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**Winter 2023/4 Fixtures**

Version 1.1 published 26/09/23. Some times are still TBC. Always check Spond for updated information

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| 4 October | Chingford League (1) Road | Lee Valley Velopark, Olympic Park | 19.30 20.00 | 5K |
| 14 October | Met League (1) XC | Claybury Park, Roding Ln N, IG8 8NG | 13.30 14.30 | 5 Mile |
| 21 October | Chingford League (2) XC | Eastbrookend Country Park,  RM7 0SS | 11.00 | 5 Mile |
| 28 October | North London XC Champs | Hackney Marshes, E9 5PF | 13.30 14.15 | 5 Mile |
| 4 November | Liddiard Trophy XC | Fryent Country Park, NW9 8QG. | 14.15 | 5 Mile |
| 7 November | Chingford League (3) Road | Hog Hill, Forest Rd, Ilford IG6 3HP | 19.00 | 5K |
| 9 November - Club AGM – Pavilion, Leyton Jubilee Park, 19.30 | | | | |
| 11 November | George Richardson Interclub Vets XC | Loughton AC, IG10 3BS | 11.00 | 5 Mile |
| 11 November | Met League (2) XC | Wormwood Scrubs, W12 0DF | 13.30 14.30 | 5 Mile |
| 12 November – Eton Manor Remembrance Ceremony,Queen Elizabeth Olympic Park, 11.00 | | | | |
| 18 November | London XC Champs | Parliament Hill, NW3 2JP | 13.15 14.00 | 6K/10K |
| 25 November | Chingford League (4) XC | Trent Park, EN4 0PS | 14.30 | 5 Mile |
| 2 December | Met League (3) XC | Hillingdon Stadium, UB8 1ES | 14.00 | 5 Mile |
| TBC | Essex Vets Champs XC | TBC | TBC | 5 Mile |
| 9 December | Ware Cup XC | Loughton AC, IG10 3BS | 11.00 | 5 mile |
| 19 December | Christmas Baton Relay - Road | Leyton Jubilee Park, E10 7BL | 19.30 | 1 Mile |
| TBC | Essex XC Champs | TBC | TBC | 8/10K |
| 9 January | Annual Mob Match vs. VPHTAC Road | Eton Manor, E10 7BL | 19.30 | 5K |
| 13 January | Met League (4) XC | Stanborogh Park, Welwyn Garden City, AL8 6DF | 14.00 | 5 Mile |
| 20 January | Chingford League (5) XC | Epping Forest, E4 7QJ | 11.00 | 5 Mile |
| 27 January | Southern XC Champs | Beckenham Place Park, BR3 1SY | 14.05 14.50 | 8K/15K |
| 3 February | Chingford League (6) Road | Victoria Park, E9 5EG | 11.00 | 5 Mile |
| 10 February | Met League (5) XC + league presentations | Trent Park, EN4 0PS | 13.30 14.30 | 5 Mile |
| 24 February | National XC Champs | Weston Park, Telford | 13.00 | 8/12K |
| 9 March | Chingford League (7) Relays XC + league presentations | Wanstead Flats, E11 3QD | 11.00 | 3K |
| TBC | Mike Penman/Open 5 | Victoria Park, E9 5EG | TBC | 5 Mile |
| TBC | Club Winter Handicap | Hackney Marshes, E9 5PF | TBC | 5 Mile |