

DATE	COUNTY	DISTANCE	EVENT
03 February 2013	Essex	XC	Hadleigh 53-12 XC League
10 February 2013	Essex	½ Marathon	Gt Bentley
15 February 2013	Suffolk	AGM	Stowmarket Leisure Centre 7.30pm
16 February 2013	LONDON	XC	London Champs Parliament Hill Fields
17 February 2013	Suffolk	XC	Suffolk Winter League Bungay
23 February 2013		XC	National XC Champs
24 February 2013	Essex	10 Mile	St Lukes Test The Track
24 February 2013	Essex	45 Mile	St Peters Way Ultra
24 February 2013	Suffolk	10 & 20 Mile	Tarpley 10 & 20
03 March 2013	Essex	20 Mile	Essex 20 Langham
03 March 2013	Essex	½ Marathon	Roding Valley
03 March 2013	Essex	20 Mile	Essex Championships
03 March 2013	Suffolk	XC	Suffolk Winter League Bury
09 March 2013	Suffolk	XC	CAU XC Birmingham
16 March 2013	Essex	Relays	Essex Road Relay Champs Chelmsford
17 March 2013	Essex	Half Marathon	Colchester
23 March 2013	Essex	15 Mile MT	Orion
24 March 2013	Essex	Half Marathon	Brentwood Half Marathon
24 March 2013	Suffolk	½ Marathon	Stowmarket Joe Cox
25 March 2013	Suffolk	10Km	Roger Wing, Broom
29 March 2013	Suffolk	5 Miles	Sudbury Fun Run
31 March 2013	Essex	½ Marathon	Waltham Forest
07 April 2013	Essex	5 Mile	Braintree
14 April 2013	Suffolk	½ & Full Marathon	Bungay
14 April 2013	Suffolk	10Km	Ickworth 10Km Hoohaah, British Heart Foundation
21 April 2013	LONDON	26.2 Miles	London Marathon
02 May 2013	Suffolk	7Km	Newmarket Heath Run
12 May 2013	Essex	Marathon	Halstead
12 May 2013	Essex	10Km	Colchester Charity 10K
12 May 2013	Suffolk	10Km	Alton Water Run
17 May 2013	Essex	5Km Series	Clacton
19 May 2013	Essex	10Km	Henham Fun Run MT
19 May 2013	Suffolk	10Km	Woodbridge
27 May 2013	Essex	10 Km	Hatfield Broad Oak
31 May 2013	Suffolk	5M	Friday Five Ipswich
05 June 2013	Suffolk	10Km	Bungay Summer Series
07 June 2013	Suffolk	5M	Friday Five Kirton
14 June 2013	Suffolk	5 Mile	Friday Five Stowmarket
16 June 2013	Essex	5Km & FR	Kelvedon
21 June 2013	Suffolk	5 Mile	Friday Five Bury
21 June 2013	Essex	5Km Series	Clacton
26 June 2013	Suffolk	10Km	Bungay Summer Series
30 June 2013	Essex	10 Km	Horndon on the Hill
30 June 2013	Suffolk	5 Mile	Capel Five TBC
05 July 2013	Essex	5 Mile	Friday Five Gt Bentley
07 July 2013	Essex	10Km	Felstead
07 July 2013	Suffolk	10Km	Newmarket (Stetchworth)
14 July 2013	Suffolk	Ekiden	Jaffa Ekiden
14 July 2013	Norfolk	10Km	Harling
19 July 2013	Essex	5Km Series	Clacton
21 July 2013	Suffolk	5 Mile	Capel Five TBC

28 July 2013	Essex	10 Km	Harlow
16 August 2013	Essex	5Km Series	Clacton
01 September 2013	Suffolk	10km	Framlingham
08 September 2013	Essex	10km	Langham
16 September 2013	Suffolk		Lowestoft Scores Race
22 September 2013	Essex	½ Marathon	Pleshey
13 October 2013	Suffolk	10Km	Martlesham
20 October 2013	Suffolk	5m	Saxmundham
03 November 2013	Essex	10 Km	Billericay Striders
03 November 2013	Suffolk	10K & 20K	Bungay 20K
10 November 2013	Essex	10 Mile	Stebbing
TBC	Essex	10 Km	Brentwood
TBC	Essex	10k	Dedham TBC
TBC	Essex	10 Mile	Great Baddow
TBC	Essex	10 Km	Hotelympia
TBC	Essex	10K	Newham Classic
TBC	Essex	10 Km	St Clares Hospice
TBC	Essex	5 Mile	Wix
TBC	Norfolk	10 Km	Diss www.dissathleticsclub.co.uk
TBC	Norfolk	10 Mile	Reedham 10m - RCGP www.gydac.org.uk
TBC	Suffolk	5M	Brantham Five
TBC	Suffolk	10Km	Bungay Summer Series
TBC	Suffolk	5Km Track	Bury St Edmunds
TBC	Suffolk	½ Marathon	Felixstowe (Cancelled 2011)
TBC	Suffolk	Relay	Ickworth Park, Relay for Life. Cancer Research UK Relay For Life
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TBC	Suffolk	½ Marathon	Jaffa
TBC	Suffolk	XC	Suffolk Winter League Framlingham
TBC	Suffolk	5m	Wibbly Wobbly Log Jog

