

Race List 2019/2020

Nov 2019		
Sun 3	Deal Castle 5	10.30
Sun 3 (KFL)	Knole Park, Sevenoaks	11.00
Sat 9 (KL)	Danson Park, Welling (NO Sen or Vet Men's races)	Check times
Sun 10 (KFL)	Swanley Park	11.00
Sun 10	Beckenham Charity Trail 10k	11.02
Wed 13	Medway Park Winter Track 5k – Race 1	19.30
Sat 16	Maverick Inov8, 5k, 10k and 21k, Blean Woods	10.00
Sun 17	Marden Half Marathon and 10k	09.00/9.25
Sun 17	The Bedgebury Forest Half Marathon & 10k	09.00
Sun 17	Lullingstone 10k (entry via Run Britain)	10.00
Sun 24	Owler Marathon, Half Marathon And 10k (formerly Brett Ashford) Winter	09.00/09.30 09.45
Thurs 28	Cyclopark Winter Series 5/10k Race 2	19.30
Sat 30 (XCC)	Kent Veterans XC Champs, Dartford Park	TBC

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