
TONBRIDGE ATHLETIC CLUB



The Summer Season – A quick guide !

Training continues at the Tonbridge School track every Monday to Friday evening between April and September inclusive. It starts at 6.15pm and finishes at about 7.45pm. There are a number of coaches and helpers available, but we could always do with one or two more. Days of the week varies by training group.

Age Groups – the key date is midnight on the 31st August of the year of competition. If a child is 11 or 12 on this date, then they are in the Under 13 group. In other words, if they are in years 6 or 7 at school, they are in the Under 13 age group. Similarly, if they are 13 or 14 on this date, then they are Under 15 (school years 8 and 9). If they are 15 or 16 on this date, then they are Under 17 (school years 10 and 11).

Finally, if they are Under 20 at midnight on 31st December, of the year of competition, they are in the Junior, Under 20 age group and if older are classified as a Senior. If confused speak with one of the coaches !

Competition.

On one Tuesday evening of every month there is a **Tonbridge Evening Meeting**. These are aimed at encouraging many club members to compete, particularly those who are relatively new to it. The events vary from meeting to meeting, so you should be aware of the precise listing and timetable beforehand. If you have never competed in an event before just ask one of the TAC coaches, so that you can then put an estimated time down and get into the best paced race for you. See listings beforehand at www.tonbridgeac.org.uk .

Tonbridge AC also competes in a number of leagues. The **UK Young Development League** is for girls and boys in the Under 13, Under 15, Under 17 and Under 20 groups.

The U13/U15 age groups are managed by Chris Hogwood (u13) and Nigel Brooks (u15). Their email addresses are chrishogwood.coach@tonbridgeac.org.uk and tac.nigel@gmail.com

The U17/U20 age groups have Steve Daly as the Team Manager. His email address is stevedaly.coach@tonbridgeac.org.uk

The teams are selected on merit, but it is also very important that anyone who might like to compete lets the Team Manager know well in advance. Again, check the Summer fixture list for details. See www.ukydl.org.uk for information about the league.

Similarly, the **Kent Young Athletes League** is for girls and boys in the Under 13 and Under 15 age groups. The Team Manager is Chris Hogwood. Email chrishogwood.coach@tonbridgeac.org.uk

This is a particularly good league for newcomers. See www.kcaa.org.uk for information about the league and Kent athletics.

The Tonbridge AC men's and women's team in the National Athletics League is managed by Michael Ellis. Email NALmanager@tonbridgeac.org.uk . This league is for senior and under 20 men mainly, although under 17s can compete in exceptional circumstances. The league web site can be found at – <https://www.nationalathleticsleague.org.uk>

There is a club Facebook group called Tonbridge AC Summer Teams and Fixtures to help with communication.

Tonbridge AC also has a thriving masters/veterans squad, which competes in the Southern Counties Veterans League. There is a range of track and field events, for all ages from the over 35 age group, upwards. League fixtures are on Friday and Monday evenings throughout the Summer.

The league web site is at www.scvac.org.uk/track.htm Mark Pitcairn-Knowles is the Team Manager (email markpk@tonbridgeac.co.uk) for the men and Grazia Manzotti (email grazia.manzotti@gmail.com) for the women. There is a club Facebook group called TAC Senior Group and Masters to help with communication.

It is important that athletes and parents realise that the league teams are generally selected on merit and when there are many wanting to compete it can be difficult to fit everyone into their chosen event. However, we will always do our best to give everyone a chance. Other clubs also put on open meetings, where athletes can enter on the day and take part in their chosen event. Please look out for information or just ask a coach.

Some other key events are the **Kent Championships**, in May, for Under 15 upwards and in September for Under 13s. Please check the fixture list at www.tonbridgeac.org.uk , which is regularly updated.

Club Kit

Club vests, hooded tops and other kit are all available from the online shop at www.tonbridgeac.org.uk . Club vests must be worn for league and championship competition.

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