

**Summer Fixtures 2023**

**DRAFT 04**

**SUBJECT TO CHANGE ALWAYS CHECK SPOND FOR LATEST INFORMATION**

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| Thursday 6 April 7.30pm | Assembly League | 5k | Beckenham Cricket Club, BR3 5AS | Sign up on Spond |
| Saturday 29 April, 9.00am | Parkrun volunteer takeover | 5k | Hackney Marshes | Sign up to volunteer on Spond |
| ~~Thursday 4 May 7.30pm~~ | ~~Assembly League~~ | ~~5k~~ | ~~Victoria Park, E9 5EG~~ | CANCELLED |
| Tuesday 16 May 7.30pm | Summer Ware Cup ‘Unto the Fields’ | 5M | Loughton AC, IG10 3BS | Sign up on Spond |
| **Sun 21 May** | **Hackney Half followed by pub social** | | | |
| Weds 24 May  7.30pm | ELVIS | 5M | Eastbrookend Discovery Centre, Dagenham | Enter online |
| Sat 27 May 11am | Eton Manor Rugby Fun Run | 2M | Eton Manor RFC, E11 2JA | Sign up on Spond |
| Thursday 1 June 7.30pm | Assembly League | 5K | Crystal Palace Park | Sign up on Spond |
| Tues  6 June  7.30pm | ELVIS | 5M | Raphael’s Park, RM2 5EB | Enter online |
| tbc | Pubs on the Run – social event | 3-4 M approx. | From the clubhouse | Sign up on Spond |
| Tuesday 20 June 7.30pm | Summer Relays | 4x2M | Loughton AC, IG10 3BS | Sign up on Spond |
| Tues 27 June 7.30pm | ELVIS | 5k | QEOP, E20 3AB | Enter online |
| Weds 5 July 7.30pm | ELVIS | 5M | Ilford (Hilly 5), Hainault Forest Country Park IG7 4QN | Enter online |
| Thursday 6 July 7.30 pm | Assembly League | 5k | TBC | Sign up on Spond |
| **15/16 July** | **Spitfire Scramble** | | | |
| Weds 26 July 7.30pm | ELVIS | 5k | Harold Wood, RM3 0LX | Enter online |
| Thursday 3 Aug 7.30pm | Assembly League | 5k | Victoria Park, E9 5EG | Sign up on Spond |
| Sat 5 Aug 10.00am | ELVIS | 5M | Orion Forest Five, E4 7QJ | Enter online |
| Mon 28 Aug 10.30am | ELVIS | 5k | Barking, IG11 8SS | Enter online |
| Saturday 2 September, 9.00am | Parkrun volunteer take over | 5k | Walthamstow | Sign up on Spond |
| Thursday 7 September 7.30pm | Assembly League | 5k | Beckenham Cricket Club, BR3 5AS | Sign up on Spond |
| Sat 16 Sept 11am | Summer Handicap | 5k | Leyton Jubilee Park | Sign up on Spond |
| Sun 24 Sept 10.30am | ELVIS | 5k | Valentines Park | Enter online |

Always check website/Spond in the week before the race.

Fees are payable online for all **ELVIS** races, links for entry will be posted on website and Spond when they open. All other race fees are covered by the club for members.

Check newsletter or Facebook for details of social events, Hackney Half and Spitfire Scramble