

2 October	Chingford League (1) Road	Hog Hill, Forest Rd, Ilford IG6 3HP	19.30	5K
6 October	Parkrun Flashmob	Wanstead Flats, E11 3QD	09.00	5K
20 October	Chingford League (2) XC	Leyton Jubilee Park	14.30	5 Miles
27 October	North of the Thames XC	Fryent Country Park, Kingsbury, NW9 8QG	14.00	3 / 5 Miles
3 November	Interclub Vets XC	Loughton AC, IG10 3BS	11.00	5 Miles
3 November	North London XC Champs	Hackney Marshes, E9 5PF	14.00	TBC
6 November	Chingford League (3) Road	Hog Hill, Forest Rd, Ilford IG6 3HP	19.30	5K
8 November – Club Annual General Meeting and Annual Photo, Hare & Hounds, 20.30				
17 November	London XC Champs	Parliament Hill, NW3 2JP		
24 November	Chingford League (4) XC	Trent Park, EN4 0PS		5 Miles
1 December	Essex Vets XC	Colchester		
8 December	Ware Cup XC	Loughton AC, IG10 3BS	11.00	5 Miles
15 December - Club Christmas Party – Hare & Hounds, 19.30				
18 December	Christmas Baton Relay	Leyton Jubilee Park	19.30	1 Mile
5 January	Essex XC Champs	Writtle		
8 January	Annual Mob Match vs. VPHTAC	Leyton Jubilee Park	19.30	5K
19 January	Chingford League (5) XC	Chingford, Bury Rd, Chingford, London E4 7QJ		5 Miles
26 January	Southern XC Champs	Parliament Hill, NW3 2JP		
16 February	Chingford League (6) Road	Victoria Park, E9 5EG	14.30	5 Miles
23 February	National XC Champs	Leeds		8K / 12K
2 March	Pakrun Flashmob	Hackney Marshes, E9 5PF	09.00	5K
9 March	Chingford League (7) Relays	Wanstead Flats, E11 3QD	11.00	2 Miles

Grand Prix Scoring

Points awarded for the 1st to 30th Eton Manor AC Finishers, with 30 points down to 1 point available

What are the different series / types of races?

Chingford League – our primary local league for winter fixtures – a mix of road and cross country courses of 5K or 5 Miles all in North or East London

Cross Country – London and North London Championships, then County, Regional and National Championships

Single annual XC races – Ware Cup, Essex Vets. North of the Thames

Christmas Baton Relay – Eton Manor only, Christmas madness of running 4 x 1 Mile with a Christmas cracker

All entries included in club membership, but pre-registration is required. Guest runners, second-claim members or other enquiries should contact the Race Secretary.