

Training brief Christmas and New Year

Monday 15th December

6.30pm at track. Run for under 15s and older.

Tuesday 16th December

TAC Club night at Judd School

Wednesday 17th December

6.30pm – Circuit training at Judd School (u15s and older)

Thursday 18th December

TAC Club night at Tonbridge School

Saturday 20th December

South of Thames Championship Race at Farthing Downs - Seniors

Sunday 21st December

9.30am at track. Run to Somerhill and long hills – all welcome

Monday 22nd December

6.30pm at track. Run for under 15s and older.

Tuesday 23rd December

TAC Club night at Judd School

Wednesday 24th December

Christmas Eve - Knole Park relays – Meet 10am at public swimming pool/leisure centre car park.
See map below. Includes all ages.

Christmas Eve – no circuits

Thursday 25th December

Christmas Day – Own run !

Friday 26th December

TAC Boxing Day Handicap – lower fields at Tonbridge School. Registration at 10.30am
Donate a 'cheap' present and win one back.

Saturday 27th December

Knole Park hills – Meet 10am in St Julians Rd, Tonbridge end of park. See map below. Includes all ages.

Sunday 28th December

9.30am Long Run from track

Monday 29th December

6.30pm at track. Run for under 15s and older.

Tuesday 30th December

TAC Club night at Judd School

Note – no club training until Saturday so consider own run (s) dependent on age etc

Wednesday 31st December

New Years Eve – no circuits

Thursday 1st January

No club night as Tonbridge School Centre closed

Saturday 3rd January

Kent Cross Country Championships, at Hythe (All). Plus other county championships

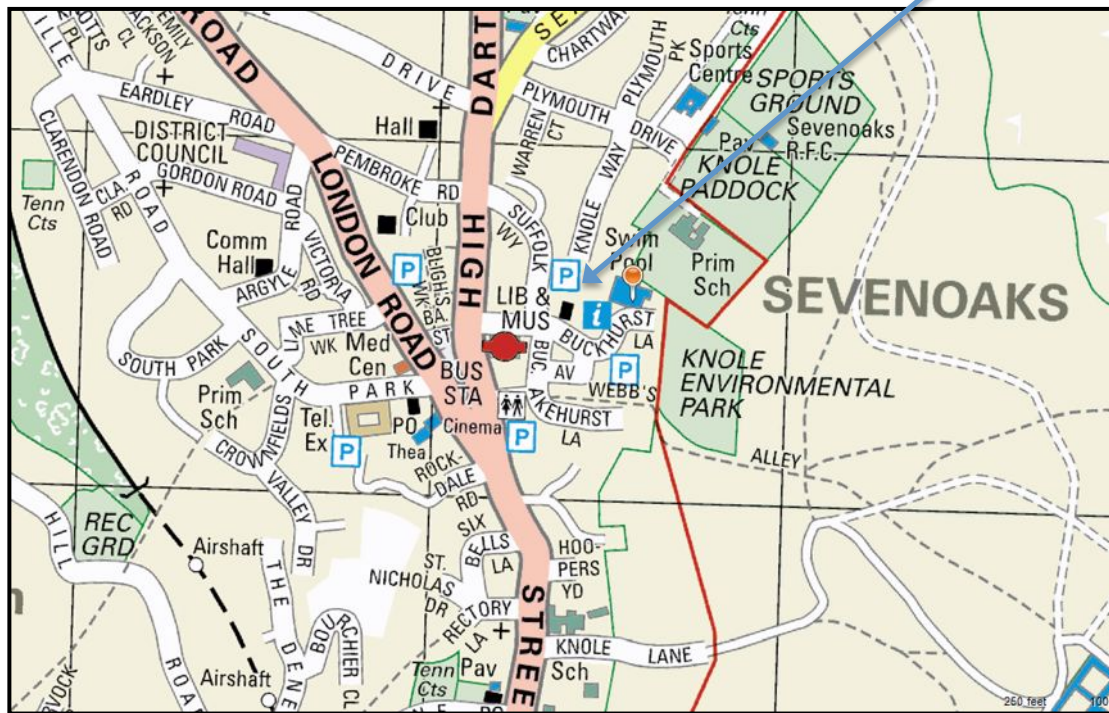
Sunday 4th January

9.30am Long Run from track

See maps below

Wednesday 24th December

Meet at Swimming Pool/Sports Centre Car Park in Suffolk Way, off Sevenoaks High Street



Saturday 27th December

Knole Park Run meeting point in St Julians Road (Tonbridge end of the park)

From the A21 Hildenborough/Sevenoaks junction roundabout, head towards Sevenoaks up River Hill (if you see the White Hart hotel on your left you have gone much too far). St Julians Road is on the right at the top of the hill and requires a tight turn from the main road. We meet about 200m along the road on the left by the entrance to the park.

