

May 15 Sun	Trail	11, 5ml	A Shot in the Dark	Beckingham Bell 10:30am	Tiptree, Malcolm Bailey
May 17 Tue	Trail	5k	summer series no 1	langdon visitor centre 7:30pm	Phoenix striders
May 18 Wed	Trail	6.6ml	1/4 marathon series no 1	The Ship Inn, Tiptree 6pm	Mid Essex Casuals, Dave Game
May 29 Sun	Trail	7ml	The Bell 7	The Bell, Purleigh 10:30am	Springfield striders, Alec Coleman
Jun 04 Sat	Trail	5ml	Forest Five series no 1	Chingford Plain 10am	Orion Harriers
Jun 08 Wed	Trail	5km	Crown to Crown	westley heights park SS16 6HU7:30pm	Pitsea, Peter Bates
Jun 15 Wed	Trail	6.6ml	1/4 marathon series no 2	The Dutch Nursery, Coggeshall	Mid Essex Casuals, Dave Game
Jun 19 Sun	Trail Relay	4 x 5-6ml	4 leg relay	White Hart, Stebbing	Grange Farm & Dunmow Runners, Howard Jardine
Jun 21 Tue	Trail	5k	summer series no 2	langdon visitor centre 19:30	Phoenix striders
Jun 22 Wed	Trail	tba	Midsummer trail	tba	Pitsea, Peter Bates
Jun 25 Sat	Trail	5ml	Fun at the Fair	Willingale Fete	Mid Essex Casuals, Tom Allan
Jun 29 Wed	Trail	5ml	tba	Fordham Heath 6:30pm	Tiptree, Malcolm Bailey
Jul 02 Sat	Trail	5ml	Forest Five series no 2	Chingford Plain 10am	Orion Harriers
Jul 13 Wed	Trail	5km	Crown to Crown	westley heights park SS16 6HU7:30pm	Pitsea, Peter Bates
Jul 19 Tue	Trail	5k	summer series no 3	langdon visitor centre 19:30	Phoenix striders
Jul 20 Wed	Trail	6.6ml	1/4 marathon series no 3	Benfleet Area	Mid Essex Casuals, Clare Phillips
Jul 20 Wed	Trail	3km	Sklarcs 3k	wick country park	Pitsea, Peter Bates
Jul 24 Sun	Trail	8ml	Tour of Terling	tba	Mid Essex Casuals, Dave Game
Jul 25 Mon	Trail	6ml	Tour of Terling	tba	Mid Essex Casuals, Dave Game
Jul 26 Tue	Trail	4ml	Tour of Terling	tba	Mid Essex Casuals, Dave Game
Jul 27 Wed	Trail	2x1ml	Tour of Terling	tba	Mid Essex Casuals, Dave Game
Aug 06 Sat	Trail	5ml	Forest Five series no 3	Chingford Plain 10am	Orion Harriers
Aug 10 Wed	Trail	5km	Crown to Crown	westley heights park SS16 6HU7:30pm	Pitsea, Peter Bates
Aug 14 Aug	Trail	tba	3rd Scouting for girls and boys	Hatfield Peverel Scout hut	Mid Essex Casuals, Dave Game
Aug 16 Tue	Trail	5k	summer series no 4	langdon visitor centre 19:30	Phoenix striders
Aug 17 Wed	Trail	6.6ml	1/4 marathon series no 4	the Swan, Rayne 6:30pm	Mid Essex Casuals, Dave Game
Aug 28 Sun	Trail	tba	three Mazes	Saffron Walden	Burgess
Sep 07 Wed	Trail	5km	Crown to Crown	westley heights park SS16 6HU7pm	Pitsea, Peter Bates
Sep 25 Sun	Trail	26.2ml	Rodings Romp Reverse	White roding social & sports club	Mid Essex Casuals
Oct 08 Sat	Trail	tba	tba	Ashdon	Burgess
Oct 16 Sun	Trail	5ml	Little Havens trail	langdon visitor centre	Phoenix striders
Oct 30 Sun	Trail	13.1ml	Fall Back	Five Bells, Colne Engaine 10am	Springfield striders, Roger Gooding
Dec 18 Sun	Trail	tba	crackers again	tba	Mid Essex Casuals
Dec 26 Mon	Trail	5km	Crown to Crown	westley heights park SS16 6HU11am	Pitsea, Peter Bates