

Elmbridge Road Runners - 2010/11 Diary (Trophy Races in Blue)

	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
Mon					1							
Tue					2 Intervals			1 Intervals	1 Intervals			
Wed			1		3	1		2	2			1
Thu	1 Nonsuch Relay		2		4	2		3	3			2
Fri	2		3	1	5	3		4	4	1		3
Sat	3		4	2	6	4	1	5 Surrey XC 4	5	2		4
Sun	4	1	5 Stragglers River Relay	3	7 Nonsuch Prk 10K (TR12)	5	2	6	6	3	1	5
Mon	5	2	6	4	8	6	3 BH - New Year	7	7	4	2 BH - Mayday	6
Tue	6 Intervals	3 Intervals	7 Intervals	5 Intervals	9	7 Intervals	4 Intervals	8	8	5 Intervals	3 Intervals	7
Wed	7 Yateley 10K 2	4 Yateley 10K 3	8	6	10	8	5	9	9	6	4	8
Thu	8	5	9	7	11	9	6	10	10	7	5	9
Fri	9	6	10	8	12	10	7	11	11	8	6	10
Sat	10	7	11	9 Surrey XC 1	13 Surrey XC 2	11 Surrey XC 3 (Men Only)	8 Christmas Meal	12	12	9	7	11
Sun	11 Claygate 5M (TR7)	8 Wimbledon 5K (TR9 & SRL7)	12	10	14	12	9	13	13	10	8	12
Mon	12	9	13	11	15	13	10	14	14	11	9	13
Tue	13 Towpath HC 4	10	14	12	16	14	11	15	15	12	10	14
Wed	14	11	15	13	17	15	12	16	16	13	11	15
Thu	15	12	16	14	18	16	13	17	17	14	12	16
Fri	16	13	17	15	19	17	14	18	18	15	13	17
Sat	17 Elmore 7 (SRL5)	14	18	16	20	18	15	19	19	16	14	18
Sun	18	15	19	17 Cabb. Patch 10M (TR11)	21	19 Horton Park 10K (TR13)	16	20	20	17 London Marathon	15	19
Mon	19	16	20	18	22	20	17	21	21	18	16	20
Tue	20	17 Towpath HC 6	21	19	23	21	18	22	22	19	17	21
Wed	21	18	22	20	24	22	19	23	23	20	18	22
Thu	22	19	23	21	25	23	20	24	24	21	19	23
Fri	23	20	24	22	26	24	21	25	25	22 Good Friday	20	24
Sat	24	21	25 Bushy Park TT 5K (TR10)	23	27	25 Christmas Day	22	26	26	23	21	25
Sun	25 Elmbridge 10K (SRL6)	22	26 Bushy Park TT 5K (TR10)	24	28	26 Boxing Day	23	27	27	24 Easter Sunday	22	26
Mon	26	23	27	25	29	27 BH	24	28	28	25 Easter Monday	23	27
Tue	27 Towpath HC 5	24	28	26	30	28 BH	25		29	26	24	28
Wed	28	25	29	27		29	26		30	27	25	29
Thu	29	26	30	28		30	27		31	28	26	30
Fri	30 Wedding Day 7K (TR8)	27		29		31	28			29	27	
Sat	31	28		30			29			30	28	
Sun		29		31 Oxshott 10K			30				29	
Mon		30 BH					31				30 BH - Mayday	
Tue		31 Towpath HC 7									31	

KEY: *Italics* = date unconfirmed as yet - Blue Text = Trophy Series Race - = Cross Country race

Tuesday Sessions - Every other week we will do a quality session on a Tuesday evening - Intervals, Hill Reps or a Parlauf

Other Events of Interest