

1 October	Chingford League (1) Road	Hog Hill, Forest Rd, Ilford IG6 3HP	19.30	5K
26 October	North of the Thames XC	Fryent Country Park, Kingsbury, NW9 8QG	14.00	5K / 8K
2 November	Interclub Vets XC	Loughton AC, IG10 3BS	11.00	5 Miles
2 November	North London XC Champs	Wormwood Scrubs, W12 0DF	14.00	5 Miles
5 November	Chingford League (3) Road	Hog Hill, Forest Rd, Ilford IG6 3HP	19.30	5K
10 November – Eton Manor Remembrance Ceremony, Queen Elizabeth Olympic Park, 11.00				
14 November – Club Annual General Meeting and Annual Photo, Hare & Hounds, 20.30				
16 November	London XC Champs	Parliament Hill, NW3 2JP	13.15 / 14.00	TBC
23 November	Chingford League (4) XC	Trent Park, EN4 0PS	14.00	5 Miles
30 November	Essex Vets XC	Writtle College, Colchester, CM1 3RR	11.00	5 Miles
7 December	Ware Cup XC	Loughton AC, IG10 3BS	11.00	5 Miles
7 December - Club Christmas Party – Venue and Time TBC				
11 December	Chingford League (5) Road	Lee Valley Velopark, Olympic Park	19.30	5K
17 December	Christmas Baton Relay	Leyton Jubilee Park	19.30	1 Mile
4 January	Essex XC Champs	Gloucester Park, Basildon, SS14 3DE	11.00	5 Miles
7 January	Annual Mob Match vs. VPHTAC	Victoria Park, E9 5EG	19.30	5K
18 January	Chingford League (6) XC	Hackney Marshes, E9 5PF	11.00	5 Miles
25 January	Southern XC Champs	Parliament Hill, NW3 2JP	8K / 15K	14.05 / 14.50
1 February	Chingford League (6) Road	Victoria Park, E9 5EG	11.00	5 Miles
22 February	National XC Champs	Wollaton Park, Nottingham, NG8 2AE	13.35 / 15.00	8K / 12K
7 March	Chingford League (7) Relays	Wanstead Flats, E11 3QD	11.00	2 Miles
14 March	Club Winter Handicap	Hackney Marshes, E9 5PF	11.00	5K
TBC	Mike Penman 10K	Victoria Park, E9 5EG	14.00	10K

### Winter Grand Prix Scoring

Points awarded for the 1<sup>st</sup> to 30<sup>th</sup> 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.