



Events & Suggested Races - 2024



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 27th March. 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
2024						
Sun	4	February	Great Bentley Half Marathon	Half Marathon		
Fri	9	February	LoSS Charity Quiz Night 2023		Social	Click here for Facebook Event
Sat	10	February	Essex XC League #5 @ Chigwell	0 to 10km	XC	Essex XC League
Sun	18	February	South Essex XC League #5 - Billericay Striders @ Weald Park	0 to 10km	XC	South Essex XC League
Sat	24	February	Hadleigh parkrun	5 km		LoSS Championship 2023/24
Sun	24	February	St Peters Way Ultra 45M	Ultra-Marathon		
Thu	29	February	Curry Night - Ness to Nevis Charity Challenge		Social	Click here for Facebook Event
Sun	3	March	Chelmsford 5k and 10k	5km & 10km		
Sun	3	March	Chelmsford Half Marathon	Half Marathon		LoSS Championship 2023/24
Sat	9	March	Finish Line Fund Relay	5km		Club Relay Event
Wed	13	March	LoSS AGM		Social	
Sun	17	March	Essex 20	20 miles		LoSS Championship 2023/24; Essex Road Champs 2024
Sun	17	March	Essex 5k and 10k	5km & 10km		Saffron Walden / same event as Essex 20

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Sun	17	March	Colchester Half Marathon	Half Marathon		
Wed	20	March	Club 5k Track Time Trial	5km		Garons Track
Thu	21	March	Tina, Ali & Allison's Ness to Nevis Charity Fundraiser		Social	Click here for Facebook Event
Sat	23	March	Orion 15	15 mile		
Sun	24	March	Brentwood Half Marathon	Half Marathon		LoSS Championship 2023/24
Fri	29	March	Good Friday			
Fri	29	March	LoSS - Easter Egg Hunt		Social	
Fri	29	March	WUC-5 (Good Friday)	5 mile		Writtle University College
Mon	1	April	Easter Monday			
Sun	7	April	Brighton Marathon	Marathon		
Sun	7	April	Saltmarsh Half Marathon	Half Marathon		Trail
Sun	14	April	Hadleigh Legacy 10k	10 km		
Sun	14	April	Manchester Marathon	Marathon		
Sun	14	April	Bromley 10k	10 km		
Sun	21	April	TCS London Marathon	Marathon		
Sat	27	April	Southend parkrun	5 km		LoSS Championship 2023/24
Sun	28	April	Colchester Stampede 10k	10 km		Colchester Zoo
Tue	30	April	Phoenix Striders Summer Series - Race #1 of 5	5km		Langdon Nature Discovery Park @ 7:30pm
Fri	3	May	LoSS XC & Marathon Celebration Drinks		Social	Click here for Facebook Event

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Sun	5	May	Roach Valley Way Charity Relay	Various	XC	
Sun	5	May	Bluebell 5	5 mile		
Mon	6	May	Early May Bank Holiday			
Sat	11	May	Chalkwell Beach parkrun	5 km		LoSS Championship 2023/24
Sat	11	May	LoSS - Elvis Tribute Night Charity Fundraiser		Social	Click here for Facebook Event
Sun	12	May	Halstead and Essex Marathon	Marathon		Essex Road Championship 2024
Sun	12	May	Colchester 10K	10 km		
Tue	14	May	Phoenix Striders Summer Series - Race #2 of 5	5km		Langdon Nature Discovery Park @ 7:30pm
Sun	18	May	Dunton Test Track 10M and 10K	10km and 10M		
Sun	19	May	Great Baddow 10M (plus 2m Fun Run)	11km to HM		LoSS Championship 2023/24
Sun	19	May	South Woodham Runners 10k	10 km		
Sun	19	May	Stortford 10 or 5 mile	5M or 10M		
Sun	26	May	LoSS Mud Run		Social	Click here for Facebook Event
Mon	27	May	Spring Bank Holiday			
Mon	27	May	Hatfield Broad Oak 10k	10 km		
TBC	TBC	May	Track Mile	1 mile		LoSS Championship 2023/24
Sun	2	June	Rayleigh 10k	10 km		LoSS Championship 2023/24
Sun	9	June	Southend Half Marathon	Half Marathon		LoSS Championship 2023/24
Sun	9	June	Boxted 2k,5k and 10k	0 to 10km		


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Sat	15	June	C2C Ultra	Ultra-Marathon		LoSS Championship 2023/24
Tue	18	June	Phoenix Striders Summer Series - Race #3 of 5	5km		Langdon Nature Discovery Park @ 7:30pm
Sat	29	June	Chelmsford AC Miles of Miles incl Essex AA's 1 Mile	Various		Essex Road Championship 2024
Fri	5	July	The Full Essex Way Ultra (82 miles)	Ultra-Marathon		
Sat/Sun	6/7	July	LoSS does HARP24	Various	XC	Click here for Facebook Event
Mon	8	July	Two Tree Time Trial	5 km		LoSS Championship 2023/24
Sun	14	July	High Easter (Chelmsford) 10k	10 km		Essex Road Championship 2024
Tue	16	July	Phoenix Striders Summer Series - Race #4 of 5	5km		Langdon Nature Discovery Park @ 7:30pm
Sun	21	July	Kirste 5 Memorial Race	5 mile		
Sun	28	July	LoSS Salad Trot	0 to 10km		LoSS Championship 2023/24
Sun	28	July	LoSS Summer Drinks		Social	Click here for Facebook Event
Sat	17	August	Hockley Woods parkrun	5 km		LoSS Championship 2023/24
Sun	18	August	Clacton 10k / Clacton Half Marathon & Fun Run	Various		
Sun	18	August	Ingatstone 5	5 mile		Essex Road Championship 2024
Tue	20	August	Phoenix Striders Summer Series - Race #5 of 5	5km		Langdon Nature Discovery Park @ 7:30pm
Mon	26	August	Summer Bank Holiday			
Mon	26	August	LoSS Animal Relay		XC	
Sun	1	September	Essex Way Relay (TBC)	Various		
Fri	13	September	LoSS Treasure Hunt Social		Social	Click here for Facebook Event

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Sun	15	September	Pleshey Half Marathon	Half Marathon		Essex Road Championship 2024
Sun	22	September	Valentines Park Charity 5k	5 km		Ilford
Sun	6	October	Southend 10k (and children's 3k)	10km		
Sun	13	October	Tiptree 10	10 mile		
Sat	19	October	LoSS Annual Dinner Dance & Prize Giving		Social	Click here for Facebook Event
Sun	27	October	Leigh-on-Sea 10k	10 km		LoSS club 10k - 6pm start
Sun	27	October	Wix 5	5 mile		
Sat	9	November	Essex Remembrance Runs - 5k, 10k and HM	Various		Saffron Walden
Sun	10	November	Stebbing 10	10 mile		
Wed	25	December	Christmas Day			
Thu	26	December	Boxing Day			