

Race	Date	Venue
1	May 5th	Witham May Day 10 Mile
2	May 10th	Summer Handicap Club HQ 14.00
3	May 21st	Midweek League Race #1 St. Albans 19.45
4	June 3rd	Elvis Race #2 Havering 5 Mile 19:30
5	June 4th	Midweek League Race #2 Club HQ 19:45
6	June 7th	Forest 5 Race #1 Club HQ 10.00
7	June 17th	Elvis Race #3 Olympic Park 5k 19:30
8	June 18th	Midweek League Race #3 Stevenage (tbc)
9	June 20th	John Clarke Fell Race Club HQ 19.30
10	June 24th	Loughton Mid Summer Relays
11	July 1st	Midweek League Race # 4 Berkhamstead
12	July 5th	Forest 5 Race #2 Club HQ 10.00
13	July 9th	Midweek League Race # 5 Mob Match, Welwyn GC
14	July 30th	Elvis Race #6 Harold Wood 5k 19:30
15	Aug 2nd	Forest 5 Race #3 (incl. Elvis Race #7) Club HK 10:00
16	Aug 6th	5k OTR Race #1 Club HQ 19.30
17	Aug 13th	5k OTR Race #2 Club HQ 19.30
18	Aug 20th	5k OTR Race #3 Club HQ 19.30
19	Aug 25th	Elvis Race #8 Barking 5k 10:30
20	Sept 14th	Essex & Pleshey Half Marathon
21	Oct 5th	Southend Classic 10K (tbc)