

SLH Sunday Morning Long Runs, 2006



Date	Saturday Race	Day of run	Sunday Training
1 January	No race	Sun	
8 January	Surrey Champs	Sun	Start at 10am, and 14 miles over Riddlesdown and round on the country
15 January	Surrey League	Sun	Marden Park, 15 miles, mainly over the country, with cut offs. Start at 9.30am.
22 January	Thames Mob Match	Sun	2½ hrs, 16 miles road and country, over to Epsom. Earlier start - 9.00am
29 January	Southern	Sun	Start 9am, but an easier run and shorter, as the day after the Southern (and the Supper). About 13 miles.
5 February	Surrey League	Sun	2½ hrs, 17 miles road and country, route heading south. 9.00am start.
12 February	Training Runs	Sun	Brands Hatch Half Marathon – Saturday 11th
19 February	Blackheath Mob Match	Sun	The Woldingham Revenge. 18 miles on track, road and country, with lots of hills. Start 9am.
26 February	National	Sun	The Colley Hill Experience. The ultimate club run, 18 miles of track and mud. Start 9am
5 March	Schools Races	Sun	Onto the road. About 18 miles getting the rhythm right down into racehorse country . 9am again
12 March	No race	Sun	Last time out for a long run over the country. Keeping to fastish tracks, but hard. About 18 miles. Start 9am
19 March	Closing Run	Sun	Fleet Half Marathon (11.30am)
26 March	No race	Sun	21 miles on road, starting at 9.30am in Beckenham, Run through south London to Greenwich, the Isle of Dogs, onto the (brand new) Marathon course, past the Tower, along the river, the south bank and back along the course of the old Peckham canal. Not to be missed.
2 April		Sun	The Woking 10m (9.30am)
9 April	No race	Sun	The windmill run. The last long run, all road, around 22 miles to Outwood and back. Largely flat. Long – but steady! Starts 9am
16 April		Sun	The hard work over, a final easy 8 miles over the country, a group run, taking it easy. Starts 9.30am
23 April			The RACE. Then the Wozonfa Party