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**Winter 2022/3 Fixtures**

Version 1.4 published 22/11/22. Some times are still TBC. Always check Spond for updated information

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| 1 October | Chingford League (1) XC | Central Park, Dagenham RM10 7FJ | 11.00 | 5 Mile |
| 12 October | Chingford League (2) Road | Lee Valley Velopark, Olympic Park | 19.30 20.00 | 5K |
| 2 October - London Marathon, inc. post-event social at Leyton Technical | | | | |
| 15 October | Met League (1) XC | Claybury Park, Roding Ln N, IG8 8NG | 13.15/ 14.00 | 5 Mile |
| 29 October | North London XC Champs | The Pavillion, Berkeley Avenue, Greenford UB6 0NZ | 13.15 / 14.00 | 5 Mile |
| 1 November | Chingford League (3) Road | Hog Hill, Forest Rd, Ilford IG6 3HP | 19.00 | 5K |
| 5 November | Interclub Vets XC | Loughton AC, IG10 3BS | 11.00 | 5 Mile |
| 5 November | North of the Thames XC | Fryent Country Park, NW9 8QG | 14.15 | 5 mile |
| 10 November - Club AGM – Pavilion, Leyton Jubilee Park, 19.30 | | | | |
| 12 November | Met League (2) XC | Wormwood Scrubs, W12 0DF | 13.15 / 14.00 | 5 Mile |
| 13 November – Eton Manor Remembrance Ceremony,Queen Elizabeth Olympic Park, 11.00 | | | | |
| 19 November | London XC Champs | Parliament Hill, NW3 2JP | 13.15 / 14.00 | 6K/10K |
| 26 November | Chingford League (4) XC | Trent Park, EN4 0PS | 14.30 | 5 Mile |
| 3 December | Met League (3) XC | Hillingdon Stadium, UB8 1ES | 13.15 / 14.00 | 5 Mile |
| 3 December | Essex Vets Champs XC (40+ only) | Writtle College, CM1 3RR | 10am | 8km |
| 20 December | Christmas Baton Relay - Road | Leyton Jubilee Park, E10 7BL | 19.30 | 1 Mile |
| 7 January | Essex XC Champs | Gloucester Park, Basildon, SS14 3DE | TBC | 8/12k |
| 10 January (TBC) | Annual Mob Match vs. VPHTAC Road | Meet Victoria Park, E9 5EG (Wells Common) | 19.30 | 5K |
| 14 January | Met League (4) XC | Stanborogh Park, Welwyn Garden City, AL8 6DF | 13.15 / 14.00 | 5 Mile |
| 21 January | Chingford League (5) XC | Epping Forest | 11.00 | 5 Mile |
| 28 January | Ware Cup XC | Loughton AC, IG10 3BS | 11.00 | 5 mile |
| 28 January | Southern XC Champs | Beckenham Place Park, BR3 1SY | 14.05 / 14.50 | 8K/15K |
| 4 February | Chingford League (6) Road | Victoria Park, E9 5EG | 11.00 | 5 Mile |
| 11 February | Met League (5) XC + league presentations | Trent Park, EN4 0PS | 13.15 / 14.00 | 5 Mile |
| 25 February | National XC Champs | Bolesworth Castle, Tattenhall, Chester CH3 9JJ | TBC | TBC |
| 11 March | Chingford League (7) Relays XC + league presentations | Wanstead Flats, E11 3QD | 11.00 | 3K |
| TBC | Mike Penman 10K | Victoria Park, E9 5EG | TBC | 10K |
| TBC | Club Winter Handicap | Hackney Marshes, E9 5PF | TBC | 5 Mile |