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| **DATE** | **EVENT** | **DESCRIPTION** | **PARTICIPANTS** | **WINNER(S) / OUTCOME** |
| 14 - 29 March 2020 | 5m Handicap | A virtual staging of our customary Spring 5m handicap race | 45 | Gabriel Ellenberg, Kate Malcolm |
| 29 March - 12 April 2020 | 250 parkruns Challenge | We challenged members to run a combined total of 250 parkruns in a fortnight, and achieve the sought-after "virtual" 250 milestone shirt | 58 | The club ran 291 parkruns in a fortnight |
| 12 - 26 April 2020 | Spring Cracker Relay | A virtual Spring staging of our traditional Christmas Cracker "Baton" relay | 84 | Jeff Fernandez, Kate Daly, Sam Anderson |
| 26 April - 9 May 2020 | Strava Art Challenge | We challenged members to use their GPS running apps to create fabulous drawings or patterns | 30+ | Gail Hennessy, with her self-portrait |
| 10 - 23 May 2020 | 5k Team Relay | A new virtual event based on the Baton Relay concept, saw teams of 3 run 5k each per leg | 93 | Geoff Nicholls, Fen Coles, Richard Parr |
| 24 May - 6 June 2020 | Mile Bingo | A virtual game in which all members competed together to cross one-mile times off a virtual bingo card | 40+ | As a club we hit 196 of 256 available numbers, but only scored one line |
| 7 - 20 June 2020 | 2hr Team Challenge | A new virtual racing concept where teams of four runners were challenged to each run as far as they could in 30 minutes | 72 | Giles Bailey, Dave Daugirda, Jeff Fernandez, Sharron Rooney |
| 14 - 20 June 2020 | EMAC vs VPH Mob Match | A virtual Summer staging of our traditional January mob match against VPH | 48 | VPH |
| 21 June - 4 July 2020 | 5k Handicap Doubles challenge | A twist on the regular 5k handicap race where runners competed in pairs with a combined time deficit | 84 | Steph Rashbrook, Paul Manson |
| 5 - 18 July 2020 | Virtual Scramble Team Relay | The main virtual event of the Summer! Teams of eight runners were challenged to run for 24 hours (each runner ran 3 x 60 mins) over the course of a fortnight, and the winning team was the one that covered the most distance | 75 | Graham White, Jerome Francis, George Fernandez, Rom Sommerville, Fen Coles, Chloe Shrimpton, Geoff Nicholls, Ali Sheppard |
| 20 - 26 July 2020 | EMAC vs Orion Harriers Virtual Mob Match | A virtual 5k mob match against Orion Harriers | 46 | Orion |
| 27 July - 9 August 2020 | Mile Bingo II (Ladies vs Gents) | A second version of this virtual game in which ladies competed against gents to cross off the most one-mile times from the virtual bingo card | 50+ | Victory for the gents, winning by four lines & one row to the ladies one line |
| 29 - 31 August 2020 | 10k / Half Marathon Race Weekend | An opportunity for members to capitalise on the previous 30min & 60min challenges, we offered virtual 10k Half Marathon time trials on a route of choice | 39 | HM: James Hutchison, Lee Milne 10k: Dave Cato, Zoe Scholar |
| 27 September 2020 | XC Training Run – Loughton | During the "rule of six" period we offered members the chance to join a training run around 6 traditional cross-country courses | 24 | COVID-compliant XC training run |
| 1 November 2020 | XC Training Run - Chingford Plains | This second cross-country training run was sadly the last, as tighter lockdown restrictions were imposed | 24 | COVID-compliant XC training run |
| 1-24 December 2020 | Advent Mile Bingo | What a corker this was. In yet another twist on the Mile Bingo concept, runners were challenged to run one mile a day, and await the opening of a virtual advent calendar, behind the window each day were three different mile times, and if one of them matched (or was close to) your time, points were scored. | 60+ | Jenny Heymann, Toby Long |
| 17 - 19 December 2020 | Christmas Cracker Relay | A virtual staging of our traditional Christmas Cracker "Baton" relay | 62 | Matilda Gleadow, Jane Pannell, Gaz Towers |
| 8 -10 January 2021 | EMAC vs VPH Mob Match | A virtual staging of our traditional January mob match against VPH | 97 | VPH |
| 11 - 24 January 2021 | Snakes & Ladders | The most ambitious virtual game to date! It started by printing out a traditional snakes & ladders game board. Members were challenged to complete an activity of between 1km - 12 miles every day over the course of a fortnight. The length of their activity corresponded with a virtual dice roll, which instructed them how many squares to move their counter. | 40+ | Chris Yates |
| 25 - 31 January 2021 | Post box Challenge | This virtual game challenged each member to plot their own route by visiting five local post boxes, with the proviso that their route starts & finishes from home. Every route is a different length and so the winner will be the member who has the best balance of speed and proximity to post boxes! | 46 | Graham White, Nicky Yates |
| 1 - 28 February 2021 | Mini Scramble Team Relay | A virtual, condensed version of the Summer event, this challenge saw members compete in teams of five, running for a progressively longer duration in every week of February. It was conceived as a way to build speed endurance for the subsequent 5k time trial | 88 | Michelle Baxter Wickham, Heather Semmens, Jenny Heymann, Graham White, Richard Parr |
| 12 - 14 March 2021 | Jubilee Park 5k Time Trial - Intraclub Mob Match | We conspired to make an intraclub mob match out of a simple 5k time trial. Members were encouraged to run as fast as they could for their team (Geoff's Jubilee Park Posse vs Jane's Marsh Lane Mob!), with the aim of improving on their 5k time from the January VPH mob match | 77 | Jubilee Park Posse |
| 22 - 28 March 2021 | Lockdown Anniversary Challenge | To mark the "anniversary nobody wanted" we staged a virtual event where teams of six runners each ran a different distance (loosely corresponding with one of the events from the preceding 12 months) over the course of a week. In addition, each runner completed a Baton Relay "lap". The winning team was the one which completed all their activities in the fastest time. | 72 | Claude Gierl, Steve Adams, Louise Vacher, Sarah Carey, Paul Boddey, Gaz Towers |
| 5 - 11 April 2021 | Pub challenge | The final virtual challenge is a twist on the Post Box challenge, and an homage to our traditional Summer event "Pubs On The Run". Runners are challenged to plot their own route by visiting eight local pubs, with the proviso that their route starts & finishes from home. Every route is a different length and so the winner will be the member who has the best balance of speed and proximity to pubs! | ? | TBC! |