

Tonbridge AC Christmas and New Year Training Schedule

Monday 20th December

TAC at Tonbridge School Track as normal (non-distance runners).

Tuesday 21st December

TAC Club night as normal for distance runners.

Wednesday 22nd December

TAC at Tonbridge School Track as normal (non-distance runners).

Thursday 23rd December

TAC Club night as normal for distance runners.

Friday 24th December – Christmas Eve

TAC Distance Runners Training Relays at Judd School, Vizards Sports Fields at 10am.

All abilities and ages. Distances 400m to 800m.

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

Saturday 25th December – Christmas Day

No organised TAC Training

Sunday 26th December – Boxing Day

TAC Christmas Pudding 5km Handicap Race at Judd School, Vizards Sports Fields at 11am start. See Race information for entry details.

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

Monday 27th December

Track open 10am to 1pm for groups, overseen by TAC coaches.

Tuesday 28th December

Track open 10am to 1pm for groups, overseen by TAC coaches. No evening TAC training at the track.

Wednesday 29th December

TAC at Tonbridge School Track as normal (non-distance runners).

Thursday 30th December

TAC Club night as normal for distance runners.

Friday 31st December – New Year's Eve

Potential TAC distance runners training session – to be confirmed.

No evening TAC training at the track.

Saturday 1st January – New Year's Day

No organized TAC Training

Sunday 2nd January Day

Track open 10am to 1pm for groups, overseen by TAC coaches.

Monday 3rd January

Track open 10am to 1pm for groups, overseen by TAC coaches.

Tuesday 4th January

TAC Club night as normal for distance runners.

Wednesday 5th January

TAC at Tonbridge School Track as normal (non-distance runners).

Thursday 6th January

TAC Club night as normal for distance runners.

Friday 7th January

Track open as normal.

Saturday 8th January

Kent Cross Country Championships at Brands Hatch