

| RED Racers within the ERSA region | | ERSA RACES | | CLUB NATIONALS | | GBR/CHAMPIOSHIPS | | OTHER | |
|-----------------------------------|-----------------|-------------|---------------------|-------------------|----------------|------------------------------|---------------|----------------|--|
| Date | Event Summer L | Location | Event Club National | Location | Event National | Location | Other | Location | |
| | | | | | | | | | |
| AA | 23/04/2022 | | | | | | | | |
| | 24/04/2022 | ESA Schools | Norfolk | | | | | | |
| A | 1.0 30/04/2022 | | | | | GBR Outdoor 1 | Wales | | |
| | 2.0 01/05/2022 | | | | | GBR Outdoor 2 | Wales | | |
| B | 3.0 07/05/2022 | | | | | GBR Indoor 1 | England | | |
| | 4.0 08/05/2022 | WGC SL | Welwyn | | | GBR Indoor 2 | England | | |
| C | 5.0 14/05/2022 | | | Ravens | Silkworth | | | | |
| | 6.0 15/05/2022 | VIK SL | Ipswich | NESA | Silkworth | | | | |
| D | 7.0 21/05/2022 | | | Welwyn | Welwyn | | | | |
| | 8.0 22/05/2022 | | | Evolution | Welwyn | | | | |
| | 7.0 21/05/2022 | | | Pendle | Pendle | | | | |
| E | 8.0 22/05/2022 | | | Rossendale | Rossendale | | | | |
| | 9.0 28/05/2022 | | | Ambition (Indoor) | Chil Factore | | | | |
| F | 10.0 29/05/2022 | | | Excel (Indoor) | Chil Factore | GBR Outdoor 3 | Hillend | | |
| | 11.0 02/06/2022 | | | | | BASS Races | Landgraaf | | |
| G | 12.0 03/06/2022 | | | | | BASS Races | Landgraaf | | |
| | 13.0 04/06/2022 | | | | | BASS Races | Landgraaf | | |
| H | 14.0 11/06/2022 | | | Hemel (Indoor) | Hemel | | | | |
| | 15.0 12/06/2022 | | | SMK (Indoor) | SnoZone MK | | | | |
| I | 16.0 18/06/2022 | | | Western Counties | Gloucester | GBR Indoor 3 | Braehead | London Schools | |
| | 17.0 19/06/2022 | | | Gloucester | Gloucester | GBR Indoor 4 | Braehead | London Schools | |
| J | 18.0 25/06/2022 | | | Vikings | Ipswich | | | | |
| | 19.0 26/06/2022 | | | Norfolk | Norfolk | | | | |
| K | 18.0 25/06/2022 | | | | | | | | |
| | 19.0 26/06/2022 | | | | | | | | |
| L | 20.0 02/07/2022 | | | Midland | Swandlincote | | | | |
| | 21.0 03/07/2022 | NOR SL | Norwich | Telford | Swandlincote | | | | |
| M | 22.0 09/07/2022 | HEM SL | Hemel | Chatham | Chatham | | | | |
| | 23.0 10/07/2022 | SMK SL | SnoZone | | | | | | |
| N | 22.0 09/07/2022 | | | | | | | | |
| | 23.0 10/07/2022 | | | | | | | | |
| O | 24.0 16/07/2022 | | | | | GBR Indoor 5 | Chill Factore | | |
| | 25.0 17/07/2022 | | | | | British Indoor Championships | Chill Factore | | |
| P | 26.0 23/07/2022 | | | | | | | | |
| | 27.0 24/07/2022 | | | | | | | | |
| Q | 28.0 30/07/2022 | | | | | GBR Outdoor 4 | Pendle | | |

