

Tonbridge AC
Christmas Pudding Race
Boxing Day, Saturday 26th 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>

Age groups are as per midnight 31st August 2020

Entry closing time 9pm Thursday 24th December

At the same time please answer the 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 at the pavilion to the right of car park entrance.

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

11.00am 5km Race 1 starts in 'waves' every 15 seconds. Fastest go first.

11.30am 5km Race 2 starts in 'waves' every 15 seconds – only if numbers dictate.

Race format

Starts will set off in waves with a maximum of 12 runners

The fastest runners will go first to try and avoid over taking and a mass finish.

We will have waves starting 15 seconds apart.

A second race will be added should overall numbers dictate. This would start at 11.30am

Performances and results

Each athlete will be allocated a Predicted Guide Time prior to the event as agreed by their coach and Mark Hookway. Times in recent TAC events will also be used.

All times will be recorded.

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

A trophy will be awarded subsequently to the winner.

Note – entries are free, but we will be collecting one item from each entrant as a donation to the Tonbridge Food Bank. We cannot have the traditional present donation and lucky dip, in the current circumstances. Angie Crush has agreed to collate the food bank donations and deliver. They re-open on 4th January so nothing perishable ! Below are the items particularly requested –

UHT milk

Small packets tea

Small jars coffee

Tinned meat meals - chicken in white sauce, Bolognese, mince etc

Tinned veg - carrots, peas, potatoes, sweetcorn

Tinned fruit

Jars of pasta sauce

Other notes

Toilets available

Risk assessment completed

https://docs.google.com/document/d/1jnn1A45Td_fhZbWdd-lBoIS7ywCF0Sr8Q3IkI4FREiQ/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)