

Calendar 2019-20

Key: **Road** **Relays** **TRACK**
Cross Country **Road GP** **Trail** **BOLD = scottishathletics RRCC Championship**

	W	October	W	November	W	December	W	January	W	February	W	March	W	April	W	May	W	June	W	July	W	August	W	September
		05/10/2019		02/11/2019		07/12/2019		04/01/2020		09/02/2020		07/03/2020		04/04/2020		02/05/2020		06/06/2020		04/07/2020		01/08/2020		05/09/2020
		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY
								GAA Miller Meet 3k Indoors (Scottish 3k Champs)		UK Senior Indoor		SSAA XC		ERRA 12/6 Stage RR		Scottish 10,000m Champs		UK U20/U23 Champs				Scottish Sen/U17 T&F Champs		
40		English 6 & 4 Stage RR	44	English XC Relays	49	East_District_XC West District_XC North_District_XC	1		6	SUCA Indoors	10	Inter Counties XC	14		18	BUCS T&F Champs	23		27		31		36	
(1)			(5)		(10)		(14)		(19)	Scottish Masters XC	(23)		(27)		(31)		(36)		(40)		(44)		(49)	
		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY
						Euro XC Champs				U12 SUPERTeams		SAIL Match 4		Tom Scott 10 Mile (Scottish Champs)		BUCS T&F Champs (+Mon)					Scottish Sen/U17 T&F Champs			
												Inverness HM												
		12/10/2019		09/11/2019		14/12/2019		11/01/2020		15/02/2020		14/03/2020		11/04/2020		09/05/2020		13/06/2020		11/07/2020		08/08/2020		12/09/2020
		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY
41		East_District_XC_Relay West District_XC_Relay North_District_XC_Relay	45	Scottish Short Course XC	50	Inter District XC Home Countries XC Celtic XC @ Stirling	2		7		11		15	Edinburgh 5km (Scottish Sen & U20 Champs)	19	SSAA T&F Champs (+Fri)	24		28		32		37	
(2)		UK XC Challenge Cardiff	(6)	UK XC Challenge Milton Keynes	(11)		(15)		(20)		(24)		(28)	(32)		(37)		(41)		(45)		(50)		
		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY
												Scottish YA Road Races		Grangemouth 10km									Stirling 10km (Scottish Champs)	
								SAIL Match 2		UK Senior Indoor														
		19/10/2019		16/11/2019		21/12/2019		19/01/2020		22/02/2020		21/03/2020		18/04/2020		16/05/2020		20/06/2020		18/07/2020		15/08/2020		19/09/2020
		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY
42		(West) County XC Relays	46	British Masters XC		Fallow week	3	East XC League 3	8	Scottish XC Champs	12	SIAB XC	16		20	District T&F Champs (+ Fri)	25	UK Age T&F Champs	29	SIAB T&F	33		38	
(3)		East XC League 1	(7)				(16)	National Indoor Open	(21)	English XC Champs	(25)		(29)		(33)		(38)		(42)		(46)		(51)	
		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY
						Fallow week				SAIL Match 3		Scottish 6/4 stage RR		SSAA Primary XC		UKA 10,000m Champs								
		26/10/2019		23/11/2019		28/12/2019		25/01/2020		29/02/2020		28/03/2020		25/04/2020		23/05/2020		27/06/2020		25/07/2020		22/08/2020		26/09/2020
		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY
43		National XC Relays	47	East XC League 2		Fallow week	4		9	Scottish U15/U20 Indoor	13		17	Scottish 50k Trail Champs (Mingavie to Tyndrum)	21					34	Scottish U13/U20 Champs	39	George Cummings RR	
(4)			(8)	(West) County XC Champs	52		(17)		(22)		(26)		(30)		(34)		(39)		(43)		(47)		(52)	
				UK XC Challenge Liverpool Euro XC / Euro Club XC Trials	(13)																			
		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY
		Leeds Abbey Dash				Fallow week		Scottish Sen/U17 Champs Indoor		Scottish U13/U20 Indoor		Alloa Half Mara		London Marathon (Scottish Champs)							Paisley 10k		Glasgow Half (Scottish Champs)	
		SATURDAY		30/11/2019		SATURDAY		01/02/2020		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY		SATURDAY
			48	SSAA CE International			5	BUCS XC Champs CE & Masters Indoors SSAA T&F Champs (Wed+Thu after)						22						35				
			(9)				(18)							(35)						(48)				
		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY		SUNDAY
				Kilmarnock XC				Euro Clubs XC													Scottish 15k Trail Champs			
				SAIL Match 1				CE & Masters Indoors																
W		October	W	November	W	December	W	January	W	February	W	March	W	April	W	May	W	June	W	July	W	August	W	September