



Tonbridge AC Distance Runners 2014



2014 has been one of the most successful years so far in the history of the club.

We continue to win age group championships at regional and national level, whilst also creating numerous internationals.

However, the most important step forward this year has been the development of the senior teams.

The club is achieving top ten positions in national senior championships and what is really encouraging is it is being done with relatively young athletes.

I believe that the year ahead can be even more exciting, but this presentation is about 2014.

Without the help of the coaches, officials, sports therapists and supporters there is no way we would be where we are.

Many thanks to all of you who helped in 2014 and best wishes for 2015.

Mark Hookway



Christmas 2013

In December 2013
Abianne Coates won
the Tonbridge AC
Christmas Pudding
Handicap race.

Its held on Boxing Day
morning each year and
everyone is welcome to
take part.

January

Tonbridge win six team events at Kent Cross Country Championships, including under 13 girls



January

Alasdair Kinloch wins under 15
boys race at South of England
Cross Country Championships



January

The senior men place 6th in the South of England Cross Country Championships, at Parliament Hill.

This is the highest ever placing achieved by the club.



February

Under 20 men win National
Cross Country Championships
(one of four team medals)





February - 193 athletes and supporters attend the 8th 'National' Dinner held



March - Jesse Magorrian and James Puxty selected for England Schools Cross Country team.



March

James West
selected for
England under
20s at indoor
1500 metres



April

National 12
Stage Road Relay
Championshipsth
Senior Men 13
(highest ever)



April

National 6 Stage
Road Relay
Championships
Senior Women
21st (highest
ever)







May

Sean Molloy runs
for Great Britain
Under 20s at
Loughborough
International

May

Julian Rendall
2nd in National
50km
Championships





May

TAC squad
attends National
Masters Road
Relay
Championships
for first time.




June - Plenty of club records in the Summer, including Under 17 Womens 4x300 metres relay



June

Nicole Taylor 3rd
in National
Under 20s
steeplechase

A photograph of three young male athletes standing on a red running track. They are all wearing medals with red and white ribbons. The athlete on the left is wearing a dark blue t-shirt and black shorts. The athlete in the middle is wearing a blue and black striped t-shirt and black shorts. The athlete on the right is wearing a dark blue t-shirt with 'olution' written on it and teal shorts. They are all smiling and looking towards the camera. In the background, there are trees and a banner that says 'ATHLETICS ENGLAND'.

June

Sean Molloy 3rd
in National
Under 20s 800
metres



July
Tonbridge AC
Evening Open
Meetings
continue to
thrive

July

Chris Cohen
selected for
England Schools
team at 1500
metres, after
finishing 2nd in the
championships.

Sean Molloy wins
Senior Boys 800
metres





August

Kathleen Faes
wins South of
England Under
15 1500 metres



July

Chris Cohen wins
South of England
Under 17 1500
metres



August

Dave Hull, John Sanders and Iain Presnell receive long service awards from South of England Athletics Association. Mike Rowbottom (right) presents.

August

Ray Clark (left)
receives long
service award from
South of England
Athletics
Association.
Presented by Mick
Paul (right)





August

Tonbridge AC
supply the
volunteers for a
Tonbridge
Saturday
Parkrun



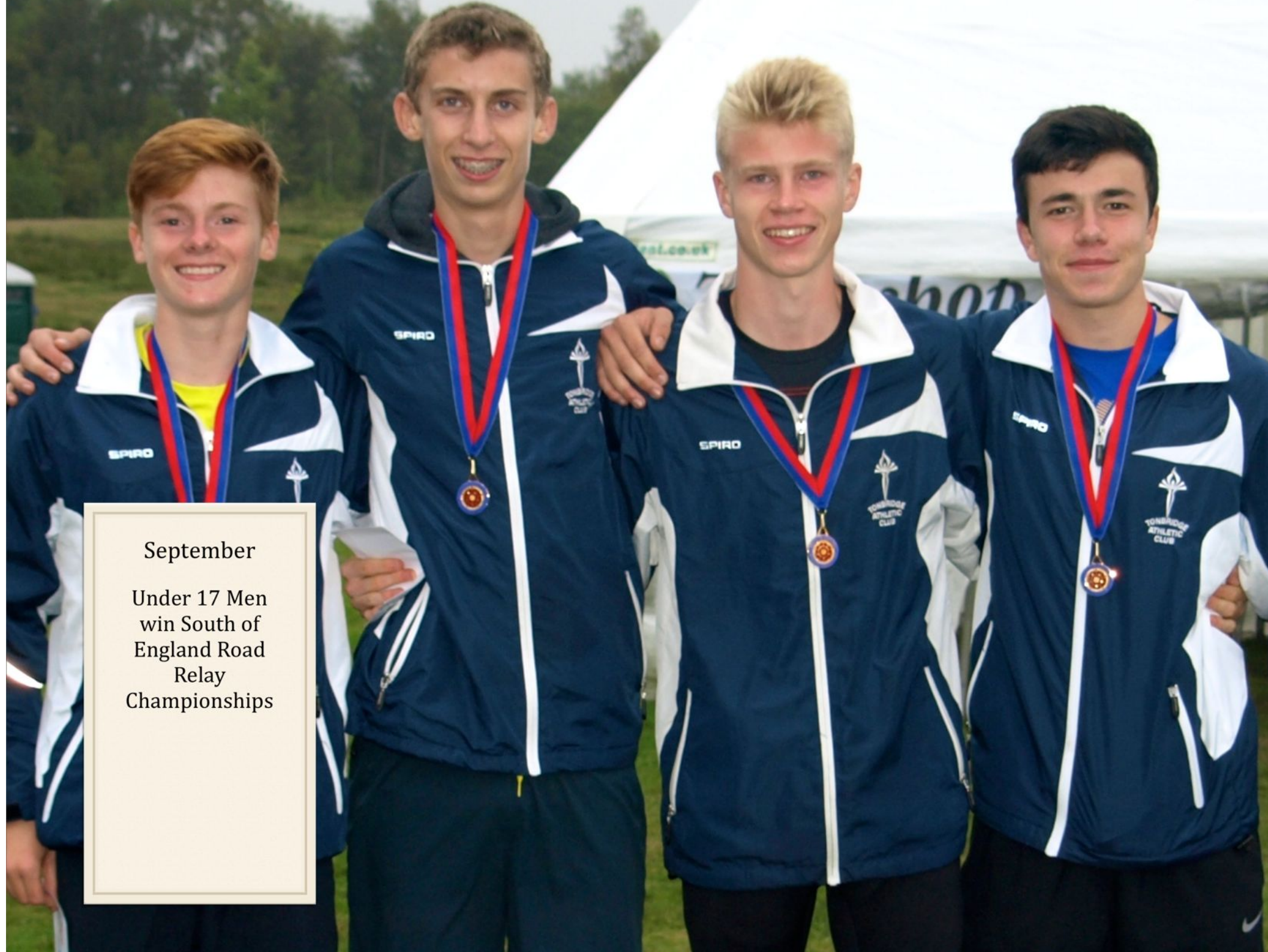
September

Max Nicholls selected for Great Britain Under 20s at Mountain Running



September

Tonbridge Men
win Blackheath
and Bromley
Cross Country
Relay




September

Under 17 Men
win South of
England Road
Relay
Championships



September - Senior Men 3rd at South of England Road Relay Championships. First ever TAC medal in major senior championships



September

Julian Rendall
wins Tonbridge
Half Marathon



October


9th
Senior Men 9th at
National Six
Stage Road Relay
Championships
(highest ever)



October - Senior Women 21st at National Four Stage Road Relay Championships (highest ever)



October - Tonbridge AC host Kent Cross Country League with help from 50 volunteers and The Schools at Somerhill



October

Tonbridge AC
win National 10
Miles Road
Championship.

Julian Rendall
Ben Cole
Dan Bradley



November
Senior Men 9th at
National Cross
Country Relay
Championships
(highest ever)



November

Charlie Joslin-Allen
selected for England
Under 20 team for
international in Spain







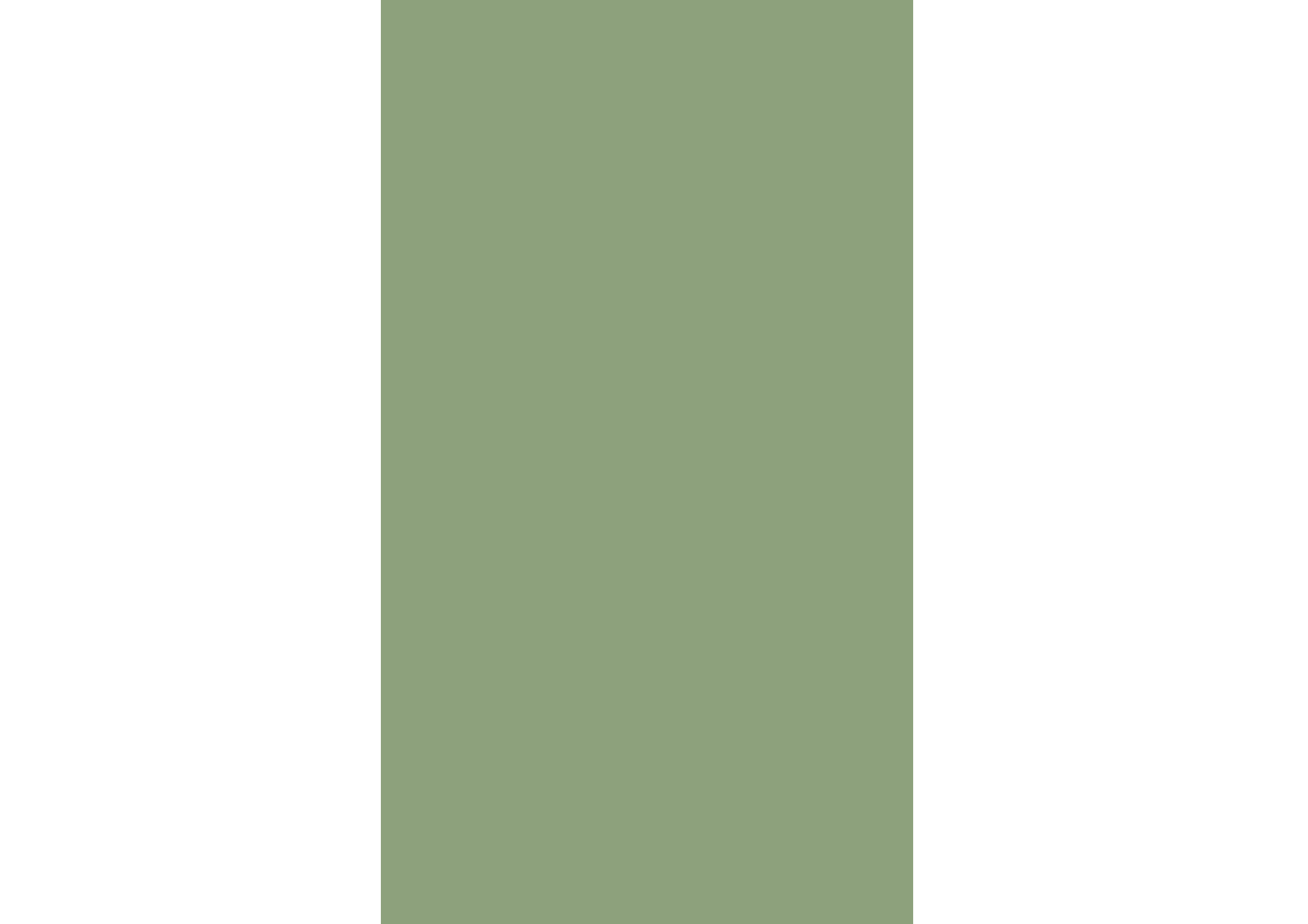
*December - Kent Masters Cross Country Championships
Tonbridge win over 50 mens event*





TAC Distance Runners - Continuing to Grow !





Best wishes for 2015