

2019	IAAF & IPC WORLD EA EUROPEAN	CHAMPIONSHIPS UK, Home Country Area, County Championships	SCHOOLS Home Country Fixtures	UKA/HOME COUNTRY Other Fixtures BMC Events	LEAGUES National/Area/Regional Seniors/Youth Development	COMBINED EVENTS UK Home Country Other	ENDURANCE EVENTS XC Challenge Inter Counties XC League XC	2019
WEEK ENDING	IAAF Diamond League IAAF/European Permit meetings	All Age Groups					Major Road Races	WEEK ENDING
correct at 28.11.18	Paralympic/Disability Grand Prix							
JAN								JAN
5th & 6th				5th-6th Midland Indoor Open 6th Welsh Junior Open		5th - 6th England Snr & U20 C/E	5th County XC Championships	5th & 6th
12th & 13th		12th-13th North / South Snr Champs		12th Scottish Indoor Open			12th XC League 4	12th & 13th
19th & 20th							19th - NI Int XC Cross Challenge - Home Countries Int/Celtic Cross?	19th & 20th
26th & 27th	CE International (Sheffield) - Snr & U20	26th Welsh Seniors 26th Scottish Senior & U17		20th - Cardiff Met Indoor Open 26th & 27th Midland Indoor Open		CE International (Sheff) - Snr & U20		26th & 27th
FEB								FEB
2nd & 3rd		2nd - 3rd Scottish Age Gp U13/U15/U20 3rd Northern Age Groups 2nd & 3rd - Welsh Age Group Championships					2nd BUCS XC Championships	2nd & 3rd
9th & 10th		9th - 10th British Indoor Champs (Birmingham) 9th - 10th Northern Ireland Age Gps	6th - 7th Scottish Schools 10th - Scottish Super Teams Championships	3rd Feb - South of England Masters Champs (Lee Valley)			9th XC League 5	9th & 10th
16th & 17th	16th World Indoor Tour (Birmingham)	15th-17th BUCs Indoor (Sheffield) 17th - Midland Championships/Bham Open (tbc)	16th-17th Scottish C/E & Masters Championships			Scottish Snr /Age Gps C/E (tbc)	14th Armagh 3 & 5k	16th & 17th
23rd & 24th	24th-27th World Para Athletics Grand Prix, Dubai	23rd - 24th England Age group (Sheffield)		24th - Inter-Area Masters Indoor Champs (Lee Valley)			Scottish National XC Champs	23rd & 24th
MAR								MAR
2nd & 3rd	1st - 3rd European Indoor Champs (Glas)	3rd Welsh U20 Indoor International					2nd XC League 6	2nd & 3rd
9th & 10th				9th & 10th British Masters Indoors & Winter Throws Championships - Lee Valley		9th - 10th England Age group CE	9th CAU Intercounties & Cross Chall. 9th - British Masters Cross Country - Belfast	9th & 10th
16th & 17th							16th ESAA XC Championships	16th & 17th
23rd & 24th	24th - 30th - World Masters Indoor Championships - Poland			23rd Midlands Indoor Open			23rd SIAB & Home County Int'l 23/24th Area 6 & 12 Stage Relays?	23rd & 24th
30th & 31st	30th World XC Championships (Den)						30th World XC Championships (Den)	30th & 31st
APR								APR
6th & 7th							7th - British Masters 10km Champs (Blyth) 7th - England 10k Champs (Lincoln)	6th & 7th
13th & 14th					13th English Area Leagues 1			13th & 14th
20th & 21st	21st Easter Sunday	22nd Easter Sunday	21st Easter Sunday	21st Easter Sunday	21st Easter Sunday	21st Easter Sunday	21st Easter Sunday	20th & 21st
27th & 28th	25th-27th World Para Athletics Grand Prix, Sao Paulo 26th Doha D/L	26th Scottish 10km Champs					26th England 5k Champs (Cheshire) 27th WA League 27th YDL Lower 28th London Marathon (England Indiv. Champs)	27th & 28th
MAY								MAY
4th & 5th	3rd - 5th World Relay Champs (Bah) 10th-12th World Para Athletics Grand Prix, Beijing		EXAMINATIONS	4th-6th BUCS				4th & 5th
11th & 12th		11th - 12th County Champs (or any other date) 10th - 12th Scottish District Champs 11th - 12th Welsh regional Champs				5th YDL Upper 4th WJL 12th National leagues (BAL&UKWL) alternative date	11th - England 5k Champs (Ipswich)	11th & 12th
18th & 19th	18th Shanghai D/L 24th-25th World Para Athletics Grand Prix, Arizona	19th Loughborough International		18th England 10,000m Champs (tbc)		19th English Area Leagues 2 18th YDL Lower 19th WA League	18th - British Masters Road Relays - Sutton Park	18th & 19th
25th & 26th	24th-26th World Para Athletics Grand Prix, Nottwil			27th BIG Festival (Bedford) 26th - 27th Javelin Festival (Loughborough)tbc 27th Hurdles Fest (Newham) 25th BMC		26th YDL Upper* 26th WJL	25th - 26th England Snr & U20 CE	25th & 26th
JUN								JUN
1st & 2nd	2nd Stockholm D/L	1st/2nd South/ Midlands / North Snr & U20						1st & 2nd
8th & 9th	6th Rome D/L 8th-9th World Para Athletics Grand Prix, Grosseto 13th Oslo D/L	8th Northern Ireland Snr Champs	8th English County Schools			9th - National Leagues (BAL&UKWL) - Alternative Date?		8th & 9th
15th & 16th		15th & 16th - Welsh Junior Championships	15th English Schools Inter Counties	15th BMC		15th English Area Leagues 3		15th & 16th
22nd & 23rd	23rd Rabat D/L	NI Age Group Championships 22nd - 23rd England U23/U20 Champs	23rd - WA League			22nd & 23rd YDL Lower	22nd - 23rd England Schools C/E	22nd & 23rd
29th & 30th	28th - 29th Eugene D/L 28th-30th World Para Athletics Grand Prix, Tunis		29th - Welsh Junior Leagues	29th BMC		30th YDL Upper		29th & 30th

	JUL							JUL	
JUL	6th & 7th	4th Lausanne D/L 6th European 10,000m Cup (Highgate) 3rd - 14th World Students (Italy)		6th English Schools Cup Final 6th Welsh Schools Championships	6th Night of 10,000m (Highgate)	6th National leagues (BAL/UKWAL)		6th & 7th	
	13th & 14th	11th - 14th European U23 (Swe) 12th Monaco D/L	13th - 14th Welsh Seniors Champs	12th-13th English SchoolsChamps 17th Welsh Inter Schools Championships		13th English Area Leagues 4	7th Euro Mtn Running Champs (uphill)	13th & 14th	
	20th & 21st	18th - 21st European U20 (Swe) 20th - 21st Muller Anniversary Games (London) 22nd - 27th - Deaf European Championships (Ger)	13th - 14th Scottish CE & Masters Champs	20th SIAB International Champs	20th BMC	20th YDL Lower		20th & 21st	
	27th & 28th		24th July Welsh Athletics Int (tbc) 27th - 28th England Snr Champs & CAU				28th YDL Upper		27th & 28th
				29th - Welsh Junior Leagues			28th YDL Lower Final (Scot)		
AUG								AUG	
AUG	3rd & 4th	1st - 4th - World Para Athletics Junior Champs - Nottwill (Swi) 9th - 11th European Team Champs (Pol)	1st Aug Belfast International 3rd Aug - Celtic Games (TBC)			3rd National leagues (BAL/UKWAL)	3rd - 4th England Age Group CE	3rd & 4th	
	10th & 11th	10th-11th World Para Athletics Grand Prix, Berlin	10th & 11th Midland Age Group Championships					10th & 11th	
	17th & 18th		10th - 11th Scottish Age Gps 14th Manchester International	10th - WA League	10th BMC	10th WAL			17th & 18th
			18th Birmingham Grand Prix 17th - 18th Scottish Snr & U17 Champs			17th English Area Leagues 5			
	24th & 25th	24th Paris D/L 29th Zurich D/L 29th-30th World Para Athletics Grand Prix, Paris	24th - 26th British Championships (Birmingham)			24th & 25th Welsh Junior Cup and Plate Final 24th or 25th Northern League Promotion Match			24th & 25th
SEPT								SEPT	
SEPT	31st & 1st		31st - 1st England Age Groups 31st Inter-Regional Championships					31st & 1st	
	7th & 8th	6th Brussels D/L 5th - 15th - European Masters Championships (Italy)				7th & 8th YDL Finals (tbc)	8th Great North Run	7th & 8th	
	14th & 15th							14th & 15th	
	21st & 22nd					21st - 22nd England Schools C/E & RW	21st England Area Road Relays	21st & 22nd	
	28th & 29th	28th - 6th Oct World T&F Champs (Doha)						28th & 29th	
OCT								OCT	
OCT	5th & 6th						5th ERRA Road Relays (Birm) 6th Cardiff Half Marathon 6th - England Marathon Team Champs (Chester)	5th & 6th	
	12th & 13th						12th XC League 1 13th - England HM Champs (Birmingham)	12th & 13th	
	19th & 20th						19th England Area XC relays	19th & 20th	
	26th & 27th						20th Great South Run & EA 10 mile champs	26th & 27th	
NOV								NOV	
NOV	2nd & 3rd	7th - 15th - World Para Athletics Championships - UAE (Dub)					2nd ECCA XC Relays (Nottingham)	2nd & 3rd	
	9th & 10th						3rd Leeds Abbey Dash / EA 10km Champs 9th XC League 2	9th & 10th	
	16th & 17th						15th World Mtn Running Champs (up & down) - Argentina 16th World Long Distance Mtn Champs (Argentina)	16th & 17th	
	23rd & 24th							23rd & 24th	
DEC								DEC	
DEC	30th & 1st							30th & 1st	
	7th & 8th	8th European XC Championships (Por)					7th XC league 3 8th European XC Championships (Por)	7th & 8th	
	14th & 15th							14th & 15th	
	21st & 22nd 28th & 29th							21st & 22nd 28th & 29th	