

January 2020

4th January - Middlesex Cross Country Champs
Wormwood Scrubs

[Full Middlesex 2020 results](#)

11th January - Start Fitness Metropolitan Cross Country League



Alexandra Palace (Race 4 of 5)

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

25th January - South of England Cross Country Championships
Parliament Hill Fields

Full Results on the [SEAA website](#)

February 2020

8th February - Start Fitness Metropolitan Cross Country League



Trent Park (Race 5 of 5)

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

22nd February - English National Cross Country Championships
Nottingham

[Full results](#)

[Back to January.](#)