

Road Races

- 26th December. Witham Boxing Day 5 mile www.withamrc.org.uk
- 26th December. Crown to Crown (11.00am enter on day £1.00) <http://pitsearunningclub.org.uk>
- 24th January. Benfleet 15 www.benfleetrainingclub.com
- 31st January Reedham 10 www.gydac.org.uk
- 7th February. Great Bentley Half Marathon (Essex Championship Race) www.gbrc.org.uk **online entries only**
- 21st February. Mud & Mayhem Duathlon http://gobeyondultra.co.uk/mud_and_mayhem_off_road_duathlon_series
- 28th February. Roding Valley Half Marathon www.rvhm.org.uk/
- 7th March. Great Bromley 20 mile (Essex Championship Race)
- 20th March. Orion 15 <http://www.orionharriers.org.uk>
- 21st March. Mud & Mayhem Duathlon http://gobeyondultra.co.uk/mud_and_mayhem_off_road_duathlon_series
- 21st March. Brentwood half marathon www.brentwoodhalf.org
- 21st March. Hastings half marathon www.hastings-half.co.uk
- 27th March Victoria Park 5mile www.vphthac.org.uk/2009open5.html
- 28th March. Braintree 5 mile www.braintreeanddistrictac.co.uk
- 28th March. St Clare's Hospice sunflower 10k www.stclare-hospice.co.uk/running.html
- 18th April Newham classic 10k www.newhamclassic10k.com
- 25th April. London Marathon <http://www.virginlondonmarathon.com>
- 9th May. Halstead Marathon (Essex Championship Race) www.halsteadroadrunners.net
- 9th May. Bluebell 5 <http://users.aber.ac.uk/aiv/bluebell5.htm>
- 9th May. The Gauntlet 10K <http://www.muckyraces.co.uk>
- 23rd May. Baddow 10 mile www.baddowraces.org.uk
- 31st May. Hatfield Broad Oak 10k www.hbo-10k.org.uk
- 13th June. Southend half marathon www.southendracers.co.uk
- 13th June St Albans Half Marathon www.stalbanshalfmarathon.co.uk
- 11th July. Felsted 10K (Essex Championship Race) www.grangefarmtrotters.co.uk
- 18th July. Thrift Green Trotters Brentwood 10k (Essex champs race) <http://www.thriftgreentrotters.co.uk/>
- 25th July. Harlow 10 mile (Essex Championship Race) www.thehrc.org.uk
- ? Oct. Wix 5 mile (Essex Championship Race) www.harwichrunners.co.uk