**Fixture List**

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| **Date** | **Meeting** | **Venue** | **Age Group** | **Web site link** |
| **JANUARY 2019** |  |  |  |  |
| Tues 1st January | Lee Valley Indoor Open Meet | Lee Valley | All |  |
| Friday 4th January | British Milers Club Indoor Meeting | Glasgow | All |  |
| Sat 5th January | Kent Cross Country Championships | Brands Hatch | All | <http://www.kcaa.org.uk/cross%20country.htm> |
| Sat 5th January | London Indoor Games | Lee Valley | U17 |  |
| Sat/Sun 5th/6th January | National Indoor Combined Events Championships | Sheffield | U20 & Senior |  |
| Sun 6th January | London Indoor Games | Lee Valley | U13/15 |  |
| Sun 6th January | British Milers Club Indoor Meeting | Sheffield | All |  |
| Sat 12th January | South of England Indoor Championships | Lee Valley | U15/17 |  |
| Sun 13th January | South of England Indoor Championships | Lee Valley | U15/17 |  |
| Sun 13th January | TAC Junior 1 mile Race | Judd School | 12 and under |  |
| Sat 19th January | Kent Schools Cross Country Championships | Dover | Schools | http://ksaa.org.uk |
| Sat 19th January | South of England Indoor Championships | Lee Valley | U20/Senior |  |
| Sun 20th January | South of England Indoor Championships | Lee Valley | U20/Senior |  |
| Sun 20th January | Cardiff Met Indoor Open Meeting | Cardiff | All |  |
| Wed 23rd January | British Milers Club Indoor Meeting | Sheffield | All |  |
| Sat 26th January | South of England Cross Country Championships | Parliament Hill | All | <http://seaa.org.uk/index.php/events/cross-country> |
| Wed 30th January | British Milers Club Indoor Meeting | Lee Valley | All |  |
| **FEBRUARY 2019** |  |  |  |  |
| Sat 2nd February | British Universities & Colleges  Cross Country Championships | Exeter | Students |  |
| Tues 5th February | British Milers Club Indoor Meeting | Sheffield | All |  |
| Wed 6th February | Falola Dream Mile Night | Lee Valley | U17 and above |  |
| Sat 9th February | Kent Cross Country League | TBA Blackheath Harriers | Seniors | <http://kcaa.org.uk/cross%20country.htm> |
| Sat/Sun 9th/10th February | British Indoor Championships | Birmingham | Qualifying |  |
| Sat/Sun 9th/10th February | British Masters Indoor Championships | Lee Valley | Veterans |  |
| Sun 10th February | South of England Veterans Indoor Championships | Lee Valley | Veterans |  |
| Friday to Sunday  15th to 17th February | British Universities and Colleges Indoor Championships | Sheffield | Students | https://www.bucs.org.uk/page.asp?section=20277&sectionTitle=Event+Overview |
| Sat 16th February | Metaswitch Indoor Games | Lee Valley | All |  |
| Sun 17th February | British Veterans Indoor Championships – inc. South of England Masters | Lee Valley | Veterans |  |
| Sun 17th February | TAC Junior 1 mile Race | Judd School | 12 and under |  |
| Wed 20th February | British Milers Club and Middle Distance Open Meeting | Lee Valley | All |  |
| Sat 23rd February | English National Cross Country Championships | Leeds | All |  |
| **MARCH 2019** |  |  |  |  |
| Sat 2nd March | Lee Valley Indoor Open Meeting | Lee Valley | U13/15 |  |
| Sat 9th March | British Veterans Indoor Championships – Day 2 | Lee Valley | Veterans |  |
| Sat 9th March | UK Inter Counties Cross Country Championships | Loughborough | Select |  |
| Sun 10th March | British Veterans Indoor Championships – Day 3 | Lee Valley | Veterans |  |
| Sun 10th March | TAC Junior 1 mile Race | Judd School | 12 and under |  |
| Sat 16th March | English Schools Cross Country Championships | Leeds | Select |  |
| Sat 16th March | Kent Indoor Championships – Day 1 | Lee Valley | U15 and older |  |
| Sun 17th March | Kent Indoor Championships – Day 2 | Lee Valley | U15 and older |  |
| Sun 24th March (TBC) | South of England Road Relay Championships (6 and 12 stage) | Milton Keynes | Seniors inc u20s | <http://seaa.org.uk/index.php/events/road-running> |
| Sat 30th March | World Cross Country Championships | Denmark | Select |  |
| **APRIL 2019** |  |  |  |  |
| Sat 6th April | National Road Relay Championships (6 and 12 stage) | Sutton Coldfield | Seniors inc u20s | <http://www.englishroadrunningassociation.co.uk> |
| Sat 13th April | Southern Athletics League | TBC | U17 upwards | <https://www.southernathletics.org.uk> |
| Mon 22nd April | TAC Easter Open Meeting | Tonbridge | All |  |
| Sat 27th April | UK Youth Development League Lower Age Group | TBC | U13 & U15 |  |
| Sun 28th April | London Marathon and mini marathons | London | Select |  |
| **MAY 2019** |  |  |  |  |
| Friday 3rd May | Southern Counties Veterans League | Eltham (tbc) | Vets |  |
| 4th to 6th May | British Universities & Colleges Championships | Bedford | Students | <https://www.bucs.org.uk/athlete.asp?section=20146&sectionTitle=Outdoor+Championships> |
| Sun 5th May | UK Youth Development League Upper Age Group | Tonbridge | U17 & U20 |  |
| Tuesday 7th May | TAC Development Meeting | Tonbridge | All |  |
| Sat/Sun 11th/12th May | Kent Championships | Ashford | U15 and older | <http://www.kcaa.org.uk> |
| Sunday 12th May | British Athletics League Division 3 | Bedford | Men | <http://www1.bal.org.uk> |
| Monday 13th May | Southern Counties Veterans League | Dartford (tbc) | Vets |  |
| Sat 18th May | UK Youth Development League Lower Age Group | TBC | U13 & U15 |  |
| Sat 18th May | British Masters Road Relay Championships | Sutton Coldfield | Veterans |  |
| Sun 19th May | Southern Athletics League | Mile End | U17 upwards | <https://www.southernathletics.org.uk> |
| Sunday 19th May | Loughborough International | Loughborough | Select |  |
| Sat/Sun 25th/26th May | National Combined Events Championships | TBC | U20 & Senior |  |
| Sat 25th May | British Milers Club Grand Prix | Sports City TBC | U17 up |  |
| Sun 26th May | UK Youth Development League Upper Age Group | TBC | U17 & U20 |  |
| Friday 31st May | Southern Counties Veterans League | Tonbridge | Vets |  |
| **JUNE 2019** |  |  |  |  |
| Sat/Sun 1st /2nd June | South of EnglandSenior and under 20 Championships | TBC | Senior & U20 |  |
| Sun 2nd June | Kent Young Athletes League | Tonbridge | U13 & U15 |  |
| Tuesday 4th June | TAC Development Meeting | Tonbridge | All |  |
| Sat 8th June | Kent Schools Championships | Ashford | School Years 7 to 11 |  |
| Sat 8th June | SE Schools Inter Counties | TBC | Select |  |
| Sunday 9th June | British Athletics League Division 3 | Chelmsford | Men | <http://www1.bal.org.uk> |
| Monday 10th June | Southern Counties Veterans League | Gillingham (tbc) | Vets |  |
| Sat 15th June | Southern Athletics League | Ipswich | U17 upwards | <https://www.southernathletics.org.uk> |
| Sat 15th June | British Milers Club Grand Prix | Loughborough TBC | U17 up |  |
| Sat or Sun 22nd or 23rd June | UK Youth Development League Lower Age Group | TBC | U13 & U15 |  |
| Sat/Sun 22nd/23rd June | National under 20 and 23 Championships | Bedford | U20 and U23 |  |
| Wednesday 26th June | Hercules Wimbledon 3000m night | Wimbledon | Seniors |  |
| Sat 29th June | British Milers Club Grand Prix | Watford TBC | U17 up |  |
| Sun 30th June | UK Youth Development League Upper Age Group | TBC | U17 & U20 |  |
| **JULY 2019** |  |  |  |  |
| Tuesday 2nd July | TAC Development Meeting | Tonbridge | All |  |
| Saturday 6th July | British Athletics League Division 3 | Yeovil | Men | <http://www1.bal.org.uk> |
| Saturday 6th July | Highgate Night of 10,000m pbs | London | Senior |  |
| Sun 7th July | Kent Young Athletes League | TBC | U13 & U15 |  |
| Fri/Sat/ 12th/13th July | English Schools Championships | TBC | Select |  |
| Sat 13th July | Southern Athletics League | Tonbridge | U17 upwards | <https://www.southernathletics.org.uk> |
| Friday 19th July | Southern Counties Veterans League | Erith (tbc) | Vets |  |
| Sat 20th July | UK Youth Development League Lower Age Group | TBC | U13 & U15 |  |
| Sat 20th July | British Milers Club Grand Prix | TBC | U17 up |  |
| Sat/Sun 20th / 21st July | Anniversary Games | London | Invite |  |
| Sat/Sun 27th / 28th July | England Championships and Inter Counties | TBC | Seniors |  |
| Sun 28th July | UK Youth Development League Upper Age Group | TBC | U17 & U20 |  |
| **AUGUST 2019** |  |  |  |  |
| Saturday 3rd August | British Athletics League Division 3 | Basingstoke | Men | <http://www1.bal.org.uk> |
| Sun 4th August | Kent Young Athletes League | TBC | U13 & U15 |  |
| Tuesday 6th August | TAC Development Meeting | Tonbridge | All |  |
| Wednesday 7th August | Hercules Wimbledon 5000m festival | Wimbledon | Seniors |  |
| Sat 10th August | British Milers Club Grand Prix | TBC | U17 up |  |
| Wed14th August | Manchester International | Sports City | Select |  |
| 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 | TBC | U15 & U17 |  |
| Sunday 18th August | Diamond League | Birmingham | Invite |  |
| Sat/Sun 24th /25th August | British Championships and World Championships Trials | Birmingham | Qualifying |  |
| Mon 26th August | Tonbridge Open Meeting in Kent u13 Pentathlon TBC | Tonbridge |  |  |
| 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 |  |
| **SEPTEMBER 2019** |  |  |  |  |
| Sun 21st Sept | South of England Road Relay Championships | TBC | All |  |
| 28th Sept to 6th October | World Athletics Championships | Doha | Select |  |
| **OCTOBER 2019** |  |  |  |  |
| Sat 5th October | National Road Relay Championships | Sutton Coldfield | All |  |
| **NOVEMBER 2019** |  |  |  |  |
| Sat 2nd November | National Cross Country Relay Championships | Mansfield | All |  |
| **DECEMBER 2019** |  |  |  |  |
| Sun 8th December | European Cross Country Championships | Portugal | Select |  |