

Tonbridge AC Christmas and New Year Training Schedule

Monday 17th December

TAC Club run at 6.30pm from Tonbridge School Track as normal.

Tuesday 18th December

TAC Club night at Tonbridge School Track as normal.

Wednesday 19th December

6.30pm Circuit Training at Judd School as normal.

Thursday 20th December

TAC Club night at Tonbridge School Track as normal.

Saturday 22nd December

10am Tonbridge School Fields.

Sunday 23rd December

9.30am – Long run as normal from Tonbridge School Track

Monday 24th December – Christmas Eve

10am Christmas Eve – Knole Park – continuous relays over distances 400m to 700m, determined by age and ability. Meet at gate opposite The Rise/Weald Road (see map below)

Wednesday 26th December

Tonbridge AC Christmas Pudding Handicap Race

Race over 5km on the school fields. Start at 11am

All ages and abilities welcome. Bring a small present for the lucky dip draw.

Registration in advance to Steve Keywood email sjkeywood1961@gmail.com

No circuit training this evening

Thursday 27th December

TAC Club night at Tonbridge School Track as normal.

Saturday 29th December

10am Hill session at Knole Park

See map below. Meet by park entrance in St Julians Road ie about 200m from A225 junction

Sunday 30th December

9.30am – Long run as normal from Tonbridge School Track

Monday 31st December

New Years Eve 10 am – Training session all ages and abilities. Tonbridge School fields. Long reps.

Tuesday 1st January – Bank Holiday

Tonbridge School Centre closed and no TAC training

Wednesday 2nd January

6.30pm Circuit Training at Judd School as normal.

Thursday 3rd January

TAC Club night at Tonbridge School Track as normal.

Saturday 5th January

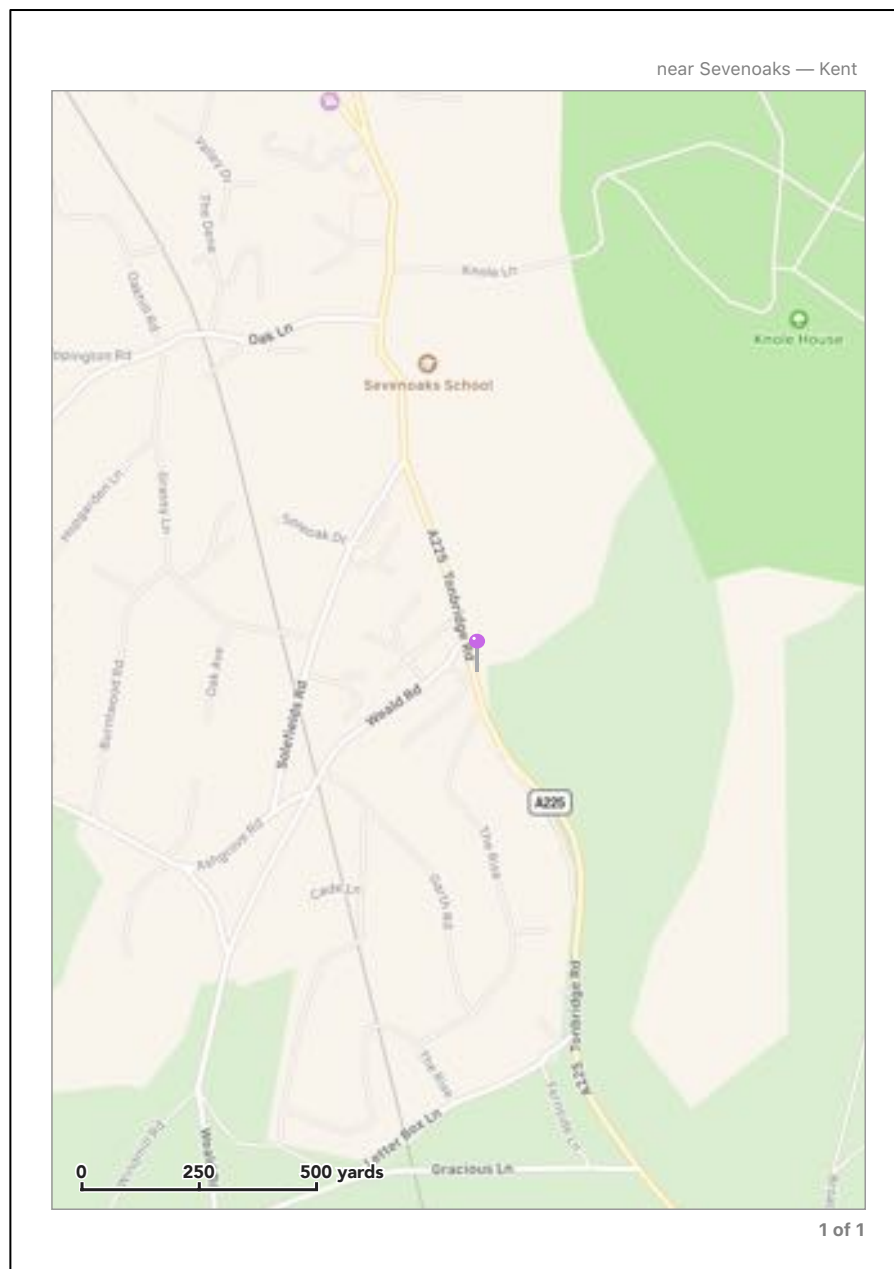
Kent Cross Country Championships at Brands Hatch

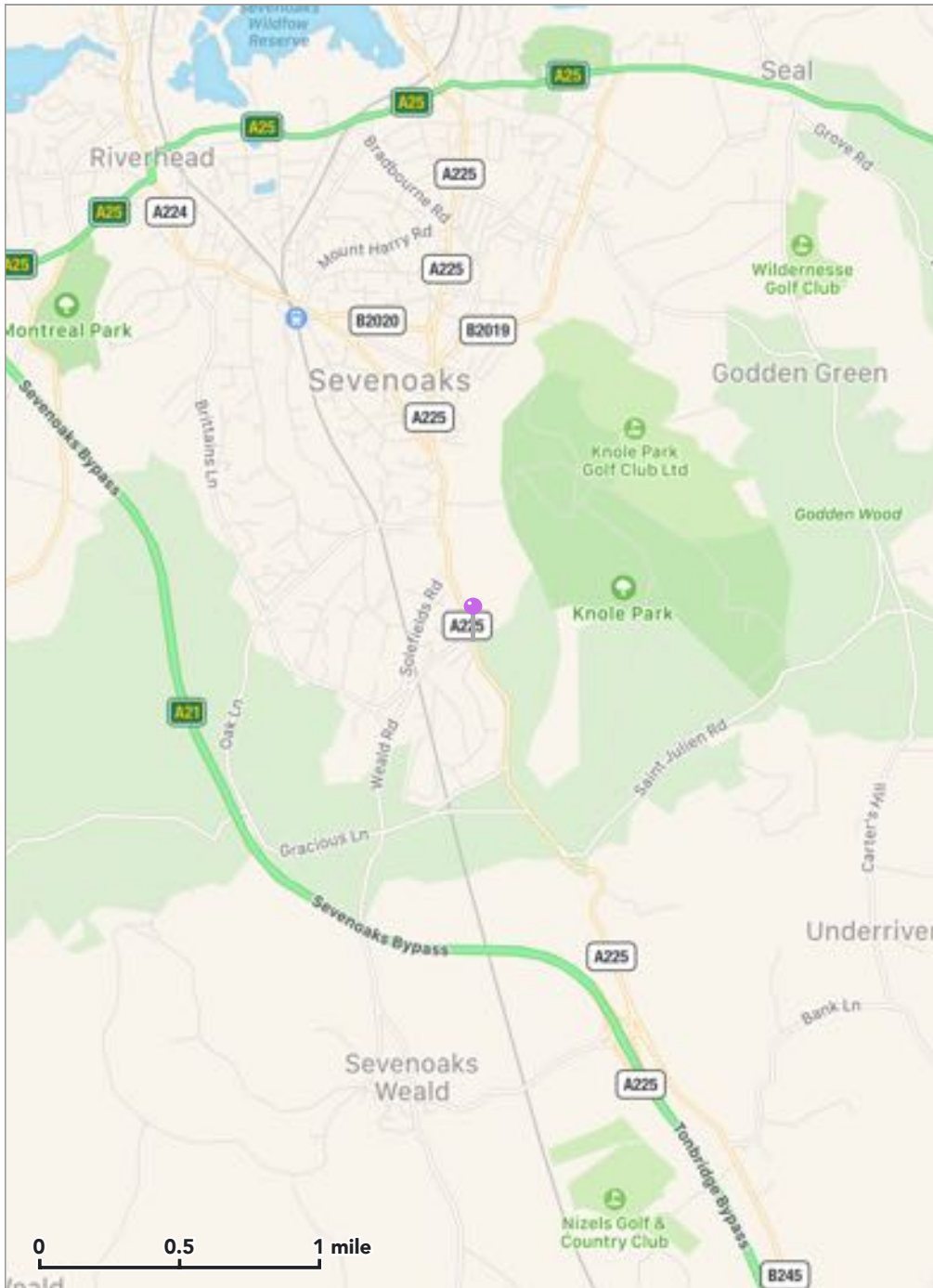
See maps for Knole Park below

Saturday 23rd December

Christmas Eve – 10am Knole Park, training relays.

Meet inside park by gate opposite 'The Rise'





Saturday 30th December

10am Hill session at Knole Park

Meet by park entrance in St Julians Road

