tonbridge Twilight Invitation Meeting | Tonbridge | Invitation |  |
| Sat/Sun 31st Aug/2nd Sept | National under 15 and 17 Championships | Bedford TBC | U15 & U17 | <https://www.englandathletics.org/athletics-and-running/england-competitions/national-championships/2019-championships-calendar/> |
| **SEPTEMBER 2019** |  |  |  |  |
| Sun 1st Sept (TBC) | Southern Counties Veterans League Final | TBA | Veterans | <http://www.scvac.org.uk> |
| Wed 4th Sept | Watford Harriers Open Meeting | Watford | Individual | <https://watfordharriers.org.uk/open-meets> |
| Sat 7th Sept | South of England Inter Counties | Horspath | U15 & U20 | <http://www.seaa.org.uk/index.php/events/track-and-field> |
| Sat 14th Sept | Blackheath and Bromley Cross Country Relays | West Wickham | All |  |
| Sat/Sun 14th/15th Sept | Kent under 13 and Combined Events Championships | Erith | All |  |
| Sun 22nd Sept | South of England Road Relay Championships | Crystal Palace | All | <http://www.seaa.org.uk/index.php/events/road-running> |
| Sun 22nd Sept | Kent Track Relays Championships | Gillingham | All |  |
| 28th Sept to 6th October | World Athletics Championships | Doha | Select |  |
| **OCTOBER 2019** |  |  |  |  |
| Sun 6th October | National Road Relay Championships | Sutton Coldfield | All |  |
| Sat 12th October | Kent Cross Country League | TBC | All |  |
| Sat 26th October | Kent Cross Country League | Tonbridge | All |  |
| **NOVEMBER 2019** |  |  |  |  |
| Sat 2nd November | National Cross Country Relay Championships | Mansfield | All | <https://www.englishcrosscountry.co.uk/the-saucony-english-cross-country-relays/info/> |
| Sat 9th November | Kent Cross Country League | Danson Park | All (exc SM) |  |
| Sat 23rd November | European Cross Country Trials and British Cross Challenge | Liverpool | Individual |  |
| Sat 30th November | Kent Veterans Cross Country Championships | TBC | Veterans |  |
| **DECEMBER 2019** |  |  |  |  |
| Sat 7th December | South of England Masters and Inter Counties Championships | Horspath | Masters and Select |  |
| Sun 8th December | European Cross Country Championships | Portugal | Select |  |
| Sat 14th December | Kent Cross Country League | Footscray Meadows | All (exc SW) |  |
| Sat 21st December | South of Thames 7.5 mile race | Croydon | Seniors |  |
| **JANUARY 2020** |  |  |  |  |
| Sat 4th January | Kent Cross Country Championships | Brands Hatch | All |  |
| Sat 18th January | Kent Schools Cross Country Championships | Dover | Schools | <http://ksaa.org.uk> |
| Sat 25th January | South of England Cross Country Championships | Parliament Hill | All | <http://www.seaa.org.uk/index.php/events/cross-country> |
| **FEBRUARY 2020** |  |  |  |  |
| Sat 1st February | BUCS (British Universities and Colleges Cross Country Championships) | Edinburgh | Students |  |
| Sat 8th February | Kent Cross Country League | Bromley | Seniors |  |
| Sat 22nd February | English National Cross Country Championships | Nottingham | All | <https://www.englishcrosscountry.co.uk/the-national-cross-country-championships/> |
| **MARCH 2020** |  |  |  |  |
| Sat 7th March | UK Inter Counties Cross Country Championships | Loughborough | All |  |
| Sat 14th March | English Schools Cross Country Championships | Liverpool | All |  |
| Sun 15th March | South of England 6/12 Stage Road Relay Championships | Milton Keynes | Seniors & u20s |  |
| **APRIL 2020** |  |  |  |  |
| Sat 4th April | National 6/12 Stage Road Relay Championships | Sutton Coldfield | Seniors & u20s |  |
| Sun 26th April | London Marathon and mini marathons | London | Seniors & Select |  |
| **OCTOBER 2020** |  |  |  |  |
| Sat 3rd October | National Road Relay Championships | Sutton Coldfield | All |  |