

18 September	Chingford League (1) Road	Hog Hill, Forest Rd, Ilford IG6 3HP	13.00/ 13.40	5K
26 September - Hackney Half, inc. post-event social at Hare & Hounds				
2 October	Chingford League (2) XC	Central Park, Dagenham RM10 7FJ	11.00	5 Mile
3 October - London Marathon, inc. post-event social at Leyton Technical				
16 October	Met League (1) XC	Claybury Park, Roding Ln N, IG8 8NG	13.30 /14.30	5 Mile
20 October	Chingford League (3) Road	Lee Valley Velopark, Olympic Park	19.30 /20.00	5K
30 October	North London XC Champs	Hillingdon Stadium, UB8 1ES	13.30 / 14.15	5 Mile
11 November - Club AGM – Pavilion, Leyton Jubilee Park, 19.30				
6 November	Interclub Vets	Loughton, IG10 3BS	11.00	5 Mile
13 November	Met League (2) XC	Welwyn Garden City	14.00	5 Mile
14 November – Eton Manor Remembrance Ceremony, Queen Elizabeth Olympic Park, 11.00				
20 November	London XC Champs	Parliament Hill, NW3 2JP	13.15 / 14.00	6K/10K
27 November	Chingford League (4) XC	Trent Park, EN4 0PS	TBC	5 Mile
4 December	Met League (3) XC	Hillingdon Stadium, UB8 1ES	14.00	5 Mile
4 December	Essex Vets Champs XC	Writtle Uni College, Lordship Rd, Chelmsford, CM1 3RR	11.15	5 Mile
11 December	Ware Cup	Loughton, IG10 3BS	11.00	5 mile
14 December	Christmas Baton Relay - Road	Leyton Jubilee Park, E10 7BL	19.30	1 Mile
8 January	Essex XC Champs	Gloucester Park, Basildon, SS14 3DE	TBC	5 Mile
11 January	Annual Mob Match vs. VPHTAC	Leyton Jubilee Park, E10 7BL	19.30	5K
15 January	Met League (4) XC	Wormwood Scrubs, W12 0DF	14.00	5 Mile
22 January	Chingford League (5) XC	Epping Forest	TBC	5 Mile
29 January	Southern XC Champs	TBC	14.05 / 14.50	8K/15K
5 February	Chingford League (6) Road	Victoria Park, E9 5EG	TBC	5 Mile
19 February	Met League (5) XC	Trent Park, EN4 0PS	14.00	5 Mile
26 February	National XC Champs	Parliament Hill, NW3 2JP	TBC	TBC
5 March	Chingford League (7) Relays XC	Wanstead Flats, E11 3QD	11.00	3K
C March	Mike Penman 10K	Victoria Park, E9 5EG	TBC	10K
26 March	Club Winter Handicap	Hackney Marshes, E9 5PF	TBC	5 Mile