

Date	Race	Link
13 <sup>th</sup> March 2022	Haverhill Running Festival 10k, Half Marathon and Marathon	<a href="https://www.haversports.com/running">https://www.haversports.com/running</a>
13 <sup>th</sup> March 2022	Mad March Hare 10k Coltishall	<a href="http://www.coltishalljaguars.co.uk/races/mad-march-hare-10k/">http://www.coltishalljaguars.co.uk/races/mad-march-hare-10k/</a>
13 <sup>th</sup> March 2022	Duxford Dash 5k, 10k and Family races	<a href="https://www.iwm.org.uk/events/duxford-dash-5k-and-10k-running-race">https://www.iwm.org.uk/events/duxford-dash-5k-and-10k-running-race</a>
19 <sup>th</sup> March 2022	Olympic park 5k and 10k	<a href="https://www.runthrough.co.uk/olympic-park/">https://www.runthrough.co.uk/olympic-park/</a>
20 <sup>th</sup> March 2022	Stowmarket Half Marathon	<a href="http://www.stowmarketstriders.org.uk/stowmarket-half-marathon">http://www.stowmarketstriders.org.uk/stowmarket-half-marathon</a>
20 <sup>th</sup> March 2022	Brentwood Half Marathon	<a href="https://www.brentwoodhalf.org/">https://www.brentwoodhalf.org/</a>
20 <sup>th</sup> March 2022	Hampton Court Palace Half Marathon	<a href="https://www.palacehalf.com/">https://www.palacehalf.com/</a>
20 <sup>th</sup> March 2022	Blickling Half Marathon	<a href="https://runabc.co.uk/blickling-half-marathon">https://runabc.co.uk/blickling-half-marathon</a>
27 <sup>th</sup> March 2022	Nelson Knee Knobbler 5 and 10 mile races at Caister Beach	<a href="http://www.dunerunner.co.uk/the-nelson-knee-knobbler-event-1">http://www.dunerunner.co.uk/the-nelson-knee-knobbler-event-1</a>
27 <sup>th</sup> March 2022	Norfolk 5k and 10k at Catton Park	<a href="https://www.mstcn.org.uk/">https://www.mstcn.org.uk/</a>
3 <sup>rd</sup> April 2022	Harwich Half Marathon	<a href="https://www.harwichrunners.co.uk/halfmarathon/index.php">https://www.harwichrunners.co.uk/halfmarathon/index.php</a>
3 <sup>rd</sup> April 2022	Manchester Marathon	<a href="https://www.manchestermarathon.co.uk/">https://www.manchestermarathon.co.uk/</a>
3 <sup>rd</sup> April 2022	High Lodge Half Marathon	<a href="https://rawtrails.co.uk/product/high-lodge-half-marathon/">https://rawtrails.co.uk/product/high-lodge-half-marathon/</a>
3 <sup>rd</sup> April 2022	Essex Half Marathon and Marathon	<a href="https://activetrainingworld.co.uk/event/essex-marathon-half-marathon-sunday-3rd-april-2022/">https://activetrainingworld.co.uk/event/essex-marathon-half-marathon-sunday-3rd-april-2022/</a>
10 <sup>th</sup> April 2022	Bunqav Half Marathon, Marathon, 10k and 5k	<a href="https://www.bunqavblackdoorninngclub.co.uk/festival-of-running/">https://www.bunqavblackdoorninngclub.co.uk/festival-of-running/</a>
10 <sup>th</sup> April 2022	Brighton Marathon	<a href="https://brightonmarathonweekend.co.uk/">https://brightonmarathonweekend.co.uk/</a>
10 <sup>th</sup> April 2022	Cambridge Camboume 10k	<a href="https://www.cambridgeandcoleridge.org.uk/cambridge-camboume-10k-and-fun-run">https://www.cambridgeandcoleridge.org.uk/cambridge-camboume-10k-and-fun-run</a>
15 <sup>th</sup> April 2022	Sudbury 5 mile Fun Run	<a href="https://sudburyjoggers.club/races/sudbury-fun-run/">https://sudburyjoggers.club/races/sudbury-fun-run/</a>
17 <sup>th</sup> April 2022	Bromley 10k	<a href="https://www.harwichrunners.co.uk/bromley10k/">https://www.harwichrunners.co.uk/bromley10k/</a>
18 <sup>th</sup> April 2022	Colchester Easter Fast 1 mile, 5k and 10k races-	<a href="https://activetrainingworld.co.uk/event/colchester-easter-fast-1-mile-5k-10k-18th-april-2022/">https://activetrainingworld.co.uk/event/colchester-easter-fast-1-mile-5k-10k-18th-april-2022/</a>
23 <sup>rd</sup> April 2022	Thetford Night Trail 10k	<a href="https://www.nightrail.co.uk/">https://www.nightrail.co.uk/</a>
26 <sup>th</sup> April 2022	Ipswich Spring 5k at Christchurch Park	<a href="https://www.letsdothis.com/eb/the-i-can-run-ipswich-spring-5k-142964">https://www.letsdothis.com/eb/the-i-can-run-ipswich-spring-5k-142964</a>
1 <sup>st</sup> May 2022	Kings Lynn 10k	<a href="https://www.runforall.com/events/10k/gear-10k/">https://www.runforall.com/events/10k/gear-10k/</a>
2 <sup>nd</sup> May 2022	Breckland 10k	<a href="http://www.thetford-ac.co.uk/?page_id=71">http://www.thetford-ac.co.uk/?page_id=71</a>
2 <sup>nd</sup> May 2022	Witham May Day 10 Mile	<a href="https://runabc.co.uk/witham-running-club-may-day-10">https://runabc.co.uk/witham-running-club-may-day-10</a>
2 <sup>nd</sup> May 2022	London 10000	<a href="https://www.vitalitylondon10000.co.uk/">https://www.vitalitylondon10000.co.uk/</a>
3 <sup>rd</sup> May 2022	Harwich 5k Series Race 1	<a href="https://www.harwichrunners.co.uk/1_5k/5k.php">https://www.harwichrunners.co.uk/1_5k/5k.php</a>
8 <sup>th</sup> May 2022	Halstead and Essex Marathon	<a href="https://halsteadroadrunners.org.uk/halstead-marathon/">https://halsteadroadrunners.org.uk/halstead-marathon/</a>
8 <sup>th</sup> May 2022	Colchester 10k	<a href="http://colchester10k.com/">http://colchester10k.com/</a>
8 <sup>th</sup> May 2022	Woodbridge 10k	<a href="https://woodbridgeshufflers.org.uk/our-races/woodbridge-10k/">https://woodbridgeshufflers.org.uk/our-races/woodbridge-10k/</a>
8 <sup>th</sup> May 2022	Bury to Clare 18 Mile Challenge	<a href="https://positivestepspt.co.uk/events/bury-to-clare-challenge-2-1-1-2">https://positivestepspt.co.uk/events/bury-to-clare-challenge-2-1-1-2</a>
9 <sup>th</sup> May 2022	Hadleigh Hares 5k series Race 1	
14 <sup>th</sup> May 2022	Twilight 5K	<a href="https://ipswichtwilighttraces.com/">https://ipswichtwilighttraces.com/</a>
14 <sup>th</sup> and 15 <sup>th</sup> May 2022	Suffolk County Track and Field Championships	<a href="http://suffolkathletics.org.uk/track-and-field/">http://suffolkathletics.org.uk/track-and-field/</a>
15 <sup>th</sup> May 2022	Colchester Zoo 10k	<a href="https://www.colchesterstampede.com/">https://www.colchesterstampede.com/</a>
15 <sup>th</sup> May 2022	Mammoth Half Marathon and Marathon at Sea Palling	<a href="https://www.north-norfolk.gov.uk/projects/mammoth-marathon/">https://www.north-norfolk.gov.uk/projects/mammoth-marathon/</a>
15 <sup>th</sup> May 2022	Dereham 10 mile race	<a href="https://www.derehamrunners.co.uk/dereham-10-mile">https://www.derehamrunners.co.uk/dereham-10-mile</a>
15 <sup>th</sup> May 2022	Braintree 5 mile	<a href="http://braintreeanddistrictac.co.uk/braintree-5/">http://braintreeanddistrictac.co.uk/braintree-5/</a>
20 <sup>th</sup> May 2022	Kirton Friday 5	<a href="https://friday5series.com/">https://friday5series.com/</a>
21 <sup>st</sup> May 2022	Great Manchester Run	<a href="https://www.greatrun.org/events/great-manchester-run/">https://www.greatrun.org/events/great-manchester-run/</a>
22 <sup>nd</sup> May 2022	Colchester Half Marathon	<a href="https://www.colchesterhalfmarathon.co.uk/">https://www.colchesterhalfmarathon.co.uk/</a>
22 <sup>nd</sup> May 2022	Avlsham 10k-	<a href="https://www.letsdothis.com/eb/e/marriotts-way-10k-16746">https://www.letsdothis.com/eb/e/marriotts-way-10k-16746</a>
22 <sup>nd</sup> May 2022	Mike Groves 10k at Coltishall air base	<a href="http://www.coltishalljaguars.co.uk/races/mike-groves-10k/">http://www.coltishalljaguars.co.uk/races/mike-groves-10k/</a>
22 <sup>nd</sup> May 2022	Hampton Court Palace 10k	<a href="https://www.palace10k.com/">https://www.palace10k.com/</a>
22 <sup>nd</sup> May 2022	Ickworth 10k	<a href="https://hooahaah.co.uk/our-events/ickworth-10k/">https://hooahaah.co.uk/our-events/ickworth-10k/</a>
22 <sup>nd</sup> May 2022	Manchester Half Marathon	<a href="https://www.manchesterhalfmarathon.com/">https://www.manchesterhalfmarathon.com/</a>
22 <sup>nd</sup> May 2022	Great Baddow 10 mile	<a href="https://baddowraces.co.uk/">https://baddowraces.co.uk/</a>
22 <sup>nd</sup> May 2022	St Eds Steven Williams 10k	<a href="https://www.pacers.org.uk/?q=ace-diary/stephen-williams-10k-road-race-race-included-suffolk-county-championships">https://www.pacers.org.uk/?q=ace-diary/stephen-williams-10k-road-race-race-included-suffolk-county-championships</a>
22 <sup>nd</sup> May 2022	Hackney Half Marathon	<a href="https://run.limeightsports.club/event/hackney-moves-2022/hackney-half">https://run.limeightsports.club/event/hackney-moves-2022/hackney-half</a>
24 <sup>th</sup> May 2022	Harwich 5k Series Race 2	<a href="http://www.harwichrunners.co.uk/1_5k/5k.php">http://www.harwichrunners.co.uk/1_5k/5k.php</a>
24 <sup>th</sup> May 2022	Ipswich Summer 5k Series Race 1 at Christchurch park	<a href="https://www.nice-work.org.uk/races/ipswich-5k-summer-series-1">https://www.nice-work.org.uk/races/ipswich-5k-summer-series-1</a>
27 <sup>th</sup> May 2022	Sudbury Friday 5	<a href="https://sudburyjoggers.club/races/sudbury-friday-5/">https://sudburyjoggers.club/races/sudbury-friday-5/</a>
29 <sup>th</sup> May 2022	Holt 10k	<a href="http://nnbr.co.uk/events/north-norfolk-10km/">http://nnbr.co.uk/events/north-norfolk-10km/</a>
29 <sup>th</sup> May 2022	Northampton 10k	<a href="https://www.northampton10k.com/event/northampton-10k-2022/">https://www.northampton10k.com/event/northampton-10k-2022/</a>
3 <sup>rd</sup> June 2022	Jubilee Olympic park 5k and 10k	<a href="https://www.runthrough.co.uk/event/jubilee-ge-olympic-park-5k-10k-june-2022/">https://www.runthrough.co.uk/event/jubilee-ge-olympic-park-5k-10k-june-2022/</a>
10 <sup>th</sup> June 2022	Framlingham Friday 5	<a href="https://friday5series.com/dates/">https://friday5series.com/dates/</a>
11 <sup>th</sup> June 2022	Norfolk 100km	<a href="https://positivestepspt.co.uk/events/norfolk-100km-2022">https://positivestepspt.co.uk/events/norfolk-100km-2022</a>
12 <sup>th</sup> June 2022	Boxted 5k and 10k races	<a href="https://boxted10k.co.uk/">https://boxted10k.co.uk/</a>
13 <sup>th</sup> June 2022	Hadleigh Hares 5k Series Race 2	
14 <sup>th</sup> June 2022	Harwich 5k Series Race 3	<a href="https://www.harwichrunners.co.uk/1_5k/5k.php">https://www.harwichrunners.co.uk/1_5k/5k.php</a>
17 <sup>th</sup> June 2022	Bury Friday 5	<a href="https://www.pacers.org.uk/?q=ace-diary/bury-friday-5-sponsored-glasswells">https://www.pacers.org.uk/?q=ace-diary/bury-friday-5-sponsored-glasswells</a>
19 <sup>th</sup> June 2022	Stour Valley Half Marathon and Marathon	<a href="http://companyofrunners.co.uk/">http://companyofrunners.co.uk/</a>
19 <sup>th</sup> June 2022	Orwell Challenge	<a href="https://www.ipswicheastroatryclub.co.uk/">https://www.ipswicheastroatryclub.co.uk/</a>
19 <sup>th</sup> June 2022	Run Sandringham Half Marathon, 5k and 1 mile races	<a href="https://www.runsandringham.co.uk/">https://www.runsandringham.co.uk/</a>
24 <sup>th</sup> June 2022	Stowmarket Friday 5	<a href="http://www.stowmarketstriders.org.uk/friday-5">http://www.stowmarketstriders.org.uk/friday-5</a>
24 <sup>th</sup> June 2022	North Walsham 5k	<a href="https://totalracetiming.co.uk/race/309">https://totalracetiming.co.uk/race/309</a>
25 <sup>th</sup> and 26 <sup>th</sup> June 2022	Brighton Trail Weekend 10k and Marathon	<a href="https://brightontrailweekend.co.uk/">https://brightontrailweekend.co.uk/</a>
26 <sup>th</sup> June 2022	Essex Way Ultra 50k and 100k races	<a href="https://www.entrvcentral.com/EssexWay">https://www.entrvcentral.com/EssexWay</a>
28 <sup>th</sup> June 2022	Ipswich Summer 5k Series Race 2 at Christchurch Park	<a href="https://www.nice-work.org.uk/races/ipswich-5k-summer-series-2">https://www.nice-work.org.uk/races/ipswich-5k-summer-series-2</a>
1 <sup>st</sup> July 2022	Great Bentley Friday 5	<a href="https://qbrc.org.uk/our-races/great-bentley-friday-5/">https://qbrc.org.uk/our-races/great-bentley-friday-5/</a>
1 <sup>st</sup> to 3 <sup>rd</sup> July 2022	Suffolk Trail Running Festival at Red Lodge, Brandon	<a href="https://www.suffolktrailefestival.co.uk/">https://www.suffolktrailefestival.co.uk/</a>
3 <sup>rd</sup> July 2022	Newmarket 10k	<a href="https://newmarketjoggers.co.uk/newmarket-10k/">https://newmarketjoggers.co.uk/newmarket-10k/</a>
5 <sup>th</sup> July 2022	Harwich 5k Series Race 4	Harwich 5k Series Race 4
9 <sup>th</sup> July 2022	Inflatable 5k, 10k and 15k Ipswich	<a href="https://www.ukrunningevents.co.uk/events/inflatable-5k/inflatable-5k-obstacle-run-ipswich-suffolk-9th-julv-2022">https://www.ukrunningevents.co.uk/events/inflatable-5k/inflatable-5k-obstacle-run-ipswich-suffolk-9th-julv-2022</a>
10 <sup>th</sup> July 2022	Nayland 1k, 5k and 10k races	<a href="https://www.nayland10k.co.uk/">https://www.nayland10k.co.uk/</a>
14 <sup>th</sup> July 2022	Hadleigh Hares 5k Series Race 3	
15 <sup>th</sup> July 2022	Twilight 10K	<a href="https://ipswichtwilighttraces.com/">https://ipswichtwilighttraces.com/</a>
17 <sup>th</sup> July 2022	Run Norwich 10k	<a href="https://www.runnorwich.co.uk/enter/">https://www.runnorwich.co.uk/enter/</a>
17 <sup>th</sup> July 2022	Felsted 10k	<a href="https://www.granqefarmdunmowrunners.co.uk/club-races/felsted-10k.html">https://www.granqefarmdunmowrunners.co.uk/club-races/felsted-10k.html</a>
24 <sup>th</sup> July 2022	Harling 10k in Norwich	<a href="https://harling10k.wixsite.com/mysite">https://harling10k.wixsite.com/mysite</a>
26 <sup>th</sup> July 2022	Harwich 5k Series Race 5	<a href="https://www.harwichrunners.co.uk/1_5k/5k.php">https://www.harwichrunners.co.uk/1_5k/5k.php</a>
26 <sup>th</sup> July 2022	Ipswich Summer 5k Series Race 3 at Christchurch Park	<a href="https://www.nice-work.org.uk/races/ipswich-5k-summer-series-3">https://www.nice-work.org.uk/races/ipswich-5k-summer-series-3</a>
12 <sup>th</sup> August 2022	Wortwell Summer Sizzler	<a href="https://www.bunqavblackdoorninngclub.co.uk/our-races/wortwell-sizzler/">https://www.bunqavblackdoorninngclub.co.uk/our-races/wortwell-sizzler/</a>
13 <sup>th</sup> August 2022	Stour Valley Path 50k and 100k	<a href="https://www.svp100.co.uk/">https://www.svp100.co.uk/</a>
15 <sup>th</sup> August 2022	Hadleigh Hares 5k Series Race 4	
20 <sup>th</sup> and 21 <sup>st</sup> August 2022	Sandringham 24 hour Solo, Pair and Team 24 Hour Relay	<a href="https://www.runsandringham.co.uk/sandringham24">https://www.runsandringham.co.uk/sandringham24</a>
21 <sup>st</sup> August 2022	Clacton 10k and Half Marathon	<a href="https://www.nice-work.org.uk/races/clacton-half">https://www.nice-work.org.uk/races/clacton-half</a>
23 <sup>rd</sup> August 2022	Ipswich Summer 5k Series Race 4 at Christchurch Park	<a href="https://www.nice-work.org.uk/races/ipswich-5k-summer-series-4">https://www.nice-work.org.uk/races/ipswich-5k-summer-series-4</a>
4 <sup>th</sup> September 2022	The Big Half, London	<a href="https://www.thebighalf.co.uk/the-events/the-big-half">https://www.thebighalf.co.uk/the-events/the-big-half</a>
5 <sup>th</sup> September 2022	Hadleigh Hares 5k Series Race 5	
9 <sup>th</sup> September 2022	Ickworth Sunset Chase 5k and 10k	<a href="https://rawtrails.co.uk/product/ickworth-sunset-chase/">https://rawtrails.co.uk/product/ickworth-sunset-chase/</a>

10 <sup>th</sup> September 2022	Suffolk Coastal path 50k	<a href="https://www.runawayadventures.com/races/suffolk-coastal-path-50/">https://www.runawayadventures.com/races/suffolk-coastal-path-50/</a>
11 <sup>th</sup> September 2022	Ipswich Half Marathon	<a href="https://www.runforall.com/events/half-marathon/ipswich-half-marathon/">https://www.runforall.com/events/half-marathon/ipswich-half-marathon/</a>
11 <sup>th</sup> September 2022	Great North Run	<a href="https://www.greatrun.org/events/great-north-run/">https://www.greatrun.org/events/great-north-run/</a>
11 <sup>th</sup> September 2022	Jolly Jaguars 10k at Coltishall Air base	<a href="http://www.coltishalljaguars.co.uk/races/jolly-jags-10k/">http://www.coltishalljaguars.co.uk/races/jolly-jags-10k/</a>
11 <sup>th</sup> September 2022	Haverinq Half Marathon and 10k	<a href="https://www.eventrac.co.uk/e/haverinq-mind-half-marathon-and-10k-3001">https://www.eventrac.co.uk/e/haverinq-mind-half-marathon-and-10k-3001</a>
11 <sup>th</sup> September 2022	Langham 10k	<a href="https://langham10k.co.uk/">https://langham10k.co.uk/</a>
18 <sup>th</sup> September 2022	Southend 10k	<a href="https://www.southend10k.com/">https://www.southend10k.com/</a>
18 <sup>th</sup> September 2022	Mersea Round The Island All Terrain Half Marathon Race	<a href="https://www.merseastrandaces.co.uk/round-the-island-race-2022/">https://www.merseastrandaces.co.uk/round-the-island-race-2022/</a>
24 <sup>th</sup> September 2022	Norfolk Coastal Trail Half Marathon and Marathon	<a href="https://positivestepspt.co.uk/events/norfolk-coastal-marathon-2022">https://positivestepspt.co.uk/events/norfolk-coastal-marathon-2022</a>
25 <sup>th</sup> September 2022	Run Sandringham 10k	<a href="https://www.runsandringham.co.uk/10k">https://www.runsandringham.co.uk/10k</a>
25 <sup>th</sup> September 2022	Maldon Half Marathon	<a href="https://www.entrycentral.com/event/115639">https://www.entrycentral.com/event/115639</a>
1 <sup>st</sup> October 2022	Only The Brave 6 mile and 10 Mile Mud races at Euston Estate	<a href="https://www.eaaa.org.uk/get-involved/events/only-the-brave">https://www.eaaa.org.uk/get-involved/events/only-the-brave</a>
2 <sup>nd</sup> October 2022	Colchester Zoo Half Marathon	<a href="https://www.colchesterstampede.com/product/colchester-stampede-half-marathon-2022/">https://www.colchesterstampede.com/product/colchester-stampede-half-marathon-2022/</a>
2 <sup>nd</sup> October 2022	High Lodge Half Marathon at Brandon	<a href="https://www.evententry.co.uk/ziqzq-the-other-run-2022">https://www.evententry.co.uk/ziqzq-the-other-run-2022</a>
2 <sup>nd</sup> October 2022	London Marathon	<a href="https://www.tslondonmarathon.com/enter/how-to-enter/ballot-entry">https://www.tslondonmarathon.com/enter/how-to-enter/ballot-entry</a>
9 <sup>th</sup> October 2022	Tiptree 10 mile race	<a href="https://www.tiptreeroadrunners.com/tiptree-10/">https://www.tiptreeroadrunners.com/tiptree-10/</a>
9 <sup>th</sup> October 2022	Martlesham 10k	<a href="https://frn.org.uk/events-and-results-2/club-events/martlesham-10k/">https://frn.org.uk/events-and-results-2/club-events/martlesham-10k/</a>
9 <sup>th</sup> October 2022	The Whole Hog Races	<a href="https://wholehograces.co.uk/">https://wholehograces.co.uk/</a>
15 <sup>th</sup> October 2022	Great South Run, Portsmouth	<a href="https://www.greatrun.org/events/great-south-run/?qclid=EAlaIqobChMl5oXZ74-69qIVQ-7iCh3MXq9SEAAAYASAAEql1fD BwE">https://www.greatrun.org/events/great-south-run/?qclid=EAlaIqobChMl5oXZ74-69qIVQ-7iCh3MXq9SEAAAYASAAEql1fD BwE</a>
16 <sup>th</sup> October 2022	Chelmsford Half Marathon and Marathon	<a href="https://www.nice-work.org.uk/races/the-chelmsford-marathon">https://www.nice-work.org.uk/races/the-chelmsford-marathon</a>
16 <sup>th</sup> October 2022	Capel 5 mile-	<a href="https://www.capelcheats.co.uk/capel-5">https://www.capelcheats.co.uk/capel-5</a>
16 <sup>th</sup> October 2022	Blickling Half Marathon	<a href="https://totalracetiming.co.uk/race/310">https://totalracetiming.co.uk/race/310</a>
16 <sup>th</sup> October 2022	Saxon 5 mile	<a href="http://www.thesaxons.org.uk/">http://www.thesaxons.org.uk/</a>
23 <sup>rd</sup> October 2022	Norfolk Gazelles Stampede 5k and 10k and relay races in Norwich	<a href="https://www.norfolkazelles.co.uk/index.php">https://www.norfolkazelles.co.uk/index.php</a>
23 <sup>rd</sup> October 2022	Thurlow 10k	<a href="https://haverhillrunningclub.com/thurlow-5-10/">https://haverhillrunningclub.com/thurlow-5-10/</a>
30 <sup>th</sup> October 2022	St Eds Running Festival 10k, Half Marathon and Marathon	<a href="https://www.haversports.com/st-eds-running-festival">https://www.haversports.com/st-eds-running-festival</a>
6 <sup>th</sup> November 2022	Billerica 10k	<a href="http://www.striders10k.billericaystriders.com/">http://www.striders10k.billericaystriders.com/</a>
12 <sup>th</sup> November 2022	Essex Remembrance 5k,10k and Half Marathon at Saffron Walden	<a href="http://remembranceruns.co.uk/">http://remembranceruns.co.uk/</a>
13 <sup>th</sup> November 2022	Stowmarket Scenic 7	<a href="http://www.stowmarketstriders.org.uk/scenic-7">http://www.stowmarketstriders.org.uk/scenic-7</a>
13 <sup>th</sup> November 2022	George Munday 10k at Leverington	<a href="https://totalracetiming.co.uk/race/320">https://totalracetiming.co.uk/race/320</a>
20 <sup>th</sup> November 2022	Hadleigh 5 and 10 races	<a href="https://www.hadleigh-hares.co.uk/races-1">https://www.hadleigh-hares.co.uk/races-1</a>
4 <sup>th</sup> December 2022	St Eds Trail Half Marathon, Marathon and Ultra	<a href="https://positivestepspt.co.uk/events/st-edmundst-marathon-and-half-marathon-2022">https://positivestepspt.co.uk/events/st-edmundst-marathon-and-half-marathon-2022</a>
18 <sup>th</sup> December 2022	Let It Stow Half Marathon	<a href="https://rawtrails.co.uk/product/let-it-stow-half-marathon/">https://rawtrails.co.uk/product/let-it-stow-half-marathon/</a>
TBC February 2023	Great Bentley Half Marathon	<a href="https://gbr.org.uk/our-races/great-bentley-half-marathon/">https://gbr.org.uk/our-races/great-bentley-half-marathon/</a>
TBC February 2023	Norfolk Gazelles Valentine 10k	<a href="https://norfolkazelles.co.uk/valentine-10k.php">https://norfolkazelles.co.uk/valentine-10k.php</a>
TBC February 2023	Hadleigh Hares XC	
TBC February 2023	English National xc Championships	<a href="https://www.englishcrosscountry.co.uk/the-national-cross-country-championships/">https://www.englishcrosscountry.co.uk/the-national-cross-country-championships/</a>
26 <sup>th</sup> February 2023	Tarpley 10 and 20 mile	<a href="https://pacers.org.uk/?q=race-diary/tarpley-10m-and-20m">https://pacers.org.uk/?q=race-diary/tarpley-10m-and-20m</a>
TBC March 2023	Chelmsford 5k, 10k and Half Marathon	<a href="https://www.cmhalf.com/">https://www.cmhalf.com/</a>
TBC March 2023	Essex 20 mile race	<a href="http://essexroadrunning.org.uk/index.php?option=com_content&amp;view=article&amp;id=170&amp;catid=164&amp;Itemid=1962">http://essexroadrunning.org.uk/index.php?option=com_content&amp;view=article&amp;id=170&amp;catid=164&amp;Itemid=1962</a>
TBC March 2023	Cambridge Half Marathon	<a href="https://cambridgehalfmarathon.com/">https://cambridgehalfmarathon.com/</a>
TBC March 2023	Wymonham 20 mile	<a href="https://wymonhamac.org.uk/wymonham-ac-20-miler/">https://wymonhamac.org.uk/wymonham-ac-20-miler/</a>