

Events & Suggested Races - 2021/22



Weekday	Day	Month	Event	Distance	Group	Comment
Mon		WEEKLY*	LoSS Monday Training (*excluding bank holidays)	0 to 10km		Training at Chalkwell Seafront.
Wed		WEEKLY	LoSS Wednesday Training	0 to 10km		Garons Track until 10th November, then Chalkwell
Fri		WEEKLY	LoSS Friday Training at 9:15am	0 to 10km		Meet at Grove Restaurant
Sat		WEEKLY	Southend, Chalkwell, Hockley or Hadleigh parkrun	5 km		Start 9am. Register and print bar code
Sun		WEEKLY	Hawkell Junior parkrun	2 km		Start 9am. Register and print bar code
2021						
Sun	7	November	Billericay Striders 10K	10 km		
Sun	7	November	Roding Valley Half Marathon	Half Marathon		
Wed	10	November	Chase The Moon Olympic Park - 5k & 10k	5km & 10km		
Sat	13	November	Queen Elizabeth Olympic Park 10k	10 km		
Sun	14	November	Stebbing Remembrance Day 10M	10 mile	Essex	LoSS Championship 2021/22
Sun	14	November	The Redbridge 5k & 10k	5km & 10km		
Sat	20	November	Olympic Park 5k & 10k	5km & 10km		
Sun	21	November	Chelmsford 10k	10 km	Essex	Essex AA Road Race Championship
Sat	27	November	Lee Valley VeloPark - 5k, 10k, 10M, Half Marathon	Various		
Sat	4	December	Queen Elizabeth Olympic Park 10k	10 km		
Wed	8	December	Chase The Moon Olympic Park - 5k & 10k	5km & 10km		
Sat	18	December	Olympic Park 5k & 10k	5km & 10km		
Sun	19	December	Southend 5 Mile Rudolph Run	5 mile		

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Sat	25	December	Christmas Day			
Sun	26	December	Boxing Day			
Mon	27	December	Christmas Day (substitute day)			
Mon	27	December	LoSS Turkey Trot	0 to 10km		LoSS Championship 2021/22
Mon	27	December	LoSS Christmas Drinks after Turkey Trot		Social	
Tue	28	December	Boxing Day (substitute day)			
Tue	28	December	Lee Valley VeloPark - 5k, 10k, 10M, Half Marathon	Various		
Fri	31	December	Fritch Way New Year's Eve Marathon	Marathon		Bishop's Stortford to Braintree
2022						
Sat	1	January	New Year's Day			
Sat	1	January	Knacker Cracker	10 km		Box Hill, Surrey
Sat	1	January	Fritch Way New Year's Day Marathon	Marathon		Bishop's Stortford to Braintree
Sat	8	January	Country to Capital 45 miles	Ultra		
Wed	12	January	Chase The Moon Olympic Park - 5k & 10k	5km & 10km		
Sun	16	January	Benfleet 15 (plus Childrens 1 Mile fun run)	15 mile		LoSS Championship 2021/22
Sat	22	January	Olympic Park 5k & 10k	5km & 10km		
Sat	22	January	Peddars Way Ultra 45 miles	Ultra		Suffolk border to North Norfolk coast
Sun	23	January	Fritch Way 12 Hour Race	Ultra		
Fri	4	February	LoSS Charity Quiz Night 2022		Social	Click here for Facebook Event
Sun	6	February	Great Bentley Half	Half Marathon		LoSS Championship 2021/22

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Wed	9	February	Chase The Moon Olympic Park - 5k & 10k	5km & 10km		
Sat	19	February	Hadleigh parkrun	5 km		LoSS Championship 2021/22
Sun	27	February	St Peters Way Ultra 43M	Ultra		
Sun	27	February	SE Essex XC League Fixture 1 - Billericay @ Weald Park	0 to 10km	XC	SE Essex XC League
Sun	6	March	Essex 20	20 miles		LoSS Championship 2021/22
Sun	6	March	Hockley Woods Trail Challenge	Ultra		
Wed	9	March	Chase The Moon Olympic Park - 5k & 10k	5km & 10km		
Sun	13	March	Rayleigh Heritage Trail Race	5 mile		
Sat	19	March	Olympic Park 5k & 10k	5km & 10km		
Sun	20	March	Brentwood Half Marathon	Half Marathon		LoSS Championship 2021/22
Sun	27	March	SE Essex XC League Fixture 2 - Pitsea @ One Tree Hill	0 to 10km	XC	SE Essex XC League
Sun	3	April	Manchester Marathon	Marathon		
Sun	3	April	Mayflower 400 Harwich Half Marathon	Half Marathon		
Sat	9	April	Chalkwell Beach parkrun	5 km		LoSS Championship 2021/22
Fri	15	April	Good Friday			
Mon	18	April	Easter Monday			
Sun	24	April	SE Essex XC League Fixture 3 - Benfleet @ Hadleigh Country Park	0 to 10km	XC	SE Essex XC League / LoSS Championship 2021/22
Mon	2	May	Early May Bank Holiday			
Mon	2	May	Milton Keynes Half Marathon	Half Marathon		
Mon	2	May	Milton Keynes Marathon	Marathon		

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Sun	8	May	Rayleigh 10k	10 km		LoSS Championship 2021/22
Sun	8	May	Halstead and Essex Marathon	Marathon		
Sat	14	May	LoSS Fundraising Summer Ball 2022		Social	Click here for Facebook Event
Sun	15	May	SE Essex XC League Fixture 4 - Brentwood @ TBC	0 to 10km	XC	SE Essex XC League
Sun	15	May	Colchester Zoo Stampede - 10k	10 km		
Sun	22	May	Great Baddow 10 Mile	10 mile		LoSS Championship 2021/22
Thu	2	June	Spring Bank Holiday			
Fri	3	June	Platinum Jubilee Bank Holiday			
Sun	12	June	Southend Half	Half Marathon		LoSS Championship 2021/22
Sun	26	June	SE Essex XC League Fixture 5 - LoSS @ TBC	0 to 10km	XC	SE Essex XC League
Sun	24	July	Kirste 5 Memorial Race	5 mile		LoSS Championship 2021/22
Sun	TBC	Summer	Salad Trot	0 to 10km		LoSS Championship 2021/22
Sat	13	August	Hockley parkrun	5 km		LoSS Championship 2021/22
Mon	29	August	Summer Bank Holiday			
Sun	4	September	Essex Way Relay	Various		
Sat	TBC	September	Weald Country Park 10km	10 km	XC	LoSS Championship 2021/22; Essex Summer XC series 2022
Sun	3	October	TCS London Marathon	Marathon		
Sun	2	October	Colchester Zoo Stampede - Half Marathon	Half Marathon		
Sat	29	October	LoSS Annual Dinner Dance & Prize Giving 2022		Social	Click here for Facebook Event
Sun	tbc	December	LoSS Turkey Trot	0 to 10km		LoSS Championship 2022/23

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Sun	tbc	December	LoSS Christmas Drinks after Turkey Trot		Social	
Sun	25	December	Christmas Day			
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Tue	27	December	Christmas Day (substitute day)			