

Race List 2019/2020

Sept 2019		
Sun 1	Leeds Castle 10k and Family Fun Run	08.30
Sun 1	Eridge Park 10 Trail Challenge	10.30
Sun 1 (RR)	Weald St Georges 10k	10.30
Sat 7	Shoreham Woods 10k Trail Run	09.30
Sun 8	Rye Ancient Trails 30k/15k	09.30
Sun 8	Wingham 10k and 5k	10.30
Sun 15	Beckenham Half Marathon	09.00
Sun 15 (KGP) (KC)	Larkfield 10k	10.00
Sun 15	The Rother Valley 10k	10.00
Sun 15	BH 5k Stark Run (Naturist Foundation)	11.30
Sat 21	Bedgebury Forest Twilight 10k	18.00
Sun 22	Chislehurst Chase 10k	10.00
Sun 22	Hospice in the Weald 10k	10.00
Sun 22	The Woodchurch 10 & 5 Mile	10.00
Sun 22 (C) (RR)	Shorne Woods 5	10.30
Sun 22	Faversham 10k	11.00
Wed 25	Medway Summer 5k – Medway Park	19.30
Sun 29	Chilham Castle 5k and 10k	08.00
Sun 29	Buckmore Park 5k	09.00
Sun 29	Dartford Bridge 10k	09.30
Sun 29	Folkestone Rotary Half Marathon	10.00

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