

Stevenage Phoenix Running Club-suggested race events in 2023

Month	Event description	Distance	ARC permit?	Road or MT
29/01/2023	Bedford 10	10 miles	No	Road
05/02/2023	Watford	Half	No	Road
12/02/2023	Bramley 10	10 miles	No	Road
12/02/2023	Bramley 20	20 miles	No	Road
19/02/2023	Richmond half	13.1 miles	No	Road
26/02/2023	Bedford 10k (ATW)	10k	No	Road
26/02/2023	Bedford half (ATW)	Half	No	Road
05/03/2023	Oundle 20	20 miles	No	Road
08/03/2023	5000m track race	5k	Yes	Track
12/03/2023	MK 5k	5k	No	Road
12/03/2023	MK 10k	10k	No	Road
12/03/2023	MK half	Half	No	Road
12/03/2023	Mk 20	20 miles	No	Road
19/03/2023	Twin lakes 10	10 miles	No	Road
19/03/2023	Twin lakes 20	20 miles	No	Road
26/03/2023	Hillingdon 20	20 miles	No	Road
26/03/2023	Oakley 20	20 miles	Yes	Road
26/03/2023	ATW Bedford	10k	No	Road
26/03/2023	ATW Bedford	Half	No	Road
02/04/2023	Sandy 10	10 miles	No	Road
02/04/2023	London Landmarks	Half	No	Road
02/04/2023	Welwyn half	Half	No	Road
02/04/2023	White horse half	Half	No	Road
02/04/2023	Brighton	Mar	No	Road
07/04/2023	Maidenhead 10	10 miles	No	Road
02/04/2023	Sandy 10	10 miles	No	Road
16/04/2023	Manchester	Mar	No	Road
30/04/2023	Hitchin 10k	10k	Yes	Road
30/04/2023	Milton Keynes Turing 10k	10k	No	Road
01/05/2023	Milton Keynes half marathon	Half	No	Road
01/05/2023	Milton Keynes marathon	Mar	No	Road
14/05/2023	Marlow 5	5 miles	No	Road
07/05/2023	Greenway challenge	Half	No	MT
29/05/2023	Hatfield Broad Oak	10k	No	Road
25/06/2023	Welwyn 10k	10k	Yes	Road
Jun	Run around the garden 5k	5k	No	Road
11/06/2023	Southend	Half	No	Road
02/07/2023	Ware 10 miles	10 miles	No	Road
02/07/2023	Ware 10k	10k	No	Road
19/07/2023	Doug Anderson 5k	5k	Yes	Road
02/07/2023	NSPCC half (Milton Keynes)	Half	No	Road
17/09/2023	Stevenage 10k	10k	Yes	Road
30/08/2023	Hatfield 5k series - race 1 Herts senior champs	5k	No	Road
06/09/2023	Hatfield 5k series - race 2 Herts Vets champs	5k	No	Road
13/09/2023	Hatfield 5k series - race 3	5k	No	Road
03/09/2023	Baldock rat race	5k	Yes	MT
15/10/2023	Cabbage patch 10	10 miles	No	Road
01/10/2023	Standalone 10k	10k	No	Road
Nov	Bass Belle 10	10 miles	Yes	Road
18/11/2023	Wolverton 5	5 miles	No	Road
26/11/2023	Hatfield 5	5 miles	No	Road
19/11/2023	St Neots	Half	No	Road
22/10/2023	Stevenage half	Half	Yes	Road
30/12/2023	Buntingford 10	10 miles	No	Road
31/12/2023	Ely New Year's Eve 10k	10k	Yes	Road
10/12/2023	Festive 5	5 miles	Yes	Road