



2020 CALENDAR: GROUP TOURS

FEB

Date & Time	Tour	Pace	Guide
Saturday 22nd Feb, 5pm	Jack the Ripper (10km)	Sub-10 minute miles	Emma
Sunday 23rd Feb, 10am	The Magic of the London Marathon (18km)	Sub-6hr30 goal marathon time	Matt
Saturday 29th Feb, 12pm	South London Street Art (12km)	11-13 minute miles	Vanessa

MARCH

Date & Time	Tour	Pace	Guide
Friday 6th Mar, 6.30pm	Jack the Ripper (10km)	10-12 minute miles	Clare
Saturday 7th Mar, 12pm	Secret Gin Run (10km)	10km in under 65 minutes	Matt
Saturday 7th Mar, 2.30pm	Secret Gin Run (10km)	10-12 minute miles	Matt
Sunday 8th Mar, 12pm	Secret Gin Run (10km)	10-12 minute miles	Ronnie
Sunday 8th Mar, 2.30pm	Secret Gin Run (10km)	Half-walk / Half-run	Vanessa
Wednesday 11th Mar, 6.30pm	Secret Gin Run (10km)	10-12 minute miles	Ronnie
Friday 13th Mar, 6.30pm	Jack the Ripper (10km)	Sub-10 minute miles	Stephanie
Saturday 15th Mar, 5pm	Crime and Punishment (10km)	10-12 minute miles	Maxine
Friday 20th Mar, 6.30pm	Jack the Ripper (10km)	Half-walk / Half-run	Stephanie
Friday 27th Mar, 6.30pm	Craft Beer (8km)	Sub-11 minute miles	Josh
Friday 27th Mar, 6.30pm	Jack the Ripper (10km)	10-12 minute miles	Stephanie
Saturday 28th Mar, 1pm	Craft Beer (8km)	11-13 minute miles	Josh
Sunday 29th Mar, 11am	Shoreditch Street Art (10km)	Sub-10 minute miles	Vanessa
Sunday 29th Mar, 2.30pm	Shoreditch Street Art (10km)	10-12 minute miles	Vanessa

APR

Date & Time	Tour	Pace	Guide
Thursday 2nd Apr, 6.30pm	Great Fire of London (5km)	Sub-30 minute 5km	Cat
Thursday 2nd Apr, 6.30pm	Jack the Ripper (10km)	Sub-10 minute miles	Clare
Sunday 5th Apr, 12pm	Great Fire of London (5km)	5k in 30-35 minutes	Cat
Sunday 5th Apr, 2.30pm	Great Fire of London (5km)	Half-walk / Half-run	Cat
Thursday 9th Apr, 7pm	Jack the Ripper (10km)	Half-walk / Half-run	Vikki
Saturday 18th Apr, 12pm	Secret Gin Run (10km)	Sub-65 minute 10km	Cat
Saturday 18th Apr, 2.30pm	Secret Gin Run (10km)	10-12 minute miles	Cat
Sunday 19th Apr, 12pm	Secret Gin Run (10km)	10-12 minute miles	Ian
Sunday 19th Apr, 2.30pm	Secret Gin Run (10km)	Half-walk / Half-run	Ian
Wednesday 15th Apr, 6.30pm	Secret Gin Run (10km)	Half-walk / Half-run	Matt
Thursday 16th Apr, 7pm	Jack the Ripper (10km)	10-12 minute miles	Vikki
Sunday 19th Apr, 5pm	Crime and Punishment (10km)	Sub-10 minute miles	Maxine
Thursday 23rd Apr, 7pm	Jack the Ripper (10km)	10-12 minute miles	Clare
Friday 24th Apr, 6.30pm	Craft Beer (8km)	11-13 minute miles	Josh
Saturday 25th Apr, 1pm	Craft Beer (8km)	Sub-11 minute miles	Josh
Sunday 26th Apr, 11am	Shoreditch Street Art (10km)	10-12 minute miles	Vanessa
Sunday 26th Apr, 2pm	Shoreditch Street Art (10km)	Half-walk / Half-run	Vanessa
Tuesday 28th Apr, 6.30pm	Shoreditch Street Art (10km)	Sub-10 minute miles	Vanessa
Thursday 30th Apr, 6.30pm	Jack the Ripper (10km)	Sub-10 minute miles	Stephanie

MAY

Date & Time	Tour	Pace	Guide
Sunday 3rd May, 12pm	Great Fire of London (5km)	Sub-30 minute 5km	Vanessa
Sunday 3rd May, 2.30pm	Great Fire of London (5km)	5km in 30-35 minutes	Vanessa
Thursday 7th May, 6.30pm	Great Fire of London (5km)	5km in 30-35 minutes	Vanessa
Saturday 9th May, 12pm	Secret Gin Run (10km)	Sub-65 minute 10km	Matt
Saturday 9th May, 2.30pm	Secret Gin Run (10km)	10-12 minute miles	Matt
Sunday 10th May, 12pm	Secret Gin Run (10km)	10-12 minute miles	Ronnie
Sunday 10th May, 2.30pm	Secret Gin Run (10km)	Half-walk / Half-run	Vanessa
Wednesday 13th May, 6.30pm	Secret Gin Run (10km)	10-12 minute miles	Cat
Sunday 17th May, 5pm	Crime and Punishment (10km)	10-12 minute miles	Emma
Tuesday 26th May, 6.30pm	Shoreditch Street Art (10km)	Half-walk / Half-run	Emma
Friday 29th May, 6.30pm	Craft Beer (8km)	Sub-11 minute miles	Josh
Saturday 30th May, 1pm	Craft Beer (8km)	11-13 minute miles	Josh
Sunday 31st May, 11am	Shoreditch Street Art (10km)	Sub-10 minute miles	Emma
Sunday 31st May, 2pm	Shoreditch Street Art	10-12 minute miles	Vanessa

JUN

Date & Time	Tour	Pace	Guide
Thursday 4th Jun,	Great Fire of London	5km in 30-35 minutes	Cat
Sunday 7th Jun, 12pm	Great Fire of London (5km)	5km in 30-35 minutes	Vanessa
Sunday 7th Jun, 2.30pm	Great Fire of London (5km)	Half-walk / Half-run	Vanessa
Saturday 13th Jun, 12pm	Secret Gin Run (10km)	10-12 minute miles	Matt
Saturday 13th Jun, 2.30pm	Secret Gin Run (10km)	Half-walk / Half-run	Matt

Sunday 14th June, 12pm	Secret Gin Run (10km)	Sub-65 minute 10km	Matt
Sunday 14th June, 2.30pm	Secret Gin Run (10km)	10-12 minute miles	Vanessa
Wednesday 17th Jun, 6.30pm	Secret Gin Run (10km)	Sub-65 minute 10km	Matt
Sunday 21st Jun, 5pm	Crime and Punishment (10km)	Half-walk / Half-run	Maxine
Friday 26th Jun, 6.30pm	Craft Beer (8km)	11-13 minute miles	Josh
Saturday 27th Jun, 1pm	Craft Beer (8km)	Sub-11 minute miles	Ian
Sunday 28th Jun, 11am	Shoreditch Street Art (10km)	10-12 minute miles	Emma
Sunday 28th Jun, 2pm	Shoreditch Street Art (10km)	Sub-10 minute miles	Emma
Tuesday 30th Jun, 6.30pm	Shoreditch Street Art (10km)	Sub-10 minute miles	Emma

JUL

Date & Time	Tour	Pace	Guide
Thursday 2nd Jul, 6.30pm	Great Fire of London (5km)	Half-walk / Half-run	Cat
Sunday 5th Jul, 12pm	Great Fire of London (5km)	Sub-30 minute 5km	Cat
Sunday 5th Jul, 2.30pm	Great Fire of London (5km)	5km in 30-35 minutes	Cat
Saturday 11th Jul, 12pm	Secret Gin Run (10km)	Sub-65 minute 10km	Ronnie
Saturday 11th Jul, 2.30pm	Secret Gin Run (10km)	10-12 minute miles	Ronnie
Sunday 12th Jul, 12pm	Secret Gin Run (10km)	10-12 minute miles	Ronnie
Sunday 12th Jul, 2.30pm	Secret Gin Run (10km)	Half-walk / Half-run	Cat
Wednesday 15th Jul, 6.30pm	Secret Gin Run (10km)	10-12 minute miles	Ronnie
Sunday 19th Jul, 5pm	Crime and Punishment (10km)	Sub-10 minute miles	Maxine

AUG

Date & Time	Tour	Pace	Guide
Sunday 2nd Aug, 12pm	Great Fire of London (5km)	5km in 30-35 minutes	Cat
Sunday 2nd Aug, 2.30pm	Great Fire of London (5km)	Half-walk / Half-run	Cat
Thursday 6th Aug, 6.30pm	Great Fire of London (5km)	Sub-30 minute 5km	Cat
Saturday 8th Aug, 12pm	Secret Gin Run (10km)	10-12 minute miles	Matt
Saturday 8th Aug, 2.30pm	Secret Gin Run (10km)	Half-walk / Half-run	Ronnie
Sunday 9th Aug, 12pm	Secret Gin Run (10km)	Sub-65 minute 10km	Ronnie
Sunday 9th Aug, 2.30pm	Secret Gin Run (10km)	10-12 minute miles	Cat
Wednesday 12th Aug, 6.30pm	Secret Gin Run (10km)	Half-walk / Half-run	Ronnie
Sunday 16th Aug, 5pm	Crime and Punishment (10km)	Sub-10 minute miles	Maxine

SEPT

Date & Time	Tour	Pace	Guide
Thursday 3rd Sept, 6.30pm	Great Fire of London (5km)	5km in 30-35 minutes	Cat
Saturday 5th Sept, 12pm	South London Street Art (12km)	Sub-11 minute miles	Vanessa
Sunday 6th Sept, 12pm	Great Fire of London (5km)	5km in 30-35 minutes	Cat
Sunday 6th Sept, 2.30pm	Great Fire of London (5km)	Half-walk / Half-run	Cat
Saturday 12th Sept, 12pm	South London Street Art (12km)	11-13 minute miles	Vanessa
Saturday 12th Sept, 12pm	Secret Gin Run (10km)	Sub-65 minute 10km	Matt
Saturday 12th Sept, 2.30pm	Secret Gin Run (10km)	10-12 minute miles	Matt
Sunday 13th Sept, 12pm	Secret Gin Run (10km)	10-12 minute miles	Ronnie
Sunday 13th Sept, 2.30pm	Secret Gin Run (10km)	Half-walk / Half-run	Cat
Wednesday 16th Sept,	Secret Gin Run (10km)	10-12 minute miles	Ronnie

Saturday 19th Sept, 12pm	South London Street Art (12km)	Sub-11 minute miles	Vanessa
Sunday 20th Sept, 5pm	Crime and Punishment (10km)	10-12 minute miles	Emma
Friday 25th Sept, 6.30pm	Craft Beer (8km)	Sub-11 minute miles	Josh
Saturday 26th Sept, 12pm	South London Street Art (12km)	11-13 minute miles	Vanessa
Saturday 26th Sept, 1pm	Craft Beer (8km)	11-13 minute miles	Josh
Sunday 27th Sept, 11am	Shoreditch Street Art (10km)	10-12 minute miles	Vanessa
Sunday 27th Sept, 2pm	Shoreditch Street Art (10km)	Half-walk / Half-run	Vanessa
Tuesday 29th Sept, 6.30pm	Shoreditch Street Art (10km)	10-12 minute miles	Emma

OCT

Date & Time	Tour	Pace	Guide
Friday 2nd Oct, 6.30pm	Jack the Ripper (10km)	10-12 minute miles	Emma
Friday 9th Oct, 6.30pm	Jack the Ripper (10km)	Sub-10 minute miles	Clare
Saturday 10th Oct, 12pm	Secret Gin Run (10km)	10-12 minute miles	Matt
Saturday 10th Oct, 2.30pm	Secret Gin Run (10km)	Half-walk / Half-run	Matt
Sunday 11th Oct, 12pm	Secret Gin Run (10km)	Sub-65 minute 10km	Cat
Sunday 11th Oct, 2.30pm	Secret Gin Run (10km)	10-12 minute miles	Ronnie
Wednesday 14th Oct, 6.30pm	Secret Gin Run (10km)	Sub-65 minute 10km	Ronnie
Friday 16th Oct, 6.30pm	Jack the Ripper (10km)	10-12 minute miles	Emma
Friday 23rd Oct, 6.30pm	Jack the Ripper (10km)	Half-walk / Half-run	Clare
Sunday 25th Oct, 11am	Shoreditch Street Art	Sub-10 minute miles	Emma
Sunday 25th Oct, 2pm	Shoreditch Street Art (10km)	10-12 minute miles	Vanessa
Tuesday 27th Oct, 6.30pm	Shoreditch Street Art (10km)	Sub-10 minute miles	Emma
Friday 30th Oct, 6.30pm	Craft Beer (8km)	11-13 minute miles	Josh

Friday 30th Oct, 6.30pm	Jack the Ripper (10km)	Sub-10 minute miles	Clare
Saturday 31st Oct, 1pm	Craft Beer (8km)	Sub-11 minute miles	Josh

NOV

Date & Time	Tour	Pace	Guide
Saturday 7th Nov, 5pm	Jack the Ripper (10km)	10-12 minute miles	Emma / Vikki
Saturday 14th Nov, 5pm	Jack the Ripper (10km)	Half-walk / Half-run	Emma / Vikki
Saturday 21st Nov, 5pm	Jack the Ripper (10km)	10-12 minute miles	Emma / Vikki
Saturday 28th Nov, 5pm	Jack the Ripper (10km)	Sub-10 minute miles	TBC

Dates and times for the Yule Jog, our Christmas Lights Running Tour in December, are coming soon!

SECRET LONDON RUNS

