

# Planned Runs for Marathon Training Season 2016/17

This plan is subject to change at short notice, depending on weather conditions, trains, demand and availability of leaders.

## Sunday Events

## Saturday XC's

|                   | Planned Run                           | Start                         | Finish        | Route   |   | Saturday XC's<br>Sandilands Cup                            |
|-------------------|---------------------------------------|-------------------------------|---------------|---|---|--|
| <b>Sun-30-Oct</b> | Beckenham 10 or 12                    | Sandilands                    | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=5735667">http://www.gmap-pedometer.com/?r=5735667</a><br>An extended run from the club house via Cator Park, Beckenham and Kelsey Park.                                     |   |  |
| <b>Sun-06-Nov</b> | Usual Sunday Run                      |                               |               |   |   | Reigate Priory XC Relays                                   |
| <b>Sun-13-Nov</b> | Coulsdon 11                           | Sth Coulsdon                  | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=1631650">www.gmap-pedometer.com/?r=1631650</a><br>Run back from Coulsdon via the LOOP   | Epsom 10 mile                             | M & W Surrey League XC<br>Epsom & Farthing                 |
| <b>Sun-20-Nov</b> | Usual Sunday Run                      |                               |               |   | South of Thames                           | London XC Champs   |
| <b>Sun-27-Nov</b> | Usual Sunday Run                      |                               |               |   | Reigate                                   | Parliament Hill Fields<br>Helen Furze Mob Match<br>Nonsuch |
| <b>Sun-04-Dec</b> | Farleigh 12                           | Sandilands                    | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=6140789">http://www.gmap-pedometer.com/?r=6140789</a><br>Extended run out towards Farleigh via Kingswood and back via Featherbed lane                                       |   | Ladies Surrey League XC<br>Mitcham                         |
| <b>Sun-11-Dec</b> | 9 Parks 12                            | Sandilands                    | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=6728298">http://www.gmap-pedometer.com/?r=6728298</a><br>Run to Crystal Place and bak via as many parks as possible.  | Holly Run Reigate                         | Mens Surrey League XC<br>Wimbledon Common                  |
| <b>Sun-18-Dec</b> | Wandle 14                             | Clapham                       | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=2366613">www.gmap-pedometer.com/?r=2366613</a><br>Catch the train to Clapham and run back along the Wandle Way.<br>Flat off road and opportunities to catch the tram.       |   |  |
| <b>Sun-25-Dec</b> | Christmas Day                         |                               |               |   |   | Parkruns   |
| <b>Mon-26-Dec</b> | Usual Sunday run.                     |                               |               |   |   |  |
| <b>Sun-01-Jan</b> | Addington 4                           | Shirley Church Road           |               | <a href="http://www.gmap-pedometer.com/?r=5190399">www.gmap-pedometer.com/?r=5190399</a><br>The annual club fun event where you work out your own handicap.   |   | Parkruns   |
| <b>Mon-02-Jan</b> | Keston Ponds 6 or 14                  | Sandilands<br>or Sparrows Den | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=2558460">www.gmap-pedometer.com/?r=2558460</a><br>Either run from the clubhouse or meet at sparrows Den for a circuit of the Bromley Three commons route past Keston Ponds. | Winter Tanners,<br>20 or 30 mile walk/run | Surrey XC Champs<br>Lloyd Park                             |
| <b>Sun-08-Jan</b> | Greenwich 6,12 or 13                  | London Bridge                 | London Bridge | <a href="http://www.gmap-pedometer.com/?r=2170782">www.gmap-pedometer.com/?r=2170782</a><br>The annual outing from London Bridge to Greenwich and back,<br>finishing with English Breakfast at the Cafe Rouge.        |   |  |
| <b>Sun-15-Jan</b> | Bromley Beckenham Mob Match confirmed | Near Sparrows Den             | Keston        | <a href="http://www.gmap-pedometer.com/?r=6722529">www.gmap-pedometer.com/?r=6722529</a>  |   | M & W Surrey League XC<br>Ham & Cranford                   |
| <b>Sun-22-Jan</b> | Riddlesdown 14                        | Sandilands                    | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=5240872">www.gmap-pedometer.com/?r=5240872</a><br>Sparrows Den to Riddlesdown   |   |  |
| <b>Sun-29-Jan</b> | 9 Parks 15                            | Sandilands                    | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=6762626">http://www.gmap-pedometer.com/?r=6762626</a><br>Through Crystal palace to Dulwich Park. To confirm precise route.  |   | Southern XC Champs   |
| <b>Sun-05-Feb</b> | Merstham 15                           | Merstham                      | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=1550627">www.gmap-pedometer.com/?r=1550627</a>  | Watford Half                              |  |

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| <b>Sun-12-Feb</b> | Ladywell 17                     | Sandilands    | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=6203882">www.gmap-pedometer.com/?r=6203882</a><br>Catch the train to Merstham and run back along the North Downs Way,<br>Out and back to Ladywell             | Worthing half                               | Surrey League<br>M Lloyd, W Richmond |
| <b>Sun-19-Feb</b> | Warlingham to Sparrows Den 17.5 | Sandilands    | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=6191674">http://www.gmap-pedometer.com/?r=6191674</a><br>Run from the Club house via Warlingham Litle Farleigh and Sparrows Den.                              | Hampton Court & Tunbridge                   | ? Parkrun Mobmatch                   |
| <b>Sun-26-Feb</b> | Greenwich 17.5                  | London Bridge | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=6203868">www.gmap-pedometer.com/?r=6203868</a><br>North Bank to Greenwich Observatory then back via Blackheath and Lewisham                                   | Brighton Half                               | National XC champs<br>Nottingham     |
| <b>Sun-05-Mar</b> | High Elms 17                    | Sandilands    | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=5317891">www.gmap-pedometer.com/?r=5317891</a><br>Extended Keston run as far as High Elms depending on conditions.  | Eastbourne Half,<br>Thanet 20               |                                      |
| <b>Sun-12-Mar</b> | Regents Canal 18                | Victoria      | London Bridge | <a href="http://www.gmap-pedometer.com/?r=5833749">www.gmap-pedometer.com/?r=5833749</a><br>Catch the train to Victoria. Run down the Thames to Lime House, follow the Regents Canal back to Paddington | Silverstone & Woking Half                   |                                      |
| <b>Sun-19-Mar</b> | Coulsdon 21                     | Coulsdon      | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=6456581">www.gmap-pedometer.com/?r=6456581</a><br>From Coulsdon via the ND andWoldingham then back the long via Sparrows Den                                  | Hastings & Reading Half,<br>Cranleigh 15/20 | Selsdon Half                         |
| <b>Sun-26-Mar</b> | Botley Hill 19                  | Sandilands    | Sandilands    | <a href="http://www.gmap-pedometer.com/?r=5856502">www.gmap-pedometer.com/?r=5856502</a><br>From the club house out to Botley Hill Farm.....and back.   |   |                                      |
| <b>Sun-02-Apr</b> | Croydon Half                    |               |               |   | Croydon Half                                |                                      |
| <b>Sun-09-Apr</b> | Brighton Marathon               |               |               |   | Paris Marathon                              |                                      |
| <b>Sun-16-Apr</b> | Easter Sunday                   |               |               |   |   |                                      |
| <b>Sun-23-Apr</b> | London Marathon                 |               |               |   | London Marathon                             |                                      |