

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

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Mon		1	1								1	
Tue		2 Intervals	2 Intervals			1					2	
Wed		3	3			2 <i>TH&amp;H Relay</i>			1		3	1
Thu		4	4	1		3	1 Nonsuch Relay		2		4	2
Fri	1 BH - New Year	5	5	2 BH - Easter		4	2		3	1	5	3
Sat	2	6 Surrey XC 4	6	3	1	5	3 <i>Runnymede Relay</i>		4 <i>Bushy Park TT 5K (TR11)</i>	2	6	4
Sun	3	7	7	4	2 <i>Sutton 10K (TR4 &amp; SRL1)</i>	6	4	1	5	3	7 <i>Nonsuch Prk 10K (TR13)</i>	5
Mon	4	8	8	5 BH - Easter	3 BH - Mayday	7	5	2	6	4	8	6
Tue	5	9 Standard Run	9 Standard Run	6 Intervals	4 Intervals	8	6	3	7	5	9	7
Wed	6	10	10	7	5	9	7	4	8	6	10	8
Thu	7	11	11	8	6	10	8	5	9	7	11	9
Fri	8	12	12	9	7	11	9	6	10	8	12	10
Sat	9 <i>Christmas Meal</i>	13	13	10	8	12	10	7	11	9	13	11
Sun	10	14 <i>Valentines 10K (TR2)</i>	14 <i>Spitfire 20, Dunsfold</i>	11 <i>Track Session ACS Cobham</i>	9 <i>Track Session ACS Cobham</i>	13 <i>Dorking 10M (TR6 &amp; SRL3)</i>	11 <i>Claygate 5M (TR8)</i>	8 <i>Wimbledon 5K (TR10 &amp; SRL6)</i>	12 <i>Stragglers River Relay</i>	10	14	12
Mon	11	15	15	12	10	14	12	9	13	11	15	13
Tue	12	16 Parlauf	16 Hill Reps	13 Standard Run	11 Standard Run	15	13	10	14	12	16	14
Wed	13	17	17	14	12	16	14	11	15	13	17	15
Thu	14	18	18	15	13	17	15	12	16	14	18	16
Fri	15	19	19	16	14	18	16	13	17	15	19	17
Sat	16	20	20	17	15	19	17	14	18	16	20	18
Sun	17	21 <i>Track Session ACS Cobham</i>	21 <i>Track Session ACS Cobham</i>	18	16 <i>Richmond 1/2 (TR5 &amp; SRL2)</i>	20 <i>Dysart 10K (TR7 &amp; SRL4)</i>	18	15	19	17 <i>Cabb. Patch 10M (TR12)</i>	21	19 <i>Horton Park 10K (TR14)</i>
Mon	18	22	22	19	17	21	19	16	20	18	22	20
Tue	19	23 Standard Run	23 Standard Run	20 Hill Reps	18	22 <i>Horton Relay</i>	20	17	21	19	23	21
Wed	20	24	24	21	19	23	21	18	22	20	24	22
Thu	21	25	25	22	20	24	22	19	23	21	25	23
Fri	22	26	26	23	21	25	23	20	24	22	26	24
Sat	23 <i>B of E XC Roehampton</i>	27	27	24	22 <i>Green Belt Relay</i>	26	24	21	25	23	27	25 <i>Christmas Day</i>
Sun	24	28	28 <i>BP Trail Run 4.8M (TR3)</i>	25 <i>London Marathon</i>	23 <i>Green Belt Relay</i>	27	25 <i>Elmbridge 10K (SRL5)</i>	22	26	24	28	26 <i>Boxing Day</i>
Mon	25		29	26	24	28	26	23	27	25	29	27 BH
Tue	26		30 Parlauf	27 Standard Run	25	29	27	24	28	26	30	28 BH
Wed	27		31	28	26	30	28	25	29	27		29
Thu	28			29	27		29	26	30	28		30
Fri	29			30	28		30 <i>Wedding Day 7K (TR9)</i>	27		29		31
Sat	30				29		31	28		30		
Sun	31 <i>Perch 6.25M (TR1)</i>				30			29		31 <i>Oxshott 10K</i>		
Mon					31 BH			30 BH				
Tue								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**

28.03.10 > **Cranleigh 15/21**, 9:00am - Cranleigh, Surrey - £8.00 affiliated - a 2 or 3 lap run along undulating country lanes, an excellent pre-London test. Unfortunately, this year it clashes with our 3rd Trophy Race.