

31 March	Mike Penman 10K	Victoria Park	14.00	10K	B
5 April	Assembly League (1)	Beckenham Cricket Club	19.15	3 miles	A
14 April	Parkrun Flashmob	Hackney Marshes Parkrun	9.00	5K	C
15 April	Brighton Marathon	Brighton	9.00	26.2 miles	
22 April	London Marathon & Club Winter GP Presentation	London / a local pub	9.00	26.2 miles	
3 May	Assembly League (2)	Victoria Park	19.30	3.5 miles	A
12 May	Essex XC 10K Series (1)	Hylands Park	9.45	10K	B
20 May	Hackney Half	Hackney Marshes	9.00	13.1 miles	
30 May	Elvis (1)	Eastendbrook Park	19.30	5 miles	C
7 June	Assembly League (3)	Battersea Park	19.30	5K	A
9 June	Essex XC 10K Series (2)	Danbury Park	9.45	10K	B
12 June	Elvis (2)	Raphaels Park	19.30	5 miles	C
15 June	Pubs On the Run	Eton Manor Clubhouse	TBC	TBC	
21 June	Elvis (3)	Queen Elizabeth Olympic Park	19.30	5K	C
5 July	Assembly League (4)	Tottenham Marshes	19.30	5K	A
7 July	SL2R Graduation – QEOP 10K	Queen Elizabeth Olympic Park	9.30	10K	B
14 July	Essex XC 10K Series (3)	Thorndon Park	9.45	10K	B
18 July	Elvis (4)	Hainault Forest	19.30	5 miles	C
1 August	Elvis (5)	Harold Wood	19.30	5K	C
2 August	Assembly League (5)	Victoria Park	19.30	3.5 miles	A
11 August	Essex XC 10k Series (4)	Hadleigh Castle	9.45	10K	B
11 August	Elvis (6)	Epping Forest	10.00	5 miles	C
TBC	“Up The Manor Fun Run”	TBC	TBC	TBC	A
27 August	Elvis (7)	Barking Park	10.30	5K	C
30 August	Assembly League (6)	Beckenham Cricket Club	19.30	3 miles	A
8 September	Essex XC 10K Series (5)	Weald Park	9.45	10K	B
15 September	Summer Handicap + Picnic	Eton Manor Clubhouse	TBC	5 miles	A
30 September	Elvis (8)	Valentines Park	10.30	5K	C

### Priority Ratings

Over the course of the summer season there are 24 races which count towards the League. Each race has been given a priority rating of A, B or C depending on the relative priority to the team. Points are earned on your performance within each race, and weighted in favour of the higher priority 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

Of the 24 races, only your best 16 scores will be counted. So the higher the number of category A races you run, the higher your final points total is likely to be. If you help out at any of the events by marshalling, timekeeping etc. you will automatically receive 10 points.

### 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

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