

Events & Suggested Races - 2025/26



| Weekday | Day | Month | Event | Distance | Group | Comment |
|-------------|-----|----------------|--|----------------|--------|---|
| Mon | | WEEKLY* | LoSS Monday Training (*excluding bank holidays) | 0 to 10km | | Meet at Ridgeway Gardens, Chalkwell |
| Wed | | WEEKLY | LoSS Wednesday Training | 0 to 10km | | Garon's Track through to Spring 2026 |
| Fri | | WEEKLY | LoSS Friday Training at 9:15am | 0 to 10km | | Meet at The Grove restaurant |
| Sat | | WEEKLY | Southend, Chalkwell, Hockley or Hadleigh parkrun | 5 km | | Start 9am |
| Sun | | WEEKLY | Hawkwell and Great Wakering Junior parkrun | 2 km | | Start 9am |
| 2025 | | | | | | |
| Sat | 25 | October | Essex XC League #1 @ One Tree Hill, Langdon Country Park | 0 to 10km | XC | Essex XC League; LoSS Championship 2025/26 |
| Sun | 26 | October | Stort 30 | Ultra-Marathon | | |
| Sun | 2 | November | South Essex XC League #1 - Benfleet RC @ Hadleigh Park | 0 to 10km | XC | South Essex XC League |
| Sun | 2 | November | Leigh-on-Sea 10k | 10 km | | LoSS club 10k - 6pm start |
| Sat | 8 | November | Essex XC League #2 @ Hainault Country Park | 0 to 10km | XC | Essex XC League |
| Sun | 9 | November | Rochford 10 | 10 mile | XC | LoSS Championship 2025/26 |
| Sun | 9 | November | Stebbing 10 | 10 mile | | |
| Sun | 9 | November | Remembrance Sunday 2025 (10k, HM, Mara, 6 hr timed) | Various | | Hare & Tortoise Event |
| Sun | 9 | November | Canvey Island Trail Half Marathon | Half Marathon | | |
| Sun | 16 | November | LoSS Circle Line Run | | Social | Click here for Facebook Event |
| Sat | 22 | November | Essex XC League #3 @ Hadleigh Park | 0 to 10km | XC | Essex XC League |
| Sun | 23 | November | Pier Hill 5km - hosted by Lee Heley | | | Click here for Facebook Event |
| Sun | 30 | November | South Essex XC League 2 - Rochford RC @ Hockley Woods | 0 to 10km | XC | South Essex XC League |
| Sat | 13 | December | Essex Vets XC Champs @ Epping Forest | 0 to 10km | XC | Essex Vets XC Champs |

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| Sun | 14 | December | Southend 5 Mile Rudolph Run | 5 mile | | |
| Wed | 17 | December | 5k Time Trial - Garon's Track | 5 km | | LoSS Championship 2025/26 |
| Thu | 18 | December | Holly's Leigh Christmas Lights Run | | Social | Click here for Facebook Event |
| Sun | 21 | December | LoSS Turkey Trot | 0 to 10km | | LoSS Championship 2025/26 |
| Sun | 21 | December | LoSS Christmas Drinks after Turkey Trot | | Social | Click here for Facebook Event |
| Thu | 25 | December | Christmas Day | | | |
| Fri | 26 | December | Boxing Day | | | |
| Fri | 26 | December | Crown to Crown 5k - Boxing Day (Race 7 of 7) | 5 km | | Pitsea Running Club - 11:00am start |
| Sun | 28 | December | South Essex XC League 3 - LoSS @ Hadleigh Park | 0 to 10km | XC | South Essex XC League |
| 2026 | | | | | | |
| Thu | 1 | January | New Year's Day | | | |
| Thu | 1 | January | Knacker Cracker | 10 km | | Box Hill, Surrey |
| Sat | 3 | January | Essex XC Champs @ Gloucester Park | 0 to 10km | XC | Essex XC Champs |
| Sat | 10 | January | Essex XC League #4 @ TBC | 0 to 10km | XC | Essex XC League |
| Sun | 18 | January | Benfleet 15 | 15 mile | | LoSS Championship 2025/26 |
| Sun | 25 | January | South Essex XC League 4 - Nuclear Striders @ Wild Forest | 0 to 10km | | XC South Essex XC League; LoSS Championship 2025/26 |
| Sun | 1 | February | South Essex XC League 5 - Pitsea RC @ One Tree Hill | 0 to 10km | XC | South Essex XC League |
| Sun | 1 | February | Great Bentley Half Marathon | Half Marathon | | Entries open 18th Oct |
| Sat | 7 | February | Essex XC League #5 @ TBC | 0 to 10km | XC | Essex XC League |
| Sun | 15 | February | South Essex XC League - Reserve Fixture date | 0 to 10km | XC | South Essex XC League |

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|---------|-----|----------|---|----------------------|-------|-------------------------------------|
| Sun | 15 | February | London Winter Run 10k | 10 km | | |
| Sun | 15 | February | Rayne'ing Medals Anniversary 2025 (5k, 10k, HM, Mara, 6 Hour) | Various | | Hare & Tortoise Event , Rayne Essex |
| Sat | 21 | February | Hadleigh parkrun | 5 km | | LoSS Championship 2025/26 |
| Sat | 21 | February | English National Cross Country Championship | Various | XC | Sedgefield, Country Durham |
| Sun | 22 | February | Hadleigh Legacy 10k | 10 km | | |
| Sun | 22 | February | St Peters Way Ultra 45M | Ultra-Marathon | | |
| Sun | 1 | March | Chelmsford Half Marathon | Half Marathon | | LoSS Championship 2025/26 |
| Sun | 1 | March | Chelmsford 5k and 10k | 5km & 10km | | |
| Sun | 1 | March | London Half Marathon and 10K | Various | | Queen Elizabeth Olympic Park |
| Sun | 8 | March | Colchester Half Marathon | Half Marathon | | |
| Fri | 13 | March | LoSS Charity Quiz Night 2026 | | | Social |
| Sun | 15 | March | Essex 20 | 20 miles | | LoSS Championship 2025/26 |
| Sun | 15 | March | Debden 10k and 5k | Various | | Debden Airfield |
| Wed | 18 | March | LoSS AGM | | | Social |
| Sat | 21 | March | Orion 15 | 15 mile | | |
| Sun | 22 | March | Brentwood Half Marathon | Half Marathon | | LoSS Championship 2025/26 |
| Sun | 22 | March | Lee Valley Half Marathon and 10k | Various | | |
| Sun | 22 | March | Dave Wrights Colchester 15m and 7.5m | Various | | |
| Sat | 4 | April | Southend parkrun | 5 km | | LoSS Championship 2025/26 |
| Sun | 12 | April | Brighton Marathon | Marathon | | |

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| Sun | 12 | April | London Landmarks Half Marathon | Half Marathon | | |
| Sun | 12 | April | Bromley 10k | 10 km | | |
| Fri | 3 | April | Good Friday | | | |
| Fri | 3 | April | LoSS Easter Egg Hunt (TBC) | | Social | |
| Mon | 6 | April | Easter Monday | | | |
| Sun | 19 | April | Saltmarsh Half Marathon | Half Marathon | | Hare & Tortoise Event, South Woodham Ferrers |
| Sun | 19 | April | Manchester Marathon | Marathon | | |
| Sun | 26 | April | TCS London Marathon | Marathon | | |
| Sat | 2 | May | Belfairs Backyard Ultra 2026 (unofficial) | Ultra | | Race HQ: Lee's Garden |
| Sun | 3 | May | Roach Valley Way Charity Relay | Various | XC | |
| Mon | 4 | May | Early May Bank Holiday | | | |
| Mon | 4 | May | Milton Keynes Marathon | Marathon | | |
| Sat | 9 | May | LoSS - Tribute Night Charity Fundraiser | Social | | Click here for Facebook Event |
| Sun | 10 | May | Halstead and Essex Marathon | Marathon | | |
| Sun | 10 | May | Colchester 10K | 10 km | | |
| Sat | 16 | May | Dunton Test Track 10M and 10K | 10km and 10M | | |
| Sun | 17 | May | South Woodham Runners 10k | 10 km |  | LoSS Championship 2025/26 |
| Sun | 17 | May | Great Baddow 10M (plus 2m Fun Run) | 10 mile | | |
| Sun | 17 | May | Colchester Stampede 10k | 10 km | | Colchester Zoo |
| Sun | 17 | May | Hackney Half Marathon | Half Marathon | | |

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| Mon | 25 | May | Spring Bank Holiday | | | |
| Wed | 27 | May | 1 mile Time Trial - Garon's Track | 1 mile | 🏆 | LoSS Championship 2025/26 |
| Sun | 31 | May | Rayleigh 10k | 10 km | | |
| Sat | 6 | June | Sundowner Trail Marathon | 27 mile | | Trail Boss running Co. event in Chelmsford |
| Sun | 14 | June | Southend Half Marathon | Half Marathon | 🏆 | LoSS Championship 2025/26 |
| Sun | 14 | June | Stour Valley Marathon & Half | Marathon | | Hare & Tortoise Event |
| Wed | 8 | July | Heartbreak Hill Challenge | Various | 🏆 | LoSS Championship 2025/26 |
| Sat/Sun | 11/12 | July | Spitfire Scramble | Various | | 24-hour relay in Hornchurch |
| Sun | 19 | July | LoSS Salad Trot | 0 to 10km | 🏆 | LoSS Championship 2025/26 |
| Sun | 19 | July | LoSS Summer Drinks | | Social | |
| Sun | 26 | July | Finish Line Frolic (HM, Mara, 6 Hour) | Various | | Hare & Tortoise Event at Belchamps |
| Sat | 15 | August | Hockley Woods parkrun | 5 km | 🏆 | LoSS Championship 2025/26 |
| Sun | 30 | August | Muntjac 15 | 15 mile | | Trail Boss running Co. event in Danbury |
| Sun | 16 | August | Clacton 10k / Clacton Half Marathon & Fun Run | Various | | |
| Mon | 31 | August | Summer Bank Holiday | | | |
| Mon | 31 | August | LoSS Animal Relay (TBC) | | XC | |
| Sun | 6 | September | Essex Way Relay | Various | | |
| Sun | 6 | September | The Big Half (London) | Half Marathon | | |
| Sun | TBA | September | Belfairs 5 | 5 mile | 🏆 | LoSS Championship 2025/26 |
| Sun | 27 | September | Vitality London 10000 | 10 km | | |

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| Sat | 14 | November | LoSS Annual Dinner Dance & Prize Giving | | Social | Click here for Facebook Event |
| Sun | TBA | October | Royal Parks Half | Half Marathon | | |
| TBC | TBC | December | LoSS Festive Christmas Lights Run | | Social | |
| Sun | TBC | December | LoSS Turkey Trot | 0 to 10km | | |
| Sun | TBC | December | LoSS Christmas Drinks after Turkey Trot | | Social | |
| Fri | 25 | December | Christmas Day | | | |
| Mon | 28 | December | Boxing Day (substitute day) | | | |
| Fri | 1 | January | New Year's Day | | | |