Calendar 2019-20

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