

## 2019 Open Competitions

Date	Competition	Venue
Mon 6 May 2019	<a href="#">Brewer Memorial Games Open Info</a>	<a href="#">Cheltenham</a>
Wed 15 May 2019	<a href="#">Lee Valley 5000m Night Open Info</a>	<a href="#">Lee Valley</a>
Wed 15 May 2019	<a href="#">Watford Open Graded Meeting Info</a>	<a href="#">Watford</a>
Fri 17 May 2019	<a href="#">Reading AC Friday Night Development Open Series Info</a>	<a href="#">Reading</a>
Sun 19 May 2019	<a href="#">Lee Valley Throws Fest Open Series Info</a>	<a href="#">Lee Valley</a>
Wed 22 May 2019	<a href="#">Cambridge Harriers Open Info</a>	<a href="#">Eltham</a>
Wed 22 May 2019	<a href="#">Lee Valley Sprint Double 100m Open Series Info</a>	<a href="#">Lee Valley</a>
Wed 22 May 2019	<a href="#">Oxford City AC Open Graded Meeting Info</a>	<a href="#">Horspath</a>
Wed 22 May 2019	<a href="#">Southampton Graded Open Info</a>	<a href="#">Southampton</a>
Mon 27 May 2019	<a href="#">Nuneaton HAC Open Series Info</a>	<a href="#">Nuneaton</a>
Wed 29 May 2019	<a href="#">Watford Open Graded Meeting Info</a>	<a href="#">Watford</a>
Sun 2 Jun 2019	<a href="#">Milton Keynes Open Series Info</a>	<a href="#">Milton Keynes</a>
Wed 5 Jun 2019	<a href="#">Lee Valley Sprint 100m / 200m Open Series Info</a>	<a href="#">Lee Valley</a>
Wed 5 Jun 2019	<a href="#">TVH Open Graded Series Info</a>	<a href="#">Wormwood Scrubs</a>
Wed 5 Jun 2019	<a href="#">Warwickshire Open Graded Series Info</a>	<a href="#">Coventry</a>
Fri 7 Jun 2019	CSW Network Super 4 Open Meeting	<a href="#">Leamington</a>
Sun 9 Jun 2019	<a href="#">Cambridge &amp; Coleridge AC Young Athlete Open Challenge Series Info</a>	<a href="#">Cambridge</a>
Sun 9 Jun 2019	<a href="#">Watford Minors Open Series Info</a>	<a href="#">Watford</a>
Wed 12 Jun 2019	<a href="#">Southampton Graded Open Info</a>	<a href="#">Southampton</a>
Wed 12 Jun 2019	<a href="#">Watford Open Graded Meeting Info</a>	<a href="#">Watford</a>
Thu 13 Jun 2019	<a href="#">Leamington C &amp; AC Club Championships &amp; Open Info</a>	<a href="#">Leamington</a>
Fri 14 Jun 2019	<a href="#">Reading AC Friday Night Development Open Series Info</a>	<a href="#">Reading</a>
Wed 19 Jun 2019	<a href="#">Cambridge Harriers Open Info</a>	<a href="#">Eltham</a>
Wed 19 Jun 2019	<a href="#">Lee Valley Sprint Double 100m Open Series Info</a>	<a href="#">Lee Valley</a>
Wed 19 Jun 2019	<a href="#">Oxford City AC Open Graded Meeting Info</a>	<a href="#">Horspath</a>
Thu 20 Jun 2019	<a href="#">Leamington C &amp; AC Club Championships &amp; Open Info</a>	<a href="#">Leamington</a>
Mon 24 Jun 2019	<a href="#">Southampton Graded Open Info</a>	<a href="#">Southampton</a>
Wed 26 Jun 2019	<a href="#">Lee Valley Four Fest Open Info</a>	<a href="#">Lee Valley</a>
Wed 26 Jun 2019	<a href="#">Watford Open Graded Meeting Info</a>	<a href="#">Watford</a>
Sat 29 Jun 2019	Mencap Open National Championships	<a href="#">Watford</a>
Wed 3 Jul 2019	<a href="#">Lee Valley Sprint 100m / 200m Open Series Info</a>	<a href="#">Lee Valley</a>
Wed 3 Jul 2019	<a href="#">TVH Open Graded Series Info</a>	<a href="#">Wormwood Scrubs</a>
Wed 3 Jul 2019	<a href="#">Warwickshire Open Graded Series Info</a>	<a href="#">Coventry</a>
Tue 9 Jul 2019	<a href="#">Leamington C &amp; AC Club Championships &amp; Open Info</a>	<a href="#">Leamington</a>
Wed 10 Jul 2019	<a href="#">Watford Open Graded Meeting Info</a>	<a href="#">Watford</a>
Sat 13 Jul 2019	Neptune Iffley Festival of Miles Open	<a href="#">Oxford</a>
Sun 14 Jul 2019	<a href="#">Lee Valley Throws Fest Open Series Info</a>	<a href="#">Lee Valley</a>

Wed 17 Jul 2019	<a href="#">Cambridge Harriers Open Info</a>	<a href="#">Eltham</a>
Wed 17 Jul 2019	<a href="#">Hampshire Grand Prix Open Info</a>	<a href="#">Basingstoke</a>
Wed 17 Jul 2019	<a href="#">Lee Valley Sprint Double 100m Open Series Info</a>	<a href="#">Lee Valley</a>
Wed 17 Jul 2019	<a href="#">Oxford City AC Open Graded Meeting Info</a>	<a href="#">Horspath</a>
Fri 19 Jul 2019	CSW Network Super 4 Open Meeting	<a href="#">Stratford upon Avon</a>
Fri 19 Jul 2019	<a href="#">Reading AC Friday Night Development Open Series Info</a>	<a href="#">Reading</a>
Tue 23 Jul 2019	<a href="#">Leamington C &amp; AC Club Championships &amp; Open Info</a>	<a href="#">Leamington</a>
Wed 24 Jul 2019	<a href="#">Watford Open Graded Meeting Info</a>	<a href="#">Watford</a>
Wed 31 Jul 2019	<a href="#">Lee Valley Sprint 100m / 200m Open Series Info</a>	<a href="#">Lee Valley</a>
Sun 4 Aug 2019	<a href="#">Milton Keynes Open Series Info</a>	<a href="#">Milton Keynes</a>
Wed 7 Aug 2019	<a href="#">Warwickshire Open Graded Series Info</a>	<a href="#">Coventry</a>
Wed 7 Aug 2019	<a href="#">Watford Open Graded Meeting Info</a>	<a href="#">Watford</a>
Wed 21 Aug 2019	<a href="#">Watford Open Graded Meeting Info</a>	<a href="#">Watford</a>
Mon 26 Aug 2019	<a href="#">Crawley Open Series Info</a>	<a href="#">Crawley</a>
Wed 28 Aug 2019	<a href="#">Hampshire Mini Grand Prix Open Info</a>	<a href="#">Basingstoke</a>
Wed 28 Aug 2019	<a href="#">Lee Valley Sprint 100m / 200m Open Series Info</a>	<a href="#">Lee Valley</a>
Sun 1 Sep 2019	<a href="#">Milton Keynes Open Series Info</a>	<a href="#">Milton Keynes</a>
Wed 4 Sep 2019	<a href="#">Watford Open Graded Meeting Info</a>	<a href="#">Watford</a>
Sat 7 Sep 2019	<a href="#">Lee Valley Throws Fest Open Series Info</a>	<a href="#">Lee Valley</a>
Sat 7 Sep 2019	<a href="#">Nuneaton HAC Open Series Info</a>	<a href="#">Nuneaton</a>
Sat 14 Sep 2019	<a href="#">Havant AC Open Meeting Info</a>	<a href="#">Portsmouth</a>
Sun 15 Sep 2019	<a href="#">Cambridge &amp; Coleridge AC Young Athlete Open Challenge Series Info</a>	<a href="#">Cambridge</a>