

Sat 23 March	2pm	Mike Penman 10K	10k	Victoria Park
Thu 4 April	7pm	Assembly League Beckenham	5k	Beckenham Cricket Club
Sat 6 Apr	9am	L2R Graduation Hackney Marshes*	5k	Hackney Marshes Centre
Thu 2 May	7.30pm	Assembly League Victoria Park	3.5mi	Victoria Park
Sat 11 May	9.45am	Essex XC #1	10k	Hylands Park
Sun 19 May	9am	Hackney Half	13.1mi	Hackney Marshes
Wed 29 May	7.30pm	ELVIS Dagenham	5mi	Eastbrookend Country Park
Tues 4 June	7.30pm	ELVIS Havering	5mi	Raphaels Park, Romford
Thu 6 June	7.30pm	Assembly League – Leyton	5k	Leyton Jubilee Park
Sat 8 June	9.45am	Essex XC #2	10k	Danbury Country Park
Fri 14 June	7pm	Pubs on the Run	5ish mi	Leyton
Tues 18 June	7.30pm	ELVIS Olympic Park (tbc)	5k	Olympic Park, Stratford
Tues 25 June	7.30pm	Mid-summer relay (Physical Shield)	2mi	Loughton AC
Thu 4 July	tbc	Assembly League TBC	tbc	
Sat 13 July	9.45am	Essex XC #3	10k	Thorndon Country Park
13-14 July	12pm	Spitfire Scramble*	9k	Dagenham
Wed 17 July	7.30pm	ELVIS Newman Hilly (Ilford AC)	5mi	Hainault Forest Country Park
Wed 31 July	7.30pm	ELVIS Harold Wood	5k	Harold Wood Park
Thu 1 Aug	7.30pm	Assembly League Victoria Park	3.5mi	Victoria Park
Sat 3 Aug	10am	ELVIS Orion (Forest 5)	5mi	Chingford Plain
Sat 10 Aug	9.45am	Essex XC #4	10k	Hadleigh Park
Mon 26 Aug	10.30am	ELVIS Barking	5k	Barking Park
Thu 29 Aug	7pm	Assembly League Beckenham	5k	Beckenham Cricket Club
Sat 14 Sept	9.45am	Essex XC #5	10k	Weald Country Park
Sat 21 Sept	2pm	Summer Handicap	5k	Leyton
Sun 29 Sept	10.30am	ELVIS (ELR)	5K	Valentines Park

### Grand Prix Scoring

Of the 23 races, only your best 15 scores will be counted. If you volunteer at any of the events by marshalling, timekeeping etc. you will automatically receive 10 points.

\*\* Races marked do not qualify for points in the Grand Prix competition.

### What are the different series / types of races?

**Assembly League** – series of six monthly evening road races of approx. 3 miles for a selection of London clubs

**ELVIS** – East London Fives Interclub Series of seven races, 5k or 5 miles in parks at evenings or weekends

**Essex Cross Country 10k Series** – five 10k races, monthly in Essex country parks, trail or cross country terrain

**Hackney Half / Spitfire Scramble** – popular annual race events that many members take part in

**Handicap / L2R or SL2R Graduation / Pubs on the Run** – special Eton Manor AC events

All entries to Assembly League and special Eton Manor AC only events are included in club membership, but pre-registration is usually required. Guest runners, second-claim members or other enquiries should contact the Race Secretary by emailing [racsec@eton-manor.com](mailto:racsec@eton-manor.com).

ELVIS, Essex Cross Country, Hackney Half and Spitfire Scramble races require payment of entry fees and often sell out in advance.

\*Elvis and Essex XC races require pre-entry and a cost is incurred. See club updates for further details.