

Race List 2019/2020

<b>August 2019</b>		
Sat 3	Whitstable Surf and Turf Aquathlon	14.00
Sun 4	Chislehurst Commons Marathon and Half Marathon	09.00
Sun 4 (C)	The East Peckham 10k	10.00
Sun 4	The EDF Energy Lydd 10k	10.30
Sun 11	Owler Marathon, Half Marathon And 10k (formerly Brett Ashford) Summer	09.00/09.15 09.30
Sun 11	Burnham Beeches Half Marathon (SCVAC) and 10k	09.15/ 09.30
Fri 16 (RR)	Run>Dartford (3) – Central Park Track 1 Mile	19.00
Sun 18 (RR)	Mount Ephraim 10k	10.30
Mon 26 (KGP)	Dartford 10k	09.00
Mon 26	Canterbury Half Marathon	10.00
Wed 28	Medway Summer 5k – Riverside Country Park	19.15

**C** Captain's Trophy Competition  
**CH** Club Championship Race  
**KC** Kent Championships Race  
**XCC** Cross Country Championship Race  
**SCVAC** Southern Counties Vets AC

**KFL** Kent Fitness League (Sundays)  
**KL** Kent League (Saturdays)  
**RR** Race Recommended  
**KGP** Kent Grand Prix Race  
**BMAF** British Masters Ath Fed