

## January 2019

5th January - Middlesex Cross Country Champs  
Greenford

[Full Middlesex 2019 results](#)

12th January - Start Fitness Metropolitan Cross Country League



Wormwood Scrubs (Race 4 of 5)

Full Results on the [Met League website](#)

12th/13th January - SEAA Under 15/17 Indoor Championships  
Lee Valley

Full Results on the [SEAA website](#)

19th/20th January - SEAA Under 20/Senior Indoor Championships  
Lee Valley

Full Results on the [SEAA website](#)

26th January - South of England Cross Country Championships  
Parliament Hill Fields

Full Results on the [SEAA website](#)

## February 2019

9th February - Start Fitness Metropolitan Cross Country League



Alexandra Palace (Race 5 of 5)

Full Results on the [Met League website](#)

16th February - North West London YA League  
Hampstead Heath

[Full Results](#)

23rd February - English National Cross Country Championships  
Leeds

[Full results on the ECCA website](#)

## March 2019

2nd March - North West London YA League  
Wormwood Scrubs

[Full Results](#)

3rd March - Middlesex/Herts Masters Cross Country Championships  
Trent Park

[Full Masters 2019 results](#)

24th March - South of England Road Relay Championships  
Milton Keynes

[Full Results](#)

## April 2019

6th March - English National Road Relay Championships  
Sutton Park, Birmingham

[Full Results](#) Womens 6 stage

[Full Results](#) Mens 12 stage

10th April  
Highgate Harriers/City of London Open Meeting  
Parliament Hill



[Full Results](#)

13th April - Southern Athletics League (Division 3N)  
St Ives

### Match 1 - Division 3N

1	Herts Phoenix	289½ points
2	Huntingdonshire	283 points
3	Highgate Harr. & Mornington Ch.	183½ points
4	West Suffolk	166½ points
5	Biggleswade	118 points
6	West Norfolk	106½ points

[Full Results](#)

**27th April - Middlesex Young Athletics League  
Perivale**

**Match 1**

1	Highgate Harriers	1086½ points
2	Shaftesbury Barnet	1068 points
3	London Heathside	989 points
4	Barnet & District AC	714 points
5	Cookham	713 points
6	Ealing Southall & Middx	700 points
7	Enfield & Haringey	371 points
8	Serpentine	297 points
9	Queens Park Harriers	252½ points
10	Ealing Eagles	193 points
11	Trent Park	130 points

[Full Results](#)

**May 2019**

**11th/12th May - Middlesex Track & Field Champs  
Lee Valley**

[Full Results](#)

**18th May - Southern Athletics League (Division 3N)  
Watford**

**Match 2 - Division 3N**

1	Serpentine	296 points
2	Watford Harriers	281 points
3	Harlow AC	277 points
4	Barnet & District	219 points
5	Enfield & Haringey/HAWCS	209 points
6	Highgate Harr. & Mornington Ch.	107 points

**League position after match 2 - 15th of 23**

[Full Results](#)

**25th May - Middlesex Young Athletics League  
Finsbury Park**

**Match 2**

1	London Heathside	1132 points
2	Shaftesbury Barnet	1054 points
3	Highgate Harriers	992 points
4	Barnet & District AC	935 points
5	Ealing Southall & Middx	671 points
6	Enfield & Haringey	528 points
7	Cookham	452 points
8	Serpentine	321 points
9	Trent Park	283 points
10	Ealing Eagles	172 points
11	Queens Park Harriers	157 points

**League position after match 2 - 3rd of 11**

[Full Results](#)

## June 2019

### 15th June - Southern Athletics League (Division 3N) Parliament Hill

#### Match 3 - Division 3N

1	Ealing, Southall & Middx	333 points
2	Wycombe Phoenix	303 points
3	Highgate Harr. & Mornington Ch.	290 points
4	Ilford AC	222 points
5	Newham & Essex Beagles	141 points
6	Vale of Aylesbury	62 points

League position after match 3 - 14th of 23

[Full Results](#)

### 23rd June - Middlesex Young Athletics League Parliament Hill

#### Match 3

1	Highgate Harriers	1379 points
2	London Heathside	1081 points
3	Shaftesbury Barnet	1053 points
4	Barnet & District AC	820 points
5	Ealing Southall & Middx	662 points
6	Enfield & Haringey	534 points
7	Cookham	520 points
8	Serpentine	365 points
9	Ealing Eagles	196 points
10	Queens Park Harriers	114 points
11	Trent Park	0 points

League position after match 3 - 1st of 11

[Full Results](#)

## July 2019

### 6th July - Highgate Harriers Night of the 10000m PBs Including the European 10,000m Cup Parliament Hill



[Full Results](#)

[Night of the PBs](#)



### 13th July - Southern Athletics League (Division 3N) Luton

#### Match 4 - Division 3N

1	Luton AC	345 points
2	Thurrock Harriers	312 points

3	Peterborough AC	249 points
4	Highgate Harr. & Mornington Ch.	170 points
5	West Norfolk AC	113 points
6	Chiltern Harriers	21 points

**League position after match 4 - 15th of 23**

[Full Results](#)

**21st July - Middlesex Young Athletics League  
Allianz Park**

**Match 4**

1	Highgate Harriers	1386 points
2	London Heathside	1110 points
3	Barnet & District AC	1016 points
4	Ealing Southall & Middx	716 points
5	Shaftesbury Barnet	707 points
6	Trent Park	550 points
7	Enfield & Haringey	273 points
8	Queens Park Harriers	256 points
9	Ealing Eagles	145 points
10	Serpentine	51 points
11	Cookham	22 points

**Final League position after match 4 - 1st of 11**

[Full Results](#)

**August 2019**

**17th August - Southern Athletics League (Division 3N)  
Parliament Hill**

**Match 5 - Division 3N**

1	Oxford City AC	387 points
2	Highgate Harr. & Mornington Ch.	273 points
3	Orion Harriers	228 points
4	Braintree & District AC	178 points
5	Vale of Aylesbury AC	105 points
6	Chiltern Harriers	12 points

**Final league position after match 5 - 14th of 23**

[Full Results](#)

**September 2019**

**11th September  
Highgate Harriers/City of London Open Meeting  
Parliament Hill**

[Full Results](#)



28th September - North West London YA League  
Horsenden Hill

[Full Results](#)

## October 2019

12th October - Start Fitness Metropolitan Cross Country League



Claybury (Race 1 of 5)

Full Results on the [Met League website](#)

26th October - North West London YA League  
Kingsbury

[Full Results](#)

26th October - Liddiard Trophy and North of the Thames Championships  
Kingsbury

[Full Results at Power of 10](#)

## November 2019

9th November - Start Fitness Metropolitan Cross Country League



Welwyn Garden City (Race 2 of 5)

Full Results on the [Met League website](#)

16th November - London Cross Country Champs  
Parliament Hill Fields

[Senior Men Results](#) [Senior Women Results](#)

23rd November - North West London YA League  
Trent Park

[Full Results](#)

## December 2019

7th December - Start Fitness Metropolitan Cross Country League



### Hillingdon (Race 3 of 5)

Full Results on the [Met League website](#)

### 26th December - Boxing Day Bottomist Trophy Race Parliament Hill Fields



1	Isaac Adni	16.28
2	Stanley Harrison	17.24
3	John Armstrong	19.23
4	William Laing	19.32
5	Tony Cutler	20.46
6	Dan Hickson	20.54
7	Martin Bright	20.58
8	Rebecca Taylor	21.17
9	Elizabeth Knowles	21.37
10	Peter Laing	22.38
11	Frederic Peyraque	23.00
12	Unknown	23.15
13	Hayley Knowles	23.31
14	Carla Cutler	23.39
15	Tilly Talbot	23.39
16	Harry	24.07
17	Eleanor Connolly	24.21
18	Arnold Harrison	24.22
19	Mike Jeffries	24.34
20	Sophie Lorraine	24.54
21	J.J. Lorraine	25.05
22	Jake Baker	25.12
23	Elizabeth Knowles	25.37
24	Martin Black	26.17
25	Jen Hickson	27.59
26	Andy Hickson	28.04
27	Sarah Talbot	28.22
28	Ruan Talbot	28.22
29	Joe Talbot	28.22

30	Alice Sullivan	28.35
31	Adrian Laing	28.53
32	Deborah Laing	32.13

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