**Indoor races 2020**

Various events in Scotland - <http://events.scottishathletics.org.uk/events>

**Wednesday 1st January – Lee Valley Open 800m at 5.30pm (closing date Friday 29th December)**

See <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/lee-valley-new-year-open/>

**Friday 3rd January – BMC meeting at Glasgow, 600, 3000. Entries full and closed !**

[www.britishmilersclub.com](http://www.britishmilersclub.com)

**Sunday 5th January – BMC meeting at Sheffield, 800, 1500, 3000**

[www.britishmilersclub.com](http://www.britishmilersclub.com)

England Selection opportunities - <http://www.britishmilersclub.com/content/bmcitemdisplay.aspx?itemid=1630>

**Sunday 5th January – Manchester Indoor Meeting**

At Sports City. 600 metres.

<https://www.northernathletics.co.uk/events/manchester-indoor-open-meeting-4/>

**Saturday 11th January – Northern 1500 Sheffield (entry closing date 15th December)**

**Sunday 12th January – Northern 800, 3000 Sheffield (entry closing date 15th December)**

<https://www.northernathletics.co.uk/events/northern-senior-u20-u17-indoor-tf-championships/>

**Sunday 19th January – Cardiff Met Non Thomas Indoor Open Meeting. 800m, 1500m, 3000m**

Entry Closing date 13th January.

<http://www.britishmilersclub.com/content/bmcitemdisplay.aspx?itemid=1626>

Entries - <https://data.opentrack.run/x/2020/GBR/nonthomasnyo/>

More details -

<https://www.welshathletics.org/en/competition/current/view/cardiff-met-gp-2-non-thomas>

**Sunday 19th January – London Indoor Games, Lee Valley. 800m at 1.30pm approx.**

<https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/london-indoor-games/>

**Wednesday 22nd January – BMC meeting at Sheffield, 800, 1500,3000**

[**http://www.britishmilersclub.com/content/bmcitemdisplay.aspx?itemid=1624**](http://www.britishmilersclub.com/content/bmcitemdisplay.aspx?itemid=1624)

**Saturday 25th January – Welsh Indoor Championships, at Cardiff.**

<https://www.welshathletics.org/en/competition/current/view/welsh-indoor-senior-championships-inc-selected-junior-championship-events>

**Saturday 25th January – Vienna Indoor Classic, Austria, 800m/1500m men, 800m women**

England team selection - <http://www.britishmilersclub.com/content/bmcitemdisplay.aspx?itemid=1630>

**Sunday 26th January – Elan Indoor Meeting, Bratislava, Slovakia, 800m, 1500m**

<http://www.britishmilersclub.com/content/bmcitemdisplay.aspx?itemid=1630>

**Sunday 26th January – Sheffield Festival of Athletics**

<https://www.northernathletics.co.uk/events/sheffield-festival-indoor-open-track-field-meeting/>

**Sunday 26th January – Manchester Indoor Meeting**

At Sports City. 600 metres.

<https://www.northernathletics.co.uk/events/manchester-indoor-open-meeting-5/>

**Sunday 2nd February – South of England Indoor Championships, 800m at Lee Valley** (entries close 21st January). See [www.seaa.org.uk](http://www.seaa.org.uk)

**Sunday 2nd February – Reykjavik Games, Iceland, 1500m men, 800m women**

<http://www.britishmilersclub.com/content/bmcitemdisplay.aspx?itemid=1630>

**Wednesday 5th February BMC meeting at Sheffield, 800m, 3000m**

**Saturday 8th February – Linz, Austria, 3000m men**

<http://www.britishmilersclub.com/content/bmcitemdisplay.aspx?itemid=1630>

**Wednesday 29th January – 800m, 1mile, 3000m at Lee Valley**

1 mile and 3000m - <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/falola-dream-mile-3k-open-/>

BMC 800m - [www.britishmilersclub.com](http://www.britishmilersclub.com)

**Saturday 8th February – IFAM Meeting, Gent, Belgium - CANCELLED**

See - <http://www.ifam.be>

**Wednesday 12th February – Athlone International Grand Prix, Ireland**

**Friday 14th to Sunday 16th February – BUCS Indoor Championships, at Sheffield**

**Sunday 15th February – Muller Indoor Grand Prix, Glasgow**

Invite only.

**Wednesday 19th February – Open meeting at Lee Valley, 800, 1500**

Including BMC races

<https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/indoor-middle-distance-evening/>

**Saturday/Sunday 22nd /23rd February – British Championships at Glasgow**

Qualifying times Indoor/Outdoor

Men - 800 1.53/1.50, 1500 3.52/3.48, 3000 8.10/8.05

Women – 2.10.5/2.09.5, 1500 4.32/4.27, 3000 9.40/9.30

<https://www.britishathletics.org.uk/athlete-information/>

**Saturday/Sunday 22nd /23rd February – England Age Group Championships at Sheffield**

<https://events.englandathletics.org/competition/england-athletics-open-under-20-17--15-indoor-championships-2020/profile>

**Sunday 23rd February – Manchester Indoor Meeting**

At Sports City. 600 metres.

<https://www.northernathletics.co.uk/events/manchester-indoor-open-meeting-6/>

**13th to 15th March – World Indoor Championships, Nanjing, China**

<https://www.worldathletics.org/competitions>

See British Athletics selection policy –

<https://www.uka.org.uk/performance/2020-selection-policies/?fbclid=IwAR2S52BvMNCRbsKvuElyqIeji3AmE_Azw3R-mbWr9b3FPfcnlcLEfhIUvb0>

**Saturday/Sunday 14th/15th March – Kent Indoors Championships (and other counties, at Lee Valley**

<http://www.kcaa.org.uk/fixtures.htm>

**Sunday 15th March – Manchester Indoor Meeting**

At Sports City. 600 metres.

<https://www.northernathletics.co.uk/events/manchester-indoor-open-meeting-7/>