

**Summer Fixtures 2024**

**DRAFT 02**

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| Thursday 4 April 7.30pm | Assembly League | 5k | Beckenham Cricket Club, BR3 5AS | Sign up on Spond |
| Saturday 27 April, 9.00am | parkrun volunteer takeover | 5k | Hackney Marshes | Sign up to volunteer on Spond |
| Thursday 2 May 7.30pm | Assembly League | 5k | Victoria Park, E9 5EG | Sign up on Spond |
| Sun 19 May | Hackney Half – Volunteer for Eton Manor water station |
| Tuesday 21 May 7.30pm | Summer Ware Cup ‘Unto the Fields’ | 5M | Loughton AC, IG10 3BS | Sign up on Spond |
| Weds 22 May  7.30pm   | ELVIS | 5M | Eastbrookend Discovery Centre, Dagenham | Enter online |
| Thursday 6 June 7.30pm | Assembly League | 5K | Crystal Palace Park | Sign up on Spond |
| Tues  4 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 |
| Tues 18 June 7.30pm  | ELVIS | 5k | QEOP, E20 3AB | Enter online |
| Sunday 23 June 12pm | EM Sports Day and Clubhouse Clean-up | various | Leyton Jubilee Park | Sign up on Spond |
| Tuesday 25 June 7.30pm | Summer Relays | 4x2M | Loughton AC, IG10 3BS | Sign up on Spond |
| Thursday 4 July 7.30 pm | Assembly League | 5k | Sutcliffe Park, SE9 | Sign up on Spond |
| Weds 10 July 7.30pm | ELVIS | 5M | Ilford (Hilly 5), Hainault Forest Country Park IG7 4QN | Enter online |
| **13/14 July** | **Spitfire Scramble** |
| Weds 31 July 7.30pm | ELVIS | 5k | Harold Wood, RM3 0LX | Enter online |
| Thursday 1 Aug 7.30pm | Assembly League | 5k | Victoria Park, E9 5EG | Sign up on Spond |
| Sat 3 Aug 10.00am | ELVIS | 5M | Orion Forest Five, E4 7QJ | Enter online |
| Mon 26 Aug 10.30am | ELVIS | 5k | Barking, IG11 8SS | Enter online |
| Saturday 31st Aug 9.00am | parkrun volunteer take over | 5k | Walthamstow | Sign up on Spond |
| **Sunday 1 September** | **Big Half** |
| Thursday 5 September 7.30pm | Assembly League | 5k | Beckenham Cricket Club, BR3 5AS | Sign up on Spond |
| Sat 7 September | Summer Handicap | 5k | Leyton Jubilee Park | Sign up on Spond |
| Sat 14 Sept 11am | National XC Champs | 8/12k | Weston Park, Telford | Sign up on Spond |
| Sun 22 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