

Planned Runs for Marathon Training Season 2017/18

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

	Planned Run	Start	Finish	Route	Saturday XC's	Sunday Events
Sun-29-Oct	Beckenham 10 or 12	Sandilands	Sandilands	http://www.gmap-pedometer.com/?r=5735667 An extended run from the club house via Cator Park, Beckenham and Kelsey Park.	Saturday XC's Sandilands Cup	Wimbledon half
Sun-05-Nov	Usual Sunday Run				Reigate Priory XC Relays	Richmond Riverside half
Sun-12-Nov	Coulsdon 12	Sth Coulsdon	Sandilands	www.gmap-pedometer.com/?r=7167285 Run back from Coulsdon via the LOOP	M & W Surrey League XC Nonsuch & Richmon	Epsom 10 mile
Sun-19-Nov	Usual Sunday Run				London XC Champs	Bedgbury Forest Half
Sun-26-Nov	Usual Sunday run				Helen Furze Mob Match - Nonsuch South of Thames XC Beckenham	
Sun-03-Dec	Farleigh 12	Sandilands	Sandilands	www.gmap-pedometer.com/?r=6140789 Extended run out towards Farleigh via Kingswood and back via Featherbed lane	Pirie 10 XC	
Sun-10-Dec	9 Parks 12	Sandilands	Sandilands	www.gmap-pedometer.com/?r=6728298 Run to Crystal Place and back via as many parks as possible.		
Sun-17-Dec	Wandle 14	Clapham	Sandilands	www.gmap-pedometer.com/?r=2366613 Catch the train to Clapham and run back along the Wandle Way. Flat off road good surfaces and opportunities to catch the tram.	South of Thames 2 XC Aldershot	
Sun-24-Dec Mon-25-Dec Tues 26th	Usual Sunday Run)To decide -perhaps a Boxing day run)	Parkruns	
Sun-31-Dec	Keston Ponds 6 or 14	Sandilands or Sparrows Den	Sandilands	www.gmap-pedometer.com/?r=2558460 Keston Ponds.		
Mon-01-Jan	Addington 4	Shirley Church Road		www.gmap-pedometer.com/?r=5190399 The annual club fun event where you work out your own handicap.	Parkruns	
Sun-07-Jan	Greenwich 6,12 or 13	London Bridge	London Bridge	www.gmap-pedometer.com/?r=2170782 The annual outing from London Bridge to Greenwich and back, finishing with English Breakfast at the Cafe Rouge.	Surrey XC Champs Denbies	Tadworth 10
Sun-14-Jan	Bromley Beckenham Mob Match	Near Sparrows Den	Keston	www.gmap-pedometer.com/?r=6722529	M & W Surrey League XC	
Sun-21-Jan	Riddlesdown 14	Sandilands	Sandilands	www.gmap-pedometer.com/?r=5240872 Sparrows Den to Riddlesdown		Winter Tanners (40th)
Sun-28-Jan	9 Parks 15	Sandilands	Sandilands	http://www.gmap-pedometer.com/?r=6762626 Through Crystal palace to Dulwich Park. To confirm precise route.	Southern XC Champs	
Sun-04-Feb	Merstham 15	Merstham	Sandilands	www.gmap-pedometer.com/?r=1550627		Bedgbury Forest 10

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Sun-11-Feb Ladywell 17	Sandilands	Sandilands	Catch the train to Merstham and run back along the North Downs Way, www.gmap-pedometer.com/?r=6203882 Out and back to Ladywell		Surrey League XC Wimbledon and Lloyd	Worthing half
Sun-18-Feb Warlingham to Sparrows Den 17.5	Sandilands	Sandilands	Run from the Club house via Warlingham Litle Farleigh and Sparrows Den. Also Fast group training run with EA coach out towards Botley Hill			Hampton Court & Tunbridge
Sun-25-Feb Greenwich 17.5	London Bridge	Sandilands	North Bank to Greenwich Observatory then back via Blackheath and Lewisham www.gmap-pedometer.com/?r=6203868		National XC champs Nottingham	Brighton Half
Sun-04-Mar High Elms 17	Sandilands	Sandilands	Extended Keston run as far as High Elms depending on conditions. www.gmap-pedometer.com/?r=5317891			Eastbourne Half, Thanet 20
Sun-11-Mar Regents Canal 18	Victoria	London Bridge	Catch the train to Victoria. Run down the Thames to Lime House, follow the Regents Canal back to Paddington www.gmap-pedometer.com/?r=5833749			Dartford Half
Sun-18-Mar Coulsdon 21	Coulsdon	Sandilands	From Coulsdon via the ND andWoldingham then back the long via Sparrows Den www.gmap-pedometer.com/?r=6456581			Hastings & Reading Half, Cranleigh 15/20
Sun-25-Mar Kingston 11, 16 or 21	Kingston	Clapham	Choose your distance to fit with your training plans. Start from Kingston with a loop of Hampton court and Bushey Park then back down the Thames pathh to Clapham Junction with options to drop out at Richmond or other stations. Or if you drove to Kingston double back at Richmon. www.gmap-pedometer.com/?r=5846244		Selsdon Half	
Easter Sunday Botley Hill 19	Sandilands	Sandilands	From the club house out to Botley Hill Farm.....and back. www.gmap-pedometer.com/?r=5856502			Paris Marathon
Sun-08-Apr Croydon Half						Croydon Half
Sun-15-Apr Brighton Marathon						Brighton Marathon
Sun-22-Apr London Marathon						London Marathon