

Race Diary 2010

Events which form the Club Championship are underlined. Each runner's best six events from highlighted races will count towards final score. One of your six races can be a marathon - any marathon counts; it will be graded against other member's marathon times to calculate a score.

March	Sat 20 th	Taster morning for coached sessions - clubhouse	
	Sat 20 th	Orion 15	Cross-country course. 2pm start. *
	Sun 21 st	Sports Relief	marshals needed a.m. and p.m.
	Sun 28 th	<u>St Clare Hospice 10K</u>	
	Sun 28 th	Stowmarket ½	
	Sun 28 th	Oakley 20	
April	Sun 4 th	Club 20	Training event for marathon runners 9.00a.m.
	Mon 5 th	Wanstead Flats 5K	Trail www.southlondonfives.co.uk
	Sun 11 th	Club House Event	TBC
	Sun 11 th	Sandy 10	www.sandy10.org.uk
	Sun 18 th	Club Duathlon	TBC
	Sun 18 th	Bungay Black Dog Marathon	
	Sun 18 th	Hertford Charity 10K	
	Sun 25 th	London Marathon	
May	Mon 3 rd	Ashdon 10K	
	Tues 4 th	<u>Harlow Ladies 5K</u>	
	Sun 9 th	Halstead Marathon	
	Wed 12 th	Paced Run	7.30 from clubhouse
	Sun 16 th	Church Stretton Fell Race *	
	Tue 18 th	<u>Harlow Ladies 5K</u>	
	Thur 20	MWRRL #1 (Home fixture, 10km)	
	Sun 23 rd	Baddow 10M	www.baddowraces.org.uk
	Sun 23 rd	Tour de Stort #1	
	Mon 24 th	Tour de Stort #2	
	Tues 25 th	Tour de Stort #3	
	Wed 26 th	Tour de Stort #4	
	Mon 31 st	<u>Hatfield Broad Oak 10K</u>	
June	Wed 2	<u>MWRRL #2</u>	<u>Orion</u>
	Sun 6 th	<u>Tilty Hilly 5</u>	
	Tues 8 th	Ladies 5K, Harlow	
	TBC	St Albans ½	
	Sun 13 th	<u>Stortford 10K + 10M</u>	marshals required
	TBD	<u>Reg Tansley Relay</u>	
	Wed 16 th	<u>Midweek Road Running League - Race 3 Harlow (10km)</u>	
	Sun 20 th	North Downs 30K	Trail www.istedandifield.org.uk
	TBC	Henham 10K	
	Fri 25 th	Orion Fell Race *	
	Sun 27 th	<u>Stansted 10K</u>	
	Wed 30 th	<u>MWRRL Race 4</u>	<u>Herts Phoenix –Welwyn Gdn City</u>

July

TBD	Club House Event - Trivial Pursuit
Sun 11th	<u>Felsted 10K</u>
Wed 14th	Mob Match (mid-week league finale race + prize giving)
Sun 18th	Fairland Valley Challenge Trail 12/18/26.2 miles
Wed 21 st	Paced run 7.30 from the clubhouse
Sun 25th	<u>Harlow 10</u>

August

TBC	Springfield Striders Dash/Dawdle 15/30K trail race
TBC	Garden City 10
Sun 29th	Mersea 10/5

Sep

Sun 5th	Essex Way Relay	10 person teams required
Sun 12th	<u>Grunty Fen ½</u>	
Wed 15 th	Paced Run	7.30 from clubhouse
18/19th	Round Norfolk Relay	New entry rules guarantee entry for us as a regular supporter! 17 person team req.
Sat 18 th	Isle of Wight Fell running festival *	
Sun 26 th	Fun Run	Marshalls required p.m.
Sun 26th	Saffron Walden 10K	run this then come and marshall!

Oct

TBC	Standalone 10K	
Sun 3/10	Tring Ridgeway*	15K trail www.tringrunningclub.org.uk
TBC	Manuden 10K	
Sun 10 th	Great Eastern Half	Peterborough
TBC	Abingdon marathon	
TBC	Southend 10K	
TBC	Fenland 10 mile	
TBC	Beachy Head Marathon	

Nov

TBC	Stevenage ½	
Sun 14th	<u>Stebbing 10M</u>	
Wed 17 th	Paced Run	7.30 from the clubhouse
TBC	<u>St Neots ½</u>	
TBC	Hereward Relay	

Dec

TBD	<u>Cross country league #1</u>
TBC	Hadleigh Downs Fell Race *
TBD	Cross country league #2 (home fixture?)
TBC	Witham Boxing Day 5
TBC	<u>Buntingford 10M</u>