

Planned Runs for Marathon Training Season 2013

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

	Planned Run	Start	Finish	Route	Sunday Races	Saturday XC's
Sun-18-Nov	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.		
Sun-25-Nov	Usual Sunday Run					S of Thames Reigate
Sun-02-Dec	Coulsdon 11	Sth Coulsdon	Sandilands	www.gmap-pedometer.com/?r=1631650 Run back from Coulsdon via the LOOP		Surrey League Nonsuch
Sun-09-Dec	Usual Sunday Run					
Sun-16-Dec	Oxted 11	Oxted	Sandilands	http://www.gmap-pedometer.com/?r=5759273 Run back from Oxted via the Vanguard way		S of Thames Richmond Park
Sun-23-Dec	Usual Sunday Run					
Sun-30-Dec	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		
Tue-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.		
Sun-06-Jan	White bear/ Coney hall 13	Sandilands	Sandilands	www.gmap-pedometer.com/?r=2479863 The Arctic 13 – Up Featherbed Lane to the White Bear, across to Coney Hall, past the end of North Pole Lane and back via West Wickham passing Iceland en route.	Tadworth 10	Surrey champs Lloyd Park
Sun-13-Jan	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 and opportunities to catch the tram.		Surrey League Mitcham
Sun-20-Jan	Keston Ponds 6 or 14	or Sparrows Den	Sandilands	www.gmap-pedometer.com/?r=2558460 Keston Ponds.	Tanners	
Sun-27-Jan	Merstham 15	Merstham	Sandilands	www.gmap-pedometer.com/?r=1550627 Catch the train to Merstham and run back along the North Downs Way, Then past Woldingham School, up to Warlingham.	Canterbury 10	Southern Champs Parliament Hill
Sun-03-Feb	Riddlesdown 14	Sandilands	Sandilands	www.gmap-pedometer.com/?r=5240872	Watford Half	?? Relays - Wimbledon
Sun-10-Feb	Warlingham to Sparrows Den 16	Sandilands	Sandilands	www.gmap-pedometer.com/?r=5312946 Run from the Club house via Warlingham Litle Farleigh and Sparrows Den.		Surrey League Denbighs
Sun-17-Feb	Lewisham 16	Sandilands	Sandilands	www.gmap-pedometer.com/?r=4324052 For those not running the Brighton Half the longer version of the Beckenham 12.	Brighton Half	

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Sun-24-Feb	Coulsdon 17	Coulsdon	Sandilands	www.gmap-pedometer.com/?r=5474783 Start at Coulsdon to join Merstham route.	Tunbridge Wells Half, Torrevieja Half	
Sun-03-Mar	High Elms 17	Sandilands	Sandilands	www.gmap-pedometer.com/?r=5317891 Extended Keston run as far as High Elms	Eastbourne Half 20 Spitfire 20	Thanet
Sun-10-Mar	Regents Canal 18	Victoria	Victoria	www.gmap-pedometer.com/?r=5833749 Catch the train to Victoria. Run down the Thames to Lime House, follow the Regents Canal back to Paddington Basin, across Hyde Park and Finish on the Mall where the VLM will finish.	Sidcup 10	
Sun-17-Mar	Kingston 11, 16 or 21	Kingston	Clapham	www.gmap-pedometer.com/?r=5846244 The reverse of previous years, Start from Kingston with a loop of Hampton court and Bushey Park then back		
Sun-24-Mar	Botley Hill 19	Sandilands	Sandilands	www.gmap-pedometer.com/?r=5856502 From the club house out to Botley Hill Farm.....and back.	Hastings Half, Cranleigh 15/21	
Sun-31-Mar					Easter Sunday	
Sun-07-Apr					Croydon Half	
Sun-14-Apr					Paris Marathon	
Sun-21-Apr					Brighton Marathon	
					London Marathon	