| | May | June | July | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 mile | 28th Westminster mile | | | | | | 4th Lammas Park Mile | | | | | |
| 5 kms | | 25th Institute of Sport Exercise & Health | | | | | | | TBC | TBC | | |
| 7 kms | | | Fri 28th 19:30 | | | | | | | | | |
| 5 mile | 14th Wimbledon Common Second Sunday | | | | | | | 3rd Perivale 5 | | | | |
| 10km | | | 16th Regent's Park (Summer League) | 20th Battersea (Summer League) | | | | | Serpies NYD 10km OR | Harrow on the Hill 10km (TBC) depends on XC | | |
| 10 mile | | | | | 3rd Harlow 10 | | | | | | | Towpath Ten |
| Half | | | | 13th Burnham Beeches | | | | | | TBC - Hillingdon?? | TBC | |
| Marathon | any | any | any | any | any | any | any | any | any | any | any | any |
| Sunday League XC | | | | | | 29th Cheshunt | 12th Trent Park | 17th Willian | 14th Cassiobury Park (Watford) | 18th Royston | | |
| Met League XC | | | | | | 14th Claybury | 11th Stevenage | 2nd Hillingdon | 13th W Scrubs | 10th Trent Park | | |
| Summer League | | 4 Gunnersbury<br>18 Harrow | 2 Dulwich<br>16 Regent's Park | 20 Battersea | | | | | | | | |
| Other XC | | | | | | 21st Southern XC Relays | 18th London Champs | 9th Southern Masters and Inter-Counties | 6/7th County Champs<br>27th Southern Champs | 24/25th National Champs | | |
| Other Races | 20/21 Greenbelt | 9/10 Welsh Castles<br>17 Osterley 10km<br>28 Open T&F Night | | | 17 Fell Race - IOW<br>24 EHM | | | | | | | |