

FIXTURES 2019

Month	Day and Date	Event	Venue	Comments
Jan	Sun 6th	Suffolk County Cross Country Champs	Culford School	
	Sat 12th and Sun 13th	SEAA Southern Indoor U13/U15/U17 Champs	Lee Valley	
	Sat 19th and Sun 20th	SEAA Southern Indoor U20/Senior Champs	Lee Valley	
	Sun 20th	Suffolk Winter CC League	Stowmarket	
	Sat 26th	SEAA Regional CC Champs	Parliament Hill Field	
Feb	Sat 2nd and Sun 3rd	Eastern AA Indoor T & F Champs	Lee Valley	
	Sun 17th	Suffolk Winter CC League	Nowton Park, BSE	
	Sat 23rd	E.C.C.A. CC Champs	Temple Newsam Park, Leeds	
	Sun 24th	Tarpley 10 / 20	Beyton Middle School	Suffolk GP 1&2 and presentations for 2018 series
Mar	Sat 9th	UK CAU CC Champs	Loughborough	
	Sun 10th	Suffolk Winter CC League	Bungay (Fritton)	
	Sat 16th	English Schools CC Champs	Leeds	
	Sun 24th	Suffolk Winter CC League	Haverhill	
	Sun 24th	SEAA Southern 12/6 Stage Road Relays	Milton Keynes (TBC)	
Apr	Sat 6th	ERRA 6 & 12 stage Relays	Sutton Park	
	Sun 14th	Bungay 10K, HM, Marathon	Bungay	Suffolk GP 3&4 (10K & HM)
	Fri 19th	Sudbury Fun Run	Sudbury	County 5M Championships
	Sun 28th	London Marathon	London	
May	Thur 2nd (TBC)	Heath Run	Newmarket	
	Sat 11th	Twilight 5K	Ipswich	
	Sun 12th	Suffolk AA T & F Champs	Ipswich	
	Sun 19th (TBC)	Alton Water Run	Holbrook	
	Sun 19th	Woodbridge 10K	Woodbridge	
	Fri 31st	Kirton Friday 5	Kirton	
Jun	Weds 5th	Bungay 10k	Bungay	
	Fri 7th	Framlingham Friday 5	Framlingham	
	TBC	Moulton Five Mile Walk	Moulton	
	Fri 14th	Sudbury Friday 5	Sudbury	
	Sun 16th	Capel 5	Capel St.Mary	
	Fri 21st	Bury Friday 5	Nowton Park	Suffolk GP 5
	Weds 26th	Bungay 10k	Bungay	
	Fri 28th	Stowmarket Friday 5	Stowmarket	
	Sun 30th	Eastern AA T & F Champs	Cambridge	

Month	Day and Date	Event	Venue	Comments
Jul	Fri 5th	Great Bentley Friday 5	Great Bentley	
	Sun 7th (TBC)	Newmarket 10K	Stetchworth,Newmarket	
	Sat 12th & Sun 13th	English Schools T & F Champs	Birmingham	
	Sun 14th	Ekiden Relays	Woodbridge School	
	Weds 17th	Bungay 10k	Bungay	
	TBC	UK CAU T & F Champs	TBC	
	Fri 26th	Ipswich Twilight 10K	Ipswich	Suffolk GP 6
Aug	TBC	Wibbly Wobby Log Jog	Brandon	
	Fri 16th	Wortwell Summer Sizzler	Wortwell	
Sep	Sun 1st (TBC)	Framlingham 10K	Framlingham	
	Sun 1st	U15/U20 Intercounties	TBC	
	Sun 8th	Langham 10K	Langham	
	Sun 8th	Great North Run	Gateshead	
	Sun 8th (TBC)	Lowestoft Scores Race	Lowestoft	
	Sat 14th	Hibbard Trophy	Ipswich	
	Sun 15th	Felixstowe Coastal 10	Felixstowe	Suffolk GP 7
	Sun 22nd	Great East Run	Ipswich	
	Sun 29th	Stowmarket Half Marathon	TBC	County HM Championships
	Sun 29th	Eastern Combined Events	Peterborough	
Oct	Sun 6th (TBC)	Martlesham 10K	Martlesham	
	Sun 6th	Lowestoft HM	Lowestoft	
	Sun 13th	Saxon 5	Saxmundham	Suffolk GP 8
	Sun 20th	Thurlow 5 & 10M	Thurlow	
	TBC	SEAA CC Relays	TBC	
Nov	TBC	ECCA CC Relays	TBC	
	TBC	Eastern AA CC Champs	TBC	
	TBC	Suffolk Winter CC League	TBC	
	Sun 10th	Scenic 7	Stowmarket	Suffolk GP 9
	TBC	Hadleigh 10 & 5	Hadleigh,Nr.Ipswich	
Dec	TBC	Suffolk Winter CC League	TBC	
	TBC	XC Masters & Inter Counties Champs	TBC	
	Sun 8th (TBC)	Turkey Trot 10	Beccles	
	Thur 26th	Groggy Doggy XC	Bungay	