



Race Calendar 2025/26

Confirmed Events, Essex and Suffolk

Date	Event	Distance	Location	Notes
2025				
Sun 19 Oct	Wix 5	5 Miles	Wix	Flat, rural
Sun 9 Nov	Scenic 7	7 Miles	Stowmarket	Undulating
Sun 9 Nov	Stebbing 10	10 Miles	Stebbing, NW Essex	Mostly flat, fast course. Always sells out well in advance
Sun 23 Nov	Hadliegh 5 and 10	5 miles, 10 miles	Hadleigh, Suffolk	Undulating with capital U
Wed 24 Dec	RHS Christmas Eve fun run	5K	RHS Holbrook	Festive dress optional
Fri 26 Dec	Groggy Doggy	??	Bungay	
2026				
Sun 4 Jan	Suffolk XC champs	5k – 5M	Hadleigh	Challenging course. Open to Suffolk qualified runners
Sun 4 Jan	Essex XC champs	5k – 5M	Gloucester Park, Basildon	Open to Essex qualified runners
Sun 1 Feb	Great Bentley Half	13.1 Miles	Great Bentley	Pancake flat save for “death Hill”
Sun 22 Feb	Tarpley 10M and 20M	10 Miles and 20 Miles	Bury St Edmunds	Undulating course
Sun 1 Mar	Chelmsford HM, 10K and 5K	13.1 Miles, 10k, 5k	Chelmsford	City festival of running. HM rural.
Sun 8 Mar	Colchester Half	13.1 Miles	Northern Gateway, Colchester	Hilly first half, flat last 6 Miles
Sun 15 Mar	Stowmarket Half and 10k	13.1 Miles, 10K	Stowmarket	HM is Suffolk County champs. Undulating
Sun 15 Mar	Essex 20	20 Miles	Debden airfield	Essex Champs. Pancake flat
Sun 22 Mar	County Road relays	5k legs	Northern Gateway,	Suffolk Championships

Colchester				
Sat 28 Mar	Bungay HM and 10K	13.1 Miles and 10k	Bungay	Rural, hilly, some off road
Fri 3 Apr	Sudbury Fun Run	5 Miles	Sudbury	Evening race, fast course
Sun 12 Apr	Little Bromley 10K	10K	Little Bromley	Pancake flat
Sun 26 Apr	TCS London Marathon	26.19 Miles	London	
Sun 17 May	Colchester Zoo Stampede 10k	10k	Colchester Zoo	Horribly hilly and wild animals, some in enclosures
Fri 22 May	Kirton 5	5M	Kirton, Nr Felixtowe	Part of the Friday 5 Series. Super fast times
Fri 29 May	Framlingam 5	5M	Framlingham	Part of the Friday 5 Series. Bumpy, say hi to Ed
Fri 5 Jun	Sudbury 5	5M	Sudbury	Part of the Friday 5 Series. Town centre, big crowds
Sun 14 Jun	Boxted 5k and 10k	5k and 10k	Boxted, Essex	Horrible off road course!
Fri 19 Jun	Bury Friday 5	5M	Nowton Park, Bury St Edmunds	Off road course
Sun 21 Jun	Ipswich 10K	10k	Ipswich	
Sun 21 Jun	Newmarket 10k	10k	Sketchworth, Newmarket	Challenging course
Sun 28 Jun	Kesgrave 10K	10	Kesgrave	Pancake flat 2 lap course.
Fri 3 July	Bentley 5	5M	Great Bentley	Part of the Friday 5 Series. Last event, flat course, but watch out for "death hill" at mile 1.
Fri 10 July	Brantham fun Run	5M	BLC	Part of the Suffolk Grand Prix Series for the first time.
Fri 10 July	Ipswich Twilight	10k	Ipswich	Scarily fast but fun race
Sat 8 Aug	SVP 50 and 100	50k and 100k	Sudbury to BLC	Challenging off road event
Sun 6 Sep	Famlingham 10k	10k	Framlingham	Castley run
Sun 20 Sep	Coastal 10	10M	Felixstowe	Suffolk 10M championships. Couple of hills and drags, sea views.
Sun 27 Sep	Ipswich Half	13.1	Ipswich	Town centre course with lots of support