



East Anglian Running Events

2020/21

Note - Compiled by David Murrell, all information correct to my knowledge. Races with no date are taken from previous year but gives an idea of races to look out for.

| v6.3 | Date 2020 | Date 2021 | Race | County |
|-------|-----------|-----------|--|---------|
| Jan | 1 | | Wymondham New Year's Day 10k | Norfolk |
| | 1 | | Flitch Way Marathon & 10k - Braintree | Essex |
| | 5 | | Thetford Trails | Norfolk |
| | 15 | | EACCL | Various |
| | 19 | | Snetterton Race Track 10k and 5k | Norfolk |
| | 19 | | Benfleet 15mile | Essex |
| | 19 | | Reepham Cross Country | Norfolk |
| | 25 | 23 | Peddars Way Trail Ultra Marathon | Norfolk |
| | 26 | | Freethorpe Ten | Norfolk |
| | 29 | | EACCL | Various |
| Feb | 2 | | Great Bentley Half Marathon | Essex |
| | 5 | | EACCL | Various |
| | 16 | | Valentine 10k | Norfolk |
| | 16 | | Thetford Trails 10k (winter series) | Norfolk |
| | 16 | | Marriotts Way Trail Marathon / Half-Marathon | Norfolk |
| | 16 | | St Luke's Hospice Dunton Test Track 10 mile | Essex |
| | 19 | | EACCL | Various |
| | 23 | | Tarpley 10/20mile | Suffolk |
| | 23 | | Peterborough Winter 10k | Cambs |
| | 23 | | St Peters Way Ultra, Essex 45 Mile | Essex |
| | 26 | | EACCL | Various |
| March | 1 | | Ringland Half Marathon | Norfolk |
| | 8 | | Cambridge Half Marathon | Cambs |
| | 8 | | Honey Bell Cross Country | Norfolk |
| | 8 | | Thetford Trails 1/2 Marathon | Norfolk |
| | 8 | | Hockley Woods 6hr Trail Challenge | Essex |
| | 8 | | Roding Valley Half Marathon, Essex | Essex |
| | 11 | | EACCL | Various |
| | 15 | | Mud & Mayhem Trail Duathlon Thetford | Norfolk |
| | 15 | | Robert Tomlinson Half - Buxhall | Suffolk |
| | 15 | | Mad March Hare 10k | Norfolk |
| | 15 | | Beowulf 10KM and 5KM - Race 1 | Suffolk |
| | 15 | | Brentwood Half Marathon | Essex |
| | 15 | | Southend Pier Marathon | Essex |
| | 15 | | Stowmarket Half Marathon | Suffolk |
| | 22 | | Dave Wrights Colchester 15m/7.5m | Essex |
| | 25 | | EACCL | Various |
| | 28 | | Nelson Knee Knobbler Caister Race 1 | Norfolk |
| | 29 | | Keith Hall 10k - Thorney | Cambs |
| | 29 | | Wymondham 20m | Norfolk |

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| | 29 | Diss Duathlon | Norfolk |
| | 29 | Barr Ellison Thetford 10k | Norfolk |
| | 29 | Colchester Half Marathon | Essex |
| | | Inter-Counties 20m – Rochford, Essex | Essex |
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| | | Comic Hero Run, Colchester | Essex |
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| April | 4 | Thetford Forest of Light Run 2hr Endurance | Norfolk |
| | 5 | Lowerstoft Promenade 5Mile | Suffolk |
| | 5 | City of Norwich Half Marathon | Norfolk |
| | 5 | Rayleigh 10K | Essex |
| | 10 | Chelmsford 10k | Essex |
| | 10 | Sudbury Fun Run 5 Mile | Suffolk |
| | 12 | Fakenham 5k | Norfolk |
| | 19 | Bungay Festival of Running Marathon/Half/10k/5k | Suffolk |
| | 17 | Thetford Forest Spring Trail Night 10k | Norfolk |
| | 18 | Thetford Forest Colour 5k | Norfolk |
| | 19 | Chase the Train | Norfolk |
| | 19 | Harwich Runners Bromley 10K | Essex |
| | 19 | Frinton & Walton Half Marathon | Essex |
| | 22 | Great Yarmouth 5m Series - race 1 | Norfolk |
| | 25 | South Cambs Half/Full Marathon | Cambs |
| | 26 | London Marathon | London |
| | 26 | Hundon Marathon | Suffolk |
| | 26 | Breckland Forest Marathon and Half Marathon | Norfolk |
| | 26 | Childerley Estate 10K Cambridge | Cambs |
| | | Maldon 5K Summer Handicap Series | Essex |
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| May | 3 | Grand East Anglia Run Gear 10k - kings Lynn | Norfolk |
| | 3 | Heritage Coast Run Marathon/Half Marathon | Suffolk |
| | 3 | Henham Park Festival of Running | Essex |
| | 3 | Alton Water Run 5k, 10k Suffolk | Suffolk |
| | 3 | Oxford Town & Gown 10k | Ox'shire |
| | 3 | May Day 10mile, Witham | Essex |
| | 6 | Great Yarmouth 5m Series - race 2 | Norfolk |
| | 7 | Newmarket Heath Race 6k | Suffolk |
| | 8 | Breckland 10k | Norfolk |
| | 9 | Essex Cross Country 10K Series | Essex |
| | 9 | Ipswich Twilight 5k | Suffolk |
| | 9 | Hylands House 10K Chelmsford | Essex |
| | 10 | Dereham 10m | Norfolk |
| | 10 | Rochford 10K | Essex |
| | 10 | Halstead & Essex Marathon | Essex |
| | 10 | Colchester 10K | Essex |
| | 13 | Wroxham 5k Series - race 1 | Norfolk |
| | 17 | Mammoth Marathon and Half Marathon | Norfolk |
| | 17 | Woodbridge 10K Suffolk | Suffolk |
| | 17 | Braintree 5mile | Essex |

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| | 17 | Great Baddow 10miles Chelmsford | Essex |
| | 17 | Colchester Stampede 10K | Essex |
| | 17 | Wimpole Estate 10K, Cambridgeshire | Cambs |
| | 20 | Great Yarmouth 5m Series - race 3 | Norfolk |
| | 24 | Holt 10k | Norfolk |
| | 24 | High Easter 10k | Essex |
| | 24 | Burnham on Crouch 10K | Essex |
| | 25 | Hatfield Broad Oak 10K Hertfordshire | Herts |
| | 29 | EACCL | Various |
| | 29 | Kirton Friday 5 | Suffolk |
| | 30 | ROC 24hr Ipswich | Suffolk |
| | 31 | Alex Moore Relay | Norfolk |
| | 31 | Old Buckenham 10k | Norfolk |
| | | Waveney Spring Triathlon | Suffolk |
| | | Maldon 5K Summer Handicap Series | Essex |
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| June | 3 | Bungay Summer Series Race 1 | Suffolk |
| | 5 | Lotus Test Track 5k & 10k | Norfolk |
| | 5 | Friday 5mile | Suffolk |
| | 5 | EPIC Aylsham 5k | Norfolk |
| | 6 | Cambridge Summer Run 10Mile | Cambs |
| | 7 | Mike Groves 10k | Norfolk |
| | 7 | Stansted 10K | Essex |
| | 7 | Stour Valley Marathon | Essex |
| | 7 | Beccles Triathlon | Suffolk |
| | 10 | Wroxham 5k Series - race 2 | Norfolk |
| | 12 | Sudbury Friday 5 | Suffolk |
| | 13 | Essex Cross Country 10K Series | Essex |
| | 13 | Belhus Woods Country Park 10k | Essex |
| | 14 | Southend Half Marathon | Essex |
| | 14 | Boxted 10K/5K | Essex |
| | 12 to | Suffolk Trail Festival Thetford 3k, 10, Enduarnce | Suffolk |
| | 19 | EACCL | Various |
| | 19 | Bury Friday 5mile | Suffolk |
| | 20 | Longsdale Strides Endurance 3k Loops | Norfolk |
| | 20-21 | HARP 24-Hour Relay Challenge | Essex |
| | 21 | Run Sandringham 2020 Half Marathon | Norfolk |
| | 21 | Capel 5mile | Suffolk |
| | 24 | Bungay Summer Series Race 2 10k | Suffolk |
| | 26 | EPIC North Walsham 5k | Norfolk |
| | 26 | Stowmarket Friday 5mile | Suffolk |
| | 27 | Holkham 10k | Norfolk |
| | 27 | Colour 5km Colchester | Essex |
| | 28 | Outlaw Half Holkham | Norfolk |
| | 28 | Humpty Dumpty 10k | Norfolk |
| | 28 | Mersea Island Race 13mile | Essex |
| | 28 | Marcus Gynn Newmarket 10k | Suffolk |
| | 28 | Horndon on the Hill 10K | Essex |
| | | Framlingham Friday 5 | Suffolk |
| | | Maldon 5K Summer Handicap Series | Essex |

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| | | Stowmarket Friday 5mile | Suffolk |
| July | 1 | Wroxham 5k Series - race 3 | Norfolk |
| | 3 | Great Bentley Friday 5mile | Suffolk |
| | 4 | Colour 5k Hoveton | Norfolk |
| | 4 | Lord Mayor's 5k City Centre Classic | Norfolk |
| | 5 | Fen Gallop 10k or 4 Mile | Cambs |
| | 5 | Nelson Knee Knobbler Winterton Race 2 | Norfolk |
| | 12 | Norwich Triathlon | Norfolk |
| | 10 | Brantham 5 Mile | Essex |
| | 10 | Wibbly Wobbly Log Jog - Thetford | Norfolk |
| | 11 | Essex Cross Country 10K Series | Essex |
| | 12 | Harling 10k | Norfolk |
| | 12 | Ekiden Relay - Woodbridge | Suffolk |
| | 15 | Bungay Summer Series Race 3 10k | Suffolk |
| | 19 | Run Norwich 10k | Norfolk |
| | 24 | Worstead 5m | Norfolk |
| | 24 | EACCL | Various |
| | 24 | Ipswich Twilight 10K | Suffolk |
| | 26 | Kirste 5mile Memorial Race | Essex |
| | | Felsted 10K | Essex |
| | | Maldon 5K Summer Handicap Series | Essex |
| | | Dereham Carinval Mile | Norfolk |
| | | Norfolk Day 10K Thetford | Norfolk |
| Aug | 5 | Scottow Sundowner 5k | Norfolk |
| | 7 | Reepham Summer 10k | Norfolk |
| | 8 | Essex Cross Country 10K Series Hadleigh park | Essex |
| | 15 | Stour Valley Path 100k & 50k | Essex |
| | 16 | Great Yarmouth Half Marathon | Norfolk |
| | 23 | Dereham 5k | Norfolk |
| | 16 | Clacton Half Marathon/10K | Essex |
| | 14 prov | Wortwell Summer Sizzler 5mile | Norfolk |
| | 30 prov | Lowestoft Scores Race 4.75mile | Suffolk |
| Sept | 6 | Wissey Half Marathon | Norfolk |
| | 6 | Harlow Road Race 5 or 10Mile | Essex |
| | 6 | Framlingham 10K | Suffolk |
| | 11 | Ickworth Sunset Chase 5K & 10K | Suffolk |
| | 12 | Essex Cross Country 10K Series | Essex |
| | 12 | Weald Park 10K | Essex |
| | 13 | Felixstowe Coastal 10miles | Suffolk |
| | 13 | Ingatestone 5 miles | Essex |
| | 13 | Beowulf 10KM and 5KM - Race 2 | Suffolk |
| | 13 | Jolly Jaguars 10k | Norfolk |
| | 19 & 20 | Round Norfolk Relay | Norfolk |
| | 20 prov | Pleshey Half Marathon | Essex |
| | 20 | Great East Run Half Marathon Ipswich | Suffolk |
| | 26 | Norfolk Coastal Trail Marathon | Norfolk |
| | 27 | Bure Valley 10m | Norfolk |

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| | 27 | ETC Ely Runfest | Cambs |
| | 27 | Maldon Half marathon | Essex |
| | | Langham 10K | Essex |
| | | Thetford Icenis 10K, half marathon, marathon | Norfolk |
| | | Stowmarket Half Marathon | Suffolk |
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| Oct | 3 | Nelson Knee Knobbler Sea Palling Race 3 | Norfolk |
| | 3 | Saltmarsh Ultra Marathon & Half Marathon | Essex |
| | 4 | Marriott's Way 10k | Norfolk |
| | 4 | Colchester Stampede Half marathon | Essex |
| | 4 | Martlesham 10K | Suffolk |
| | 11 | Norfolk Gazelles Championship Relay | Norfolk |
| | 17 | Kings Forest Half/Marathon/Ultra | Suffolk |
| | 18 | Saxon 5 mile | Suffolk |
| | 18 | Chelmsford Marathon | Essex |
| | 18 | East Coast 10k Great Yarmouth | Norfolk |
| | 25 | Trowse 10k | Norfolk |
| | 25 | Thurlow 5 and 10 miles | Suffolk |
| | | Lowestoft Half Marathon | Suffolk |
| | | Thurrock 10K | Essex |
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| Nov | 1 | Houghton Hall XC | Norfolk |
| | 1 | Elmstead Market Trails Marathon & Half | Essex |
| | 8 | George Monday 10k | Cambs |
| | 22 | Rag-It-Round Repps 11km Trail | Norfolk |
| | 29 | Bass Belle 10 Mile - Bassingbourne | Cambs |
| | | Scenic 7mile | Suffolk |
| | | Hadleigh 10/5 | Suffolk |
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| Dec | 6 | Buxton 5k Fun Run | Norfolk |
| | tbc | Beccles Turkey Trott | Suffolk |
| | 12 | Festive Forest Challenge 10k/Half/20m | Suffolk |
| | 26 | Groggy Doggy Bungay 4.2mile | Suffolk |
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