



Summer Fixtures 2022

Sat 30 April	Park run volunteer takeover	5k	Hackney Marshes	Sign up on Spond
Thursday 5 May 7.30pm	Assembly League	5k	Beckenham Cricket Club, BR3 5AS	Sign up on Spond
Thursday 19 May 7.30pm	Summer Ware Cup	5M	Loughton AC, IG10 3BS	Sign up on Spond
Sat 14 May 9.45am	Essex XC	10k	Hylands Park, CM2 8FS	Enter online
Sun 22 May	Hackney Half followed by pub social			
Weds 25 May 7.30pm	ELVIS	5M	Dagenham Central Park, RM10 7EU	Enter online
Thursday 2 June 7.30pm	Assembly League	5K	Victoria Park, E9 5EG	Sign up on Spond
Sat 11 June 9.45am	Essex XC	10K	Marsh Farm, Sth Woodham Ferrers, CM3 5WP	Enter online
Tues 14 June 7.30pm	ELVIS	5M	Raphael's Park, RM2 5EB	Enter online
Friday 17 June time tbc	Pubs on the Run – social event	3-4 M approx.	From the clubhouse	Sign up on Spond
Sun 19 June 11am	Eton Manor Rugby Fun Run	2M	Eton Manor RFC, E11 2JA	Sign up on Spond
Tues 21 June 7.30pm	ELVIS	5k	QEOP, E20 3AB	Enter online
Tuesday 28 June 7.30pm	Summer Relays	4x2M	Loughton AC, IG10 3BS	Sign up on Spond
Weds 6 July 7.30pm	ELVIS	5M	Ilford (Hilly 5), Hainault Forest Country Park IG7 4QN	Enter online
Thursday 7 July 7.30 pm	Assembly League	5k	Victoria Park, E9 5EG	Sign up on Spond
Sat 9 July 9.45am	Essex XC	10K	Thorndon Country Park, CM13 3RZ	Enter online
16/17 July	Spitfire Scramble			
Weds 20 July 7.30pm	ELVIS	5k	Harold Wood, RM3 0LX	Enter online
Thursday 4 Aug 7.30pm	Assembly League	5k	Beckenham Cricket Club, BR3 5AS	Sign up on Spond
Sat 6 Aug 10.00am	ELVIS	5M	Orion Forest Five, E4 7QJ	Enter online
Sat 13 Aug 9.45	Essex XC	10k	Hadleigh Country Park, SS7 2PP	Enter online
Mon 29 Aug 10.30am	ELVIS	5k	Barking, IG11 8SS	Enter online
Sat 3 September	Park run volunteer take over	5k	Walthamstow	Sign up on Spond
Sat 10 September 9.45am	Essex XC	10k	Weald Country Park	Enter online
Sun 18 or 25 Sept 10.30am	ELVIS	5k	Valentines Park	Enter online
18 or 25 Sept?	Summer Handicap	5k	Leyton Jubilee Park	Sign up on Spond

NB some times are not yet confirmed – always check website/Spond the week before the race

Fees are payable online for all **ELVIS** and **Essex XC** races. All other race fees are covered by the club for members.