

Date	Race	Location	Time	Notes
Sun Apr 10, 2011	Hertford 10K	Hertford, Herts	10:30	
Sun Apr 10, 2011	Flitwick 10K	Flitwick, Beds	10:30	
Sun Apr 17, 2011	London Marathon	London		
Sun Apr 17, 2011	Duston Triathlon, 2011	Duston, Northants	07:45	
Sun Apr 17, 2011	Air Ambulance Heroes Run	Holdenby House, Northampton	11:00	5K, 10K, family fun day
Sun Apr 24, 2011	Monster 80K Duathlon	Littleport, Cambs	08:00	Run 10K Bike 60K Run 10K
Sun Apr 24, 2011	St Georges Day 10K/Half marathon	Stanwick Lakes, Wellingborough	10:00	
Sun May 01, 2011	Grand East Anglia Run 10K	Kings Lynn	10:30	
Sun May 01, 2011	Titchmarsh 10K	Titchmarsh, near Kettering	11:00	
Sun May 01, 2011	Langtoft 10K	Langtoft, Peterborough	11:15	3K fun run
Mon May 02, 2011	Ashdon 10K	Saffron Walden	10:30	Inc 3K fun run
Mon May 02, 2011	Breckland 10K	Thetford	11:00	
Wed May 04, 2001	Silverstone GP 10K	Silverstone	19:30	
Sat May 07, 2011	Fen Drayton Lakes 10K	Fen Drayton School	11:00	plus fun run
Sun May 08, 2011	Eye 10K	Eye, Peterborough	11:00	Inc 3K fun run
Sun May 08, 2011	Birtchhanger 10K	Bishops Stortford	10:00	1m fun run
Sun May 08, 2011	Saffron crocus trail 10	Saffron Walden	10:30	
Sun May 08, 2011	Grendon Triathlon 750m/20K/5K	Grendon, Northants	08:30	
Sun May 15, 2011	Aviator Duathlon	Sywell Aerodrome, Northampton	09:00	Run 10K, Bike 48K, Run 5K
Sun May 15, 2011	NiceTri Sprint Triathlon 1	St Neots	07:00	750m/20K/5K
Sun May 15, 2011	Shuttleworth 5	Shuttleworth, Biggleswade	10:30	
Sun May 15, 2011	Stebbington 12K	Stebbington, Bedford	11:00	
Sun May 22, 2011	Henham 10K fun run	Bishops Stortford	10:30	
Sun May 22, 2011	Mud & Mayhem Triathlon & 10K	Northampton	08:30	Swim 1500m, Bike 30K, Run 10K
Sun May 29, 2011	Woodland Half Marathon	Bourne, Lincs	10:00	
Mon May 31, 2011	Hatfield Broad Oak 10K	Hatfield Broad Oak	11:00	1 mile kids fun run
Sat Jun 04, 2011	Ultra running made simple	Northampton	10:30	Training course
Sun Jun 05, 2011	Northants Ultra 34	Northampton	10:00	
Sun Jun 05, 2011	Zoo stampede 10K	Whipsnade zoo	09:30	2K fun run
Sun Jun 12, 2011	Alexander the Great 10K/Half marathon	Stanwick Lakes, Wellingborough	10:00	5K fun run
Sun Jun 12, 2011	The Hero's Half	Army training, Bassingbourne	09:00	3m fun run
Sun Jun 19, 2011	Huntingdon 10K	Huntingdon race course	10:00	
Sun Jun 19, 2011	NiceTri Sprint Triathlon 2	St Neots	07:00	750m/20K/5K
Sun Jun 19, 2011	Midsummer Madness 10K/20K/30K	Wellingborough	10:00	
Fri Jun 24, 2011	Colworth 5	Colworth	19:00	
Fri Jun 24, 2011	Colworth Marathon Challenge	Colworth	19:00	
Sat Jun 25, 2011	Colworth Trail Race 8	Colworth	12:00	
Sun Jun 26, 2011	Colworth Half Marathon	Colworth	10:30	
Sun 26th Jun, 2011	Stortford 10	Bishop Stortford	10:30	plus fun run
Sun 3rd July, 2011	March 5 Spud Run	March	11:00	1.5 fun run
Sun 3rd July, 2011	Newmarket 10K	Stechworth	10:00	fun run
Sun 10th July, 2011	Bushy 10K	Peterborough	11:00	fun run
Sun 17th July, 2011	Dairy Crest 10K	St Ives	10:30	3K fun run
Sun 17th July, 2011	Fairlands Valley Challenge	Stevenage	08:45	12m, 18m, 26.2m or 50K
Sun 24th July, 2011	Spartan 5K with 12 outrageous obstacles	Bassingbourn Barracks	10:00	full day live entertainment