

Planned Runs for Marathon Training Season 2015/16

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 Sandilands Cup
Sun-01-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-08-Nov	Usual Sunday Run					Surrey League Walton
Sun-15-Nov	Coulsdon 11	Sth Coulsdon	Sandilands	www.gmap-pedometer.com/?r=1631650 Run back from Coulsdon via the LOOP	Epsom 10 mile	London XC Champs Parliament Hill Fields
Sun-22-Nov	Usual Sunday Run					South of Thames Reigate
Sun-29-Nov	Usual Sunday Run					Helen Furze Mob Match Nonsuch
Sun-06-Dec	Farleigh 12	Sandilands	Sandilands	http://www.gmap-pedometer.com/?r=6140789 Extended run out towards Farleigh via Kingswood and back via Featherbed lane	Pirie 10 XC	East surrey xc relays Wimbledon Common
Sun-13-Dec	9 Parks 12	Sandilands	Sandilands	http://www.gmap-pedometer.com/?r=6728298 Run to Crystal Place and bak via as many parks as possible.	Holly Run Reigate	Lloyd Park
Sun-20-Dec	Usual Sunday Run					South of Thames Farthing Down M&W
Sun-27-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 and opportunities to catch the tram.		
Fri-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.		Probably some parkruns
Sun-03-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.		
Sun-10-Jan	Keston Ponds 6 or 14	Sandilands or Sparrows Den	Sandilands	www.gmap-pedometer.com/?r=2558460 Either run from the clubhouse or meet at sparrows Den for a circuit of the Bromley Three commons route past Keston Ponds.	Winter Tanners, 20 or 30 mile walk/run	Wimbledon M&W
Sun-17-Jan	Bromley Beckenham Mob Match	Near Sparrows Den	Keston	www.gmap-pedometer.com/?r=6722529		Surrey League Reigate
Sun-24-Jan	Riddlesdown 14	Sandilands	Sandilands	www.gmap-pedometer.com/?r=5240872 Sparrows Den to Riddlesdown		
Sun-31-Jan	9 Parks 16	Sandilands	Sandilands	http://www.gmap-pedometer.com/?r=6762626 Through Crystal palace to Dulwich Park. To confirm precise route.		Southern Champs Parliament Hill
Sun-07-Feb	Merstham 15	Merstham	Sandilands	www.gmap-pedometer.com/?r=1550627 Catch the train to Merstham and run back along the North Downs Way,	Watford Half	Harriers Mob Match Lloyd Park

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	Planned Run	Start	Finish	Route		Saturday XC's Sandilands Cup Surrey League M Lloyd, W Richmond
Sun-14-Feb	Ladywell 17	Sandilands	Sandilands	www.gmap-pedometer.com/?r=6203882 Out and back to Ladywell	Worthing half	
Sun-21-Feb	Warlingham to Sparrows Den 16	Sandilands	Sandilands	www.gmap-pedometer.com/?r=5312946 Run from the Club house via Warlingham Little Farleigh and Sparrows Den.	Hampton Court Half,	
Sun-28-Feb	Greenwich	London Bridge	Sandilands	www.gmap-pedometer.com/?r=6203868 North Bank to Greenwich Observatory then back via Blackheath and Lewisham	Brighton Half	
Sun-06-Mar	High Elms 17	Sandilands	Sandilands	www.gmap-pedometer.com/?r=5317891 Extended Keston run as far as High Elms depending on conditions.	Eastbourne Half, Thanet 20	
Sun-13-Mar	Regents Canal 18	Victoria	London Bridge	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	Silverstone Half	
Sun-20-Mar	Coulsdon 21	Coulsdon	Sandilands	www.gmap-pedometer.com/?r=6456581 From Coulsdon via the ND and Woldingham then back the long via Sparrows Den	Hastings Half, Cranleigh 15/20	
Sun-27-Mar	Botley Hill 19	Sandilands	Sandilands	www.gmap-pedometer.com/?r=5856502 From the club house out to Botley Hill Farm.....and back.	Easter Sunday	
Sun-03-Apr	Kingston 11, 16 or 21	Kingston	Clapham	www.gmap-pedometer.com/?r=5846244 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 path to Clapham Junction with options to drop out at Richmond or other stations. Or if you drove to Kingston double back at Richmon.	Paris Marathon, Paddock Wood Half	
Sun-10-Apr	Croydon Half				Croydon Half	
Sun-17-Apr	Brighton Marathon				Brighton Marathon	
Sun-24-Apr	London Marathon				London Marathon	