



# BDAC Events 2023

Sat 4th - Sun 5th March		<b>Essex &amp; Eastern Indoor Championships</b>	<b>Lea Valley</b>
Sunday 23rd April	EYAL	Peterborough & Nene Valley, Stevenage & HAWCS, Shaftesbury Barnet, Ipswich, Basildon, Braintree	<b>PETERBOROUGH PE1 5BW</b>
Sunday 30th April	EAL	Cambridge & Coleridge, West Norfolk, Luton, Braintree, Leighton Buzzard, Colchester & Tendring	<b>CAMBRIDGE CB3 0EQ</b>
Sat 13th- Sun 14th May		<b>Essex County Outdoor Championships</b>	<b>CHELMSFORD</b>
Saturday 20th May	SAL	Braintree, West Suffolk, Harlow, Ilford, Enfield, Orion	<b>BRAINTREE CM7 1FF</b>
Sunday 21st May	EYAL	Basildon, Thurrock, Dacorum, Braintree, Colchester Harriers, Brentwood Beagles	<b>BASILDON SS14 3GR</b>
Wednesday 24th May		<b>Essex Schools Multi Events</b>	<b>BRENTWOOD</b>
Sunday 4th June	EAL	Peterborough & Nene Valley, Hunts AC, Luton, West Norfolk, Leighton Buzzard, Braintree	<b>PETERBOROUGH PE1 5BW</b>
Saturday 10th June		<b>Essex Schools Championships</b>	<b>CHELMSFORD</b>
Sunday 18th June	SAL	Luton, Vale of Aylsbury, West Suffolk, Colchester Harriers, Newham & Essex Beagles	<b>LUTON LU1 4BH</b>
Wednesday 28th June		<b>Essex Schools Year 7 Championships</b>	<b>BRENTWOOD</b>
Sunday 2nd July	EYAL	Chelmsford, Ipswich, Colchester Harriers, Brentwood Beagles, Braintree, Bedfordshire Lions	<b>CHELMSFORD CM1 2EH</b>
Sunday 9th July NO POLE VAULT	SAL	City of Southend, Newham & Essex, West Norfolk, Cambridge & Coleridge, Braintree, Hertz Phoenix	<b>SOUTHEND SS2 4FA</b>
Sunday 16th July	EYAL	Chelmsford, Braintree, Brentwood Beagles, Thurrock, Shaftesbury Barnet, Bedford & County	<b>CHELMSFORD CM1 2EH</b>
Sunday 23rd July	EAL	Southend, Ipswich, Braintree, Luton, Colchester & Tendring, Diss/Woodbridgem Ipswich Jaffa	<b>SOUTHEND SS2 4FA</b>
Sunday 6th August	EYAL	Braintree, Ipswich, West Suffolk, City Of Norwich, Thurrock, Herts Phoenix	<b>BRAINTREE CM7 1FF</b>
Saturday 19th August	SAL	Barnet & District, Watford, West Suffolk, Biggleswade Beagles, West Norfolk	<b>WATFORD WD25 7HH</b>
Sunday 3rd September	EAL	<b>FINAL</b>	
Sunday 10th September	EYAL	<b>FINAL</b>	

<b>EAL U11 / U13 / U15 / U17 / SEN</b>	<b>EYAL U13 / U15 / U17</b>	<b>SAL U17 / SEN</b>
<b>County Championships</b> Entry online see <a href="http://www.essexroadrunning.org.uk">http://www.essexroadrunning.org.uk</a>		<b>Schools Championships</b> Search for ECSAA on Facebook
U11 Denise Twydell U13 Charlotte May	EAL/EYAL U15B/U17M Jane Roach EAL/EYAL U15G/U17W Julie Pugh	SAL U17M/U17W Mike Hills SAL SM/SW Mike Hills

**Enter your availability for SAL-EAL-EYAL scan QR code above**