

Race List 2019/2020

Jan 2020		
Wed 1	Lamberhurst New Year's Day 5k and 10k	10.30
Sat 4 (XCC)	Kent XC Champs, Brands Hatch	TBC
Sun 5 (KFL)	Shorne Woods Country Park	11.00
Sun 12 (KFL)	Minnis Bay, Birchington	11.00
Wed 15	Medway Park Winter Track 5k – Race 3	19.30
Sun 19	Bromley 10k	10.00
Sat 25 (XCC)	SEAA XC Champs, Parliament Hill, London	TBC
Sun 26 (C)	Canterbury 10	10.00
Thurs 30	Cyclopark Winter Series 5/10k Race 4	19.30
Feb 2020		
Sun 2	Bedgebury Forest 10 & 5 Mile	09.00
Sun 2 (RR)	Girlings Solicitors Ashford and District 10k	10.30
Sat 8 (KL)	Norman Park, Bromley	Check times
Sun 9	Deal Half Marathon	10.30
Sun 9 (KFL)	Rough Common, Canterbury	11.00
Wed 12	Medway Park Winter Track 5k – Race 4	19.30
Sun 16	Tunbridge Wells Half Marathon	09.00
Sun 16 (C) (RR)	Headcorn Half Marathon	09.00
Sun 16 (RR)	Valentine's Tough Love 10 ish Mile Challenge	10.30
Sun 16 (RR)	Valentine's Tough Love 10 ish 'K' Challenge	10.30
Sun 16	Tenterden 5	10.30
Sun 16	Dymchurch 10k	11.00
Sat 22 (XCC)	National XC Championships, Wollaton Park, Nottingham	TBC
Sun 23	The Trosley Park Challenge (5k and 10k)	10.30
Thurs 27	Cyclopark Winter Series 5/10k Race 5	19.30

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