

1 April	L2R Graduation	Hackney Marshes Parkrun	9.00	5 km	A
6 April	Assembly League (1)	Beckenham Cricket Club	19.15	3 miles	A
8 April	Mike Penman 10k	Victoria Park	14.00	10 km	B
9 April	Brighton Marathon	Brighton	9.00	26.2 miles	
23 April	London Marathon	London	9.00	26.2 miles	
30 April	Hackney Half	Hackney Marshes	9.00	13.1 miles	
4 May	Assembly League (2)	Victoria Park	19.30	3.5 miles	A
13 May	Essex XC 10k Series (1)	Hylands Park	9.45	10 km	B
17 May	Elvis (1)	Eastendbrook Park, Dagenham	19.30	5 miles	C
1 June	Assembly League (3)	Battersea Park	19.30	5 km	A
6 June	Elvis (2)	Raphaels Park Romford	19.30	5 miles	C
10 June	Essex XC 10k Series (2)	Danbury Park	9.45	10 km	B
21 June	Elvis (3)	Queen Elizabeth Olympic Park	19.30	5 km	C
2 July	SL2R Grad – Gr Newham Run	Queen Elizabeth Olympic Park	9.00	10 km	B
6 July	Assembly League (4)	The O2	19.30	5 km	A
8 July	Essex XC 10k Series (3)	Thorndon Park	9.45	10 km	B
12 July	Elvis (4)	Hainault Forest	19.30	5 miles	C
27 July	Assembly League (5)	Victoria Park	19.30	3.5 miles	A
28 July	Pubs On the Run	Eton Manor Clubhouse	TBC	TBC	
5 August	Elvis (5)	Epping Forest	10.00	5 miles	C
12 August	Essex XC 10k Series (4)	Hadleigh Castle	9.45	10 km	B
28 August	Elvis (6)	Barking Park	10.30	5 km	C
7 September	Assembly League (6)	Beckenham Cricket Club	19.30	3 miles	A
9 September	Essex XC 10K Series (5)	Weald Park	9.45	10 km	B
16 September	Summer Handicap	Eton Manor Clubhouse	13.00	5 miles	A
24 September	Elvis (7)	Valentines Park	10.30	5 km	C

### Priority Ratings

The Summer 2016 fixture list contains more races than ever before, to include individual events and race series that have been popular with members in recent years. For the first time, members are able to earn club Grand Prix points on these additional races, in addition to the club priority Assembly League fixtures.

In total 23 races will count towards the Grand Prix. Priority ratings allow you to balance winnings points with your personal preferences and availability. Each race has been given a club priority rating of A, B or C (A = highest priority). Points will be earned for performance within the race as usual, but also on the relative priority of the race. Grand Prix totals will be taken from the best 11 scores out of a maximum of 23 races.

### Grand Prix Scoring

A	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
B	Points awarded for the 1 <sup>st</sup> to 25 <sup>th</sup> Eton Manor AC Finishers, with 25 points down to 1 point available
C	Points awarded for the 1 <sup>st</sup> to 20 <sup>th</sup> Eton Manor AC Finishers, with 20 points down to 1 point available

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