**Fixture List**

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| **Date** | **Meeting** | **Venue** | **Age Group** | **Web site link** |
| **OCTOBER 2019** |  |  |  |  |
| 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/Sun 14th/15th December | South of England Combined Events Championships | Lee Valley | U17 up | <http://www.seaa.org.uk/images/2020/TFIND2020_Prospectus.pdf> |
| 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/Sun 11th/12th January | South of England u13,15,17 Championships | Lee Valley | U13,15,17 | <http://www.seaa.org.uk/images/2020/TFIND2020_Prospectus.pdf> |
| 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>  |
| Wed 29th January | British Milers Club Indoor Meeting | Lee Valley | All | <http://www.britishmilersclub.com>  |
| **FEBRUARY 2020** |  |  |  |  |
| Sat 1st February | BUCS (British Universities and Colleges Cross Country Championships) | Edinburgh | Students |  |
| Sat/Sun 1st/2nd February  | South of England u20 & senior Championships | Lee Valley | U20 & Senior | <http://www.seaa.org.uk/images/2020/TFIND2020_Prospectus.pdf> |
| Sat 8th February | Kent Cross Country League | Bromley | Seniors |  |
| Wed 19th January | British Milers Club Indoor Meeting | Lee Valley | All | <http://www.britishmilersclub.com>  |
| Sat 22nd February | English National Cross Country Championships | Nottingham | All | <https://www.englishcrosscountry.co.uk/the-national-cross-country-championships/>  |
| Sat/Sun 22nd/23rd February | British Indoor Championships | Glasgow | Seniors |  |
| **MARCH 2020** |  |  |  |  |
| Sat 7th March | UK Inter Counties Cross Country Championships | Loughborough | All |  |
| Sat 14th March | English Schools Cross Country Championships | Liverpool | All |  |
| Sat/Sun 14th/15th March | Tri Counties Indoors ChampionshipsIncluding Kent | Lee Valley | 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 |  |
| Monday 13th April | Tonbridge Easter Open Meeting | Tonbridge | All |  |
| Sunday 19th April | UK Youth Development League Upper Age Group | TBA | U17/20 | <http://www.ukydl.org.uk>  |
| Saturday 25th April | Southern Athletics League | TBA | U17 up | <https://www.southernathletics.org.uk> |
| Sun 26th April | London Marathon and mini marathons | London | Seniors & Select |  |
| **MAY 2020** |  |  |  |  |
| Sat 2nd or Sun 3rd May | British/National League | TBA | Seniors |  |
| Sunday 3rd May | Kent Young Athletes League | Ashford | U13/15 |  |
| Tuesday 5th May | Tonbridge Development Meeting | Tonbridge | All |  |
| Saturday 9th May | Ipswich Twilight and England 5km road Championships | Ipswich | Seniors |  |
| Saturday 16th May | UK Youth Development League Lower Age Group | TBA | U13/15 | <http://www.ukydl.org.uk>  |
| Saturday 16th May | National Veterans Road Relay Championships | Sutton Coldfield | Veterans |  |
| Saturday 16th May | British Milers Club Grand Prix | Sports City | Seniors | <http://www.britishmilersclub.com>  |
| Sunday 17th May | Southern Athletics League | Tonbridge tbc | U17 up | <https://www.southernathletics.org.uk> |
| Sunday 17th May | Loughborough International | Loughborough | Select and Invite |  |
| Saturday 23rd May | MK5000 Night inc England Championships | Milton Keynes | Seniors |  |
| Sunday 24th May | UK Youth Development League Upper Age Group | TBA | U17/20 | <http://www.ukydl.org.uk>  |
| Sunday 24th May | Westminster Road Miles | London | All |  |
| Monday 25th May | Vitality London 10km Road Race | London | Seniors |  |
| Friday 29th May | Southern Counties Veterans League | Tonbridge | Over 35 | <http://www.scvac.org.uk>  |
| Saturday 30th May | British Milers Club Grand Prix | Watford | Seniors | <http://www.britishmilersclub.com>  |
| Sat/Sun 30th/31st May | Kent Championships | Ashford | U15 and older | <http://www.kcaa.org.uk> |
| **JUNE 2020** |  |  |  |  |
| Tuesday 2nd June | Tonbridge Development Meeting | Tonbridge | All |  |
| Sat/Sun 6th/7th June | National u20/23 Championships | Bedford | U20/23 | <https://www.englandathletics.org/athletics-and-running/england-competitions/national-championships/>  |
| Saturday 6th June | UK Youth Development League Lower Age Group | TBA | U13/15 | <http://www.ukydl.org.uk>  |
| Saturday 6th June | Highgate Night of 10,000m pbs | Highgate | Seniors |  |
| Sunday 7th June | Southern Athletics League | TBA | U17 up | <https://www.southernathletics.org.uk> |
| Sunday 7th June | Kent Young Athletes League | Dartford | U13/15 |  |
| Saturday 13th June | Kent Schools Championships | Ashford | Schools |  |
| Sat 13th or Sun 14th June | British/National League | TBA | Seniors |  |
| Sat/Sun 20th/21st June | British Championships | Manchester | Invite |  |
| Saturday 20th June | SE Schools Inter Counties Championships | Surrey TBA | Select |  |
| Sunday 21st June | UK Youth Development League Upper Age Group | TBA | U17/20 | <http://www.ukydl.org.uk>  |
| Wednesday 24th June | Kent 3k and 10k Championships | Dartford | Seniors & others |  |
| Sat/Sun 27th/28th June | SE Schools Inter Counties Combined Events Championships | Herts TBA | Select |  |
| Sat/Sun 27th/28th June | South of England u20 and Senior Championships | TBA | U20 and Seniors |  |
| **JULY 2020** |  |  |  |  |
| Saturday 4th July | British Milers Club Grand Prix | Trafford (tbc) | Seniors | <http://www.britishmilersclub.com>  |
| Sat 4th or Sun 5th July | British/National League | TBA | Seniors |  |
| Sunday 5th July | Kent Young Athletes League | Bromley | U13/15 |  |
| Tuesday 7th July | Tonbridge Development Meeting | Tonbridge | All |  |
| Friday 10th July | England 10,000m championships | Walthamstow | Seniors |  |
| Fri/Sat 10th/11th July | English Schools Championships | Manchester | Select | <https://www.esaa.net/v2/2019/tf/tf19intro.php> |
| Sunday 12th July | Southern Athletics League | TBA | U17 up | <https://www.southernathletics.org.uk> |
| Sat/Sun 18th/19th July | England Championships | TBA | Seniors |  |
| Saturday 18th July | UK Youth Development League Lower Age Group | Tonbridge tbc | U13/15 | <http://www.ukydl.org.uk>  |
| Saturday 25th July | British Milers Club Grand Prix | Loughborough | Seniors | <http://www.britishmilersclub.com>  |
| Sunday 26th July | UK Youth Development League Upper Age Group | TBA | U17/20 | <http://www.ukydl.org.uk>  |
| 31st July to 9th August | Olympic Games | Tokyo | Select |  |
| **AUGUST 2020** |  |  |  |  |
| Sat 1st or Sun 2nd August | British/National League | TBA | Seniors |  |
| Sunday 2nd August | Kent Young Athletes League | Gillingham | U13/15 |  |
| Tuesday 4th August | Tonbridge Development Meeting | Tonbridge | All |  |
| Saturday 8th August | UK Youth Development League Lower Age Group | TBA | U13/15 | <http://www.ukydl.org.uk>  |
| Saturday 8th August | British Milers Club Grand Prix | Eltham (tbc) | Seniors | <http://www.britishmilersclub.com>  |
| Saturday 15th August | Southern Athletics League | TBA | U17 up | <https://www.southernathletics.org.uk> |
| Sat/Sun 15th/16th Aug | South of England u15/17 Championships | TBA | U15/17 |  |
| 26th to 3th August | European Championships | Paris | Select |  |
| Monday 31st August | Tonbridge Bank Holiday Open Meeting | Tonbridge | All |  |
| **SEPTEMBER 2020** |  |  |  |  |
| Sat 5th September | South of England u15 & u20 Inter Counties Championships | TBA | Select |  |
| Sat/Sun 12th/13th Sept | Kent u13, veteran and combined events championships | Erith | Various |  |
| Sat/Sun 19th/20th September | English Schools Combined Events Championships | Bedford | Select |  |
| Sunday 20th September | Kent Track Relays Championships | Gillingham | All |  |
| **OCTOBER 2020** |  |  |  |  |
| Sat 3rd October | National Road Relay Championships | Sutton Coldfield | All |  |
| **NOVEMBER 2020** |  |  |  |  |
| Sat 28th November | European Cross Country Trials | Liverpool | All |  |