**Fixture List**

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| **Date** | **Meeting** | **Venue** | **Age Group** | **Web site link** |
| **NOVEMBER 2022** |  |  |  |  |
| Sat 5th November | National Cross Country Relay Championships | Mansfield | All |  |
| Sat 12th November | Kent Cross Country League | Danson Park | All exc. Senior Men |  |
| Sat 26th November | Liverpool Cross Challenge and European Cross Country Championships Trials | Liverpool | Select |  |
| Sat 26th November | Kent Cross Country League | Footscray | All exc. Senior Women |  |
| **DECEMBER 2022** |  |  |  |  |
| Sat 3rd December | Kent Veterans Cross Country Championships | Dartford | Over 35s |  |
| Sat 10th December  (tbc) | South East Inter Counties Cross Country Championships & South of England Masters Championships | Horspath, Oxford (tbc) | Select |  |
| Sun 11th December | European Cross Country Championships | Turin, Italy | Select |  |
| Sat/Sun 17th / 18th December | South of England Combined Events Championships | Lee Valley | U15, 17, 20 & Seniors | <http://www.seaa.org.uk/index.php/events/track-and-field> |
| **JANUARY 2023** |  |  |  |  |
| Monday 2nd January | Lee Valley Indoor Open Meeting | Lee Valley |  | <https://data.opentrack.run/en-gb/x/2023/GBR/lvacnewyearsopen/> |
| Sat 7th January | Kent Cross Country Championships | TBA | All |  |
| Sat 14th January | Sevenoaks School Knole Runs | Knole Park | Schools |  |
| Sat/Sun 14th / 15th January | South of England Indoor Championships | Lee Valley | U13/15/17 | <http://www.seaa.org.uk/index.php/events/track-and-field> |
| Sat 21st January | Kent Schools Cross Country Championships | Dartford | Schools |  |
| Sat/Sun 21st / 22nd January | London Indoor Games | Lee Valley | U20 & Seniors | <https://data.opentrack.run/en-gb/x/2023/GBR/ligu20sen/> |
| Sat/Sun 28th / 29th January | London Indoor Games | Lee Valley | U13/15/17 | <https://data.opentrack.run/en-gb/x/2023/GBR/ligu13u15u17/> |
| Sat 28th January | South of England Cross Country Championships | TBA | All |  |
| Sat/Sun 28th / 29th January | London Indoor Games | Lee Valley | U20 & Seniors |  |
| **FEBRUARY 2023** |  |  |  |  |
| Sat 4th February | British Universities and Colleges Cross Country Championships | TBA | Students |  |
| Sat/Sun 4th / 5th February | South of England Indoor Championships | Lee Valley | U20 & Seniors | <http://www.seaa.org.uk/index.php/events/track-and-field> |
| Sat 11th February | Kent Cross Country League | Bromley | Seniors only inc u20s |  |
| Sat/Sun 11th / 12th February | England Indoor u15/17 Championships | Sheffield | U15/17 |  |
| Wednesday 15th February | Lee Valley Middle Distance Night | Lee Valley | All | <https://data.opentrack.run/en-gb/x/2023/GBR/lvacmiddledistance/> |
| Sat/Sun 18th / 19th February | UK Indoor Championships | Birmingham | Seniors |  |
| Sat/Sun 18th / 19th February | UK Indoor Masters Championships | Sheffield | Masters |  |
| Fri/Sat/Sun 24th to 26th February | British Universities and Colleges Indoor Championships | Sheffield | Sheffield |  |
| Sat 25th February | English National Cross Country Championships | TBA | All |  |
| **MARCH 2023** |  |  |  |  |
| Sat 11th March | UK Inter Counties Cross Country Championships | Loughborough | Select |  |
| Sat/Sun 11th / 12th March | England Indoor u15/17 Combined Events Championships | Sheffield | U15/17 |  |
| Sat 18th March | English Schools Cross Country Championships | Nottingham | Select |  |
| Sat 25th March | SIAB Schools Home International Cross Country Championships | Liverpool | Select |  |
| Sun 26th March | South of England 6/12 Stage Road Relay Championships (TBC) | TBA | Seniors |  |
| **APRIL 2023** |  |  |  |  |
| Monday 10th April TBC | Tonbridge AC Easter Bank Holiday Open Meeting | Tonbridge | All | Easter Bank Holiday Meeting |
| Sat 15th April | National 6/12 Stage Road Relay Championships | Sutton Coldfield | Seniors |  |
| Sun 23rd April | London Marathon | London | Senior |  |
| Sun 30th April | UK Youth Development League Upper Age Group | TBA | U17/20 |  |
| **May 2023** |  |  |  |  |
| Tuesday 2nd May TBC | Tonbridge AC Open Meeting | Tonbridge | All | Avoiding county champs week |
| Sun 7th May | UK Youth Development League Lower Age Group | TBA | U13/15 |  |
| Sat/Sun 13th/14th May tbc | Kent Championships | Gillingham  tbc | U15 up |  |
| Sun 21st May | Loughborough International | Loughborough | Select |  |
| Sat 27th May | BMC Grand Prix 1 | Manchester | Senior |  |
| Sun 28th May | UK Youth Development League Upper Age Group | TBA | U17/20 |  |
| **June 2023** |  |  |  |  |
| Sat 10th June | Kent Schools Championships | TBA | Schools |  |
| Sat 10th June | BMC Grand Prix 2 | Loughborough | Senior |  |
| Sun 11th June | National Athletics League | Basingstoke | Seniors inc u20s |  |
| Tuesday 13th June TBC | Tonbridge AC Open Meeting | Tonbridge | All | 2nd Tuesday of month |
| Sun 25th June | UK Youth Development League Upper Age Group | TBA | U17/20 |  |
| Fri/Sat 30th June & 1st July | English Schools Championships | Birmingham | Select |  |
| **July 2023** |  |  |  |  |
| Sat 1st July | BMC Grand Prix 3 | Watford | Senior |  |
| Friday 7th to Sunday 9th July | UK Athletics Championships | TBA | Senior |  |
| Sat 8th July | UK Youth Development League Lower Age Group | TBA | U13/15 |  |
| Tuesday 11th July TBC | Tonbridge AC Open Meeting | Tonbridge | All | 2nd Tuesday of month |
| 13th July onwards | European Under 23 Championships | TBC | Select |  |
| Sun 15th July | National Athletics League | Havering | Seniors inc u20s |  |
| Sat 22nd July | UK Youth Development League Lower Age Group | TBA | U13/15 |  |
| Sat/Sun 22nd / 23rd July | England Athletics Championships | TBA | Senior |  |
| Sat 29th July | BMC Grand Prix 4 | Birmingham | Senior |  |
| Sat/Sun 29th / 30th July | South of England Combined events Championships | TBA | Senior |  |
| Sun 30th July | London Diamond League | London | Select |  |
| Sun 30th July | UK Youth Development League Upper Age Group | TBA | U17/20 |  |
| **August 2023** |  |  |  |  |
| Sat 5th August | National Athletics League | Liverpool | Seniors inc u20s |  |
| Sat/Sun 5th / 6th August | England Combined events Championships | Manchester | U15/17 |  |
| Tuesday 8th August TBC | Tonbridge AC Open Meeting | Tonbridge | All | 2nd Tuesday of month |
| Sat 12th May | BMC Grand Prix 5 | Trafford | Senior |  |
| 19th to 27th August | World Championships | Hungary | Select |  |
| Monday 28th August TBC | Tonbridge AC Bank Holiday Open Meeting | Tonbridge | All | August Bank Holiday Meeting |
| **September 2023** |  |  |  |  |
| Sun 10th September | South of England Inter Counties Championships | TBA | U15/17 |  |
| **December 2023** |  |  |  |  |
| Sat 2nd December | English Schools Cross Country Cup Final | TBC | Schools |  |
| Sun 10th December | European Cross Country Championships | TBC | Select |  |