**Tonbridge AC**

**Cross Country Training Trial Races**

**Saturday 5th December 2020**

**Address** – Vizards Sports Fields, Lower Hayesden Lane TN11 9BB (Gate located just prior to entrance to Hayesden Country Park).

This is a dedicated area, with parking and no other clubs or members of the public will be present.

**Details of entry and arrival**

**Entry via Google Form with all details (supporters also please complete separately) here –**

[**https://forms.gle/xuexDEuhDV1SNpQm7**](https://forms.gle/xuexDEuhDV1SNpQm7)

Age groups are as per midnight 31st August 2020

**Entry closing time 9pm Thursday 3rd December**

At same time please answer health questions, including any supporters.

Arrive 45 minutes before the race start and leave as soon after as is practical.

Park in Vizards car park.

Collect race numbers from TAC desk.

Maintain social distancing of 2 metres from everyone as much as you possibly can.

**Start Times – all provisional and to be confirmed once entries completed**

10.00am 3000 metres races (under 13s and older)

11.00am 5000 metres races (Under 17, 20 and seniors only)

11.30am 500 metres races (eg sprinters)

11.45am 1 mile races for under 11s (and any others, who might like a training run to double with an earlier event, but no prize).

**Race format**

If required we will set off in waves with a maximum of 12 runners

Wave 2 in any event will start a short time after Wave 1, with the first race being the ‘faster’ one

Wave 3 (if needed) will go after waves 1 and 2 have finished

Wave 4 in any event will start a short time after Wave 3.

**Performances and results**

Each athlete will be allocated a Predicted Guide Time prior to the event as agreed by their coach and Mark Hookway.

All times will be recorded.

Results will be decided in order of runners out-performing their Predicted Guide Time.

Cash prizes will be allocated as follows –

3000 metres - 1st £25, 2nd £20, 3rd £15

5000 metres - 1st £25, 2nd £20, 3rd £15

500 metres – 1st £25 (one prize)

1 mile races – medal to each under 11 finisher.

Note – entries are free, but we will ask for small donations at the TAC desk to help cover the prizes.

**Other notes**

Toilets available

Risk assessment completed

<https://docs.google.com/document/d/1jnn1A45Td_fhZbWdd-lBoIS7ywCF0Sr8Q3lkl4FREiQ/edit>

NHS Track and Trace App QR code scan available on the day

Event organiser contact Mark Hookway (Mobile 077101 97948 Email [markhookway@icloud.com](mailto:markhookway@icloud.com) )