

Hillingdon AC Fixtures

2019

Month	Date	Event	Location	Surface	Category	
April	Thur 11th	5k Training Race	Ruislip	Road	All	
	Sat 6th	National 12 and 6 Stage Road Relays	Sutton Coldfield	Road	Seniors	
	Sat 13th	Southern Athletics League	Waltton	T & F	Seniors	
	Sun 14th	Alder Valley Girls	Windsor	T & F	Juniors	
	Thur 18th	Wilkie Mile	Ruislip	Track	All	
	Tues 23rd	3K Training Race	Uxbridge	Mixed	All	
	Sun 27th	London Marathon & Mini Marathon	London	Road		
	Sun 27th	Youth Development League (Lower)	Harrow	T & F	Juniors	
May	Sat 4th	Alder Valley Boys	Braknell	T & F	Juniors	
	Sun 5th	Youth Development League (Upper)	Harrow	T & F	Juniors	
	Mon 6th	Pednor 5	Pednor	Road		
	Thur 9th	5k Training Race	Ruislip	Road	All	
	11th/12th	Middlesex T & F champs	Lee Valley	T & F	All	
	Sun 12th	Run Wembley 10K	Wembley	Road	Seniors	
	Mon 13th	Southern Veterans League	Battersea	T & F	35+	
	Sat 18th	Youth Development League (Lower)	Uxbridge	T & F	Juniors	
	Sun 19th	Southern Athletics League	Hemel H.	T & F	Seniors	
	Sat 25th	May parkrun	Harrow	Mixed	All	
	Sun 26th	Youth Development League (Upper)	Uxbridge	T & F	Juniors	
	Mon 27th	Vitality London 10000	London	Road	Seniors	
Tues 28th	3K Training Race	Uxbridge	Mixed	All		
June	Sun 2nd	Alder Valley Girls	Aldershot	T & F	Juniors	
	Sun 2nd	Regents Park 10k	London	Road	Seniors	
	Mon 10th	Southern Veterans League	Hillingdon	T & F	35+	
	Thur 13th	5k Training Race	Ruislip	T & F	All	
	Sat 15th	Southern Athletics League	Hillingdon	T & F	Seniors	
	TBC	Concorde 5	Cranford	Road	Seniors	
	?	Youth Development League (Lower)	?	T & F	Juniors	
	Sat 22nd	June parkrun	South Oxhey	Mixed	All	
	Mon 24th	Southern Veterans League	Battersea	T & F	35+	
	Sun 30th	Youth Development League (Upper)	Kingsmeadow	T & F	Seniors	
Tues 25th	3K Training Race	Uxbridge	Mixed	All		
July	Sun 7th	Alder Valley Girls	Uxbridge	T & F	Juniors	
	Wed 10th	Southern Veterans League	Perivale	T & F	35+	
	Thur 11th	5k Training Race	Ruislip	Road	Seniors	
	Sat 13th	Southern Athletics League	Aldershot	T & F	All	
	Sun 14th	Bushey Spire 10K	Bushey	Road	Seniors	
	Sat 20th	Youth Development League (Lower)	Acton	T & F	Juniors	
	Sat 27th	July Parkrun	Ricky	Mixed	All	
	Sun 28th	Youth Development League (Upper)	Brighton	T & F	Juniors	
	Tues 30th	3K Training Race	Uxbridge	Mixed	All	
	August	Sun 4th	St Albans 10K	St Albans	Road	Seniors

Thur 9th	5k Training Race	Ruislip	Road	All
Sat 10th	Gosunder Handicap & BBQ	Ruislip	XC	All
Sat 10th	Alder Valley Boys	Basingstoke	T & F	Juniors
Sun 11th	Alder Valley Girls	Guildford	T & F	Juniors
Sat 17th	Southern Athletics League	Abingdon	T & F	Seniors
TBC	3K Training Race	Uxbridge	Mixed	All

September

Sat 7th	September Parkrun	Northala F.	Mixed	All
TBC	Alder Valley Girls Final	Eton	T & F	Juniors
TBC	Alder Valley Boys Final	Reading	T & F	Juniors
TBC	Youth Development League Final	TBC	T & F	Juniors
TBC	Youth Development League Final	TBC	T & F	Juniors
Thur 12th	5k Training Race	Ruislip	Road	All
Sun 15th	Middx County Road Relays	Hayes	Road	All
Sun 22nd	SEAA Juniors & Womens 4 Stage Road Relays	Crystal Palace	Road	Juniors
Sun 22nd	SEAA Men's 6 Stage Road Relays	Crystal Palace	Road	Men
Tues 24th	3K Training Race	Uxbridge	Mixed	All
Sun 29th	Middlesex 10K	Victoria Park	Road	Seniors

Summer series events

