

Date	Start	GP	Q	Competition	Location	Meeting Point	Distance	
<b>OCTOBER 2017</b>								
Tue 3rd	19:15	*		CHINGFORD LEAGUE (1)	Redbridge	Hog Hill Cycle Track	3HP IG6 5 km	
Sat 21st	14:30	*		CHINGFORD LEAGUE (2)	Jubilee Park	Pavillion	5 mile XC	
Sat 28th	13:30	*	#	North of the Thames XC	Kingsbury	Fryent Country Park	Women 3m Men 8km	
<b>NOVEMBER 2017</b>								
Sat 4th	11:00	*	#	Interclub Vets XC	Loughton	Loughton A.C. CH	5 mile XC	
Sat 4th	14:00	*	#	North London XC	Greenford	Berkley Fields Greenford	5 mile XC	
Tue 7th	19:30	*		CHINGFORD LEAGUE (3)	Redbridge	Hog Hill Cycle Track	5 km	
Thu 9th	20:30	<b>Eton Manor AC AGM</b>						
Club training will start at 19:00 today as the AGM will start at 20:30. All club members are encouraged to attend.								
Sun 12th	11:00	<b>EM Remembrance Service</b>						
This is NOT a running event and is organised by the Eton Manor Association								
Sat 18th	13:15	*	#	London XC Championships	Hampstead Heath	Parliament Hill	Women 6km Men 10km	
<b>DECEMBER 2017</b>								
Sat 2nd	09:00	*		Flashmob	Hackney Marshes	Hackney Marshes Centre	5km	
2nd	11.15	*	#	Essex Vets	Writtle	Writtle University College	8km XC	
Sat 9th	11:00	*	#	Ware Cup	Loughton	Loughton A.C. CH	5 mile XC	
Sat 9th	19:00	#		Club Christmas Do	Heathcote & Star		TBC	
Tue 19th	19:30	*		Club Baton Relay	Leyton	Eton Manor A.C. CH	1 mile	
<b>There will be a Bring and Share supper after the club 1 mile relay.</b>								
Sat 30th	12:00	*		CHINGFORD LEAGUE (4)	Alexandra Palace	Alexandra Palace	5 mile XC	
<b>JANUARY 2018</b>								
Sun 1st	10:30			New Year Day Social Run	Leyton	Eton Manor A.C. CH	TBC	
Sat 6th	TBC	*	#	Essex XC Championship	Great Notley	Country Park	TBC	
Tue 9th	19:45	*		M Match v V.P.H. & T.H.	Victoria Park	Victoria Park clubhouse	5km	
Sat 20th	09:00	*		Flashmob	Wanstead	Wanstead Parkrun	5km	
Sat 27th	14:00	*	#	Southern XC Championship	Brighton	Stanmer Park	Women 8km Men 15km	
<b>FEBRUARY 2018</b>								
Sat 17th	14:30	*		CHINGFORD LEAGUE (5)	Hackney	Victoria Park A.C. CH	8 km	
Sat 24th	14:20	*	#	National XC Championship	Hampstead Heath	Parliament Hill	Women 8km Men 12km	
<b>MARCH 2018</b>								
Sat 10th	12:30	*		CHINGFORD LEAGUE RELAY	Wanstead	Wanstead Flats	2 mile XC	
<b>Chingford League Presentation after conclusion of relay race</b>								
Sat 17th	11:00	*		Club Winter Handicap	Hackney	Hackney Marshes Centre	5 mile XC	
Sat 24th	09:00	*		L2R Graduation	Hackney Marshes	Hackney Marshes Centre	5km	

## 2018 ANNUAL SUBSCRIPTION (Jan - Dec)

You can now pay your subscription & update your details online, via the club website.

Annual Membership	£45.00 (Inc. of EA Fee)
2nd Claim Membership	£15

### No annual subscription for under 20's or the unemployed (proof required)

As well as participation in our training programme and many social events, your annual membership covers: Free participation in the Assembly League and Chingford League races; and registration with England Athletics, which entitles you to a discount in many running stores and discounted entries in most major races.

### WEEKLY PLATE

In addition to the annual subscription there is a weekly charge of £1 per week for members or £2 per week for non members payable on attendance at the club house.

This covers the cost of providing refreshments and consumables at the clubhouse.

### KEY

XC = Cross country: M MATCH = Mob Match

Races marked with an \* count towards the Club Winter Grand Prix, based on how many times you compete and where you finish in the race.

Races marked with a # have a qualification criteria or a cost associated with them. If you wish to partake in any of these races please discuss this with the club race secretary.

### SENIOR CLUB TRAINING SESSIONS

Mondays	19:30	Feel Good Centre E17
There is a fee of £1.50 payable on the door to enter the track and an addition fee of £1 for anyone not in their club t-shirt this fee is payable to the Club Coach in attendance on the night		
Tuesdays	19:30	Clubhouse
Thursdays	19:30	Clubhouse
Sundays (Check Facebook)		Clubhouse