

## **Tonbridge AC Christmas and New Year Training Schedule**

### **Monday 18<sup>th</sup> December**

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

### **Tuesday 19<sup>th</sup> December**

TAC Club night at Tonbridge School Track as normal.

### **Wednesday 20<sup>th</sup> December**

6.30pm Circuit Training at Judd School as normal.

### **Thursday 21<sup>st</sup> December**

TAC Club night at Tonbridge School Track as normal.

### **Saturday 23<sup>rd</sup> December**

Christmas Eve – 10am Knole Park, training relays.

See map below.

Park entrance opposite 'The Rise' about 600m towards Tonbridge from Sevenoaks School.

### **Sunday 24<sup>th</sup> December**

9.30am – Long run as normal from Tonbridge School Track

### **Monday 25<sup>th</sup> December**

Christmas Day – Tonbridge School Sports Centre Closed

### **Tuesday 26<sup>th</sup> December**

10am entry registration - TAC Christmas Pudding 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.

### **Wednesday 27<sup>th</sup> December**

6.30pm Circuit Training at Judd School as normal.

### **Thursday 28<sup>th</sup> December**

TAC Club night at Tonbridge School Track as normal.

### **Saturday 30<sup>th</sup> December**

New Years Eve – 10am Hill session at Knole Park

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

### **Sunday 31<sup>st</sup> December**

9.30am – Long run as normal from Tonbridge School Track

### **Monday 1<sup>st</sup> January**

Bank Holiday and Tonbridge School Centre closed

### **Tuesday 2<sup>nd</sup> January**

TAC Club night at Tonbridge School Track as normal.

### **Wednesday 3rd January**

6.30pm Circuit Training at Judd School as normal.

### **Thursday 4<sup>th</sup> January**

TAC Club night at Tonbridge School Track as normal.

### **Saturday 6<sup>th</sup> January**

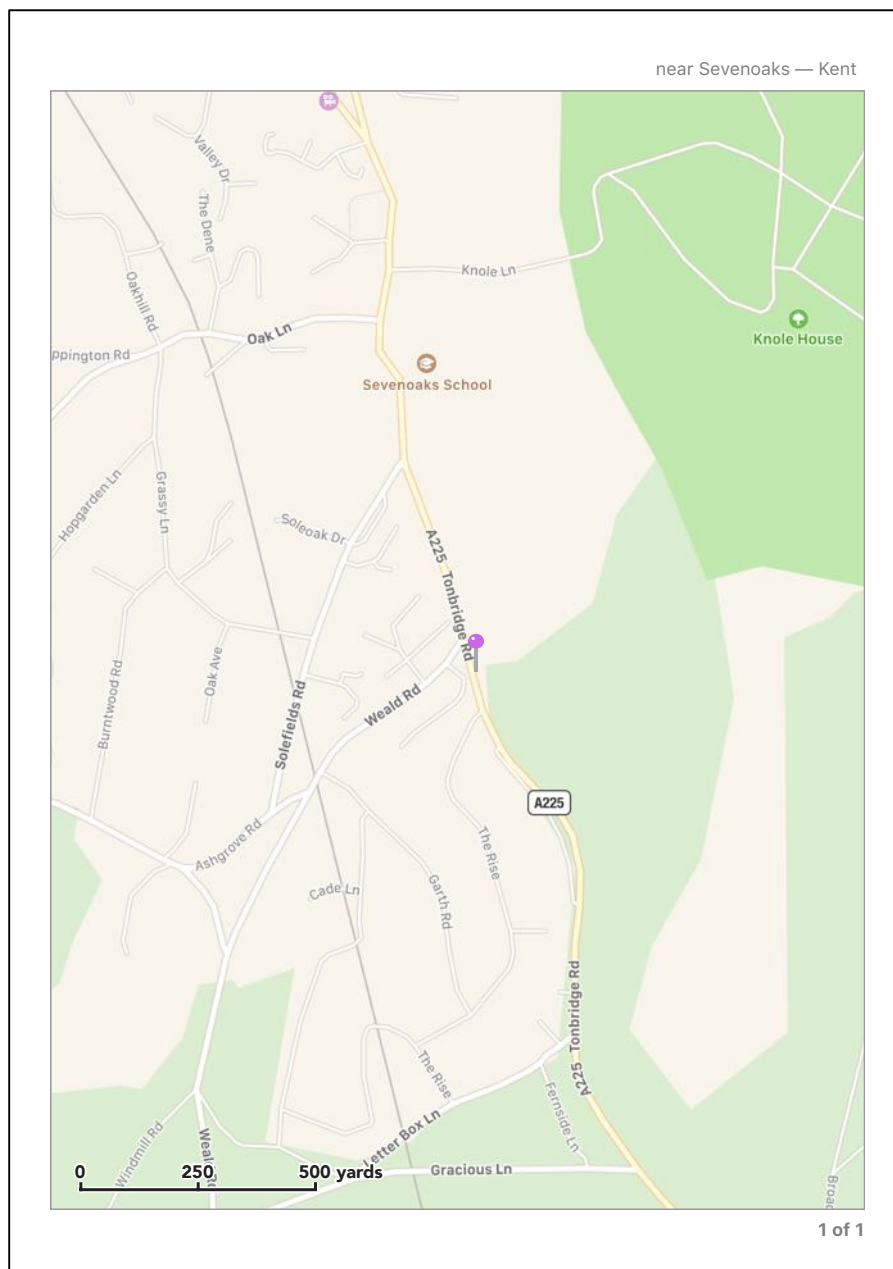
Kent Cross Country Championships at Brands Hatch

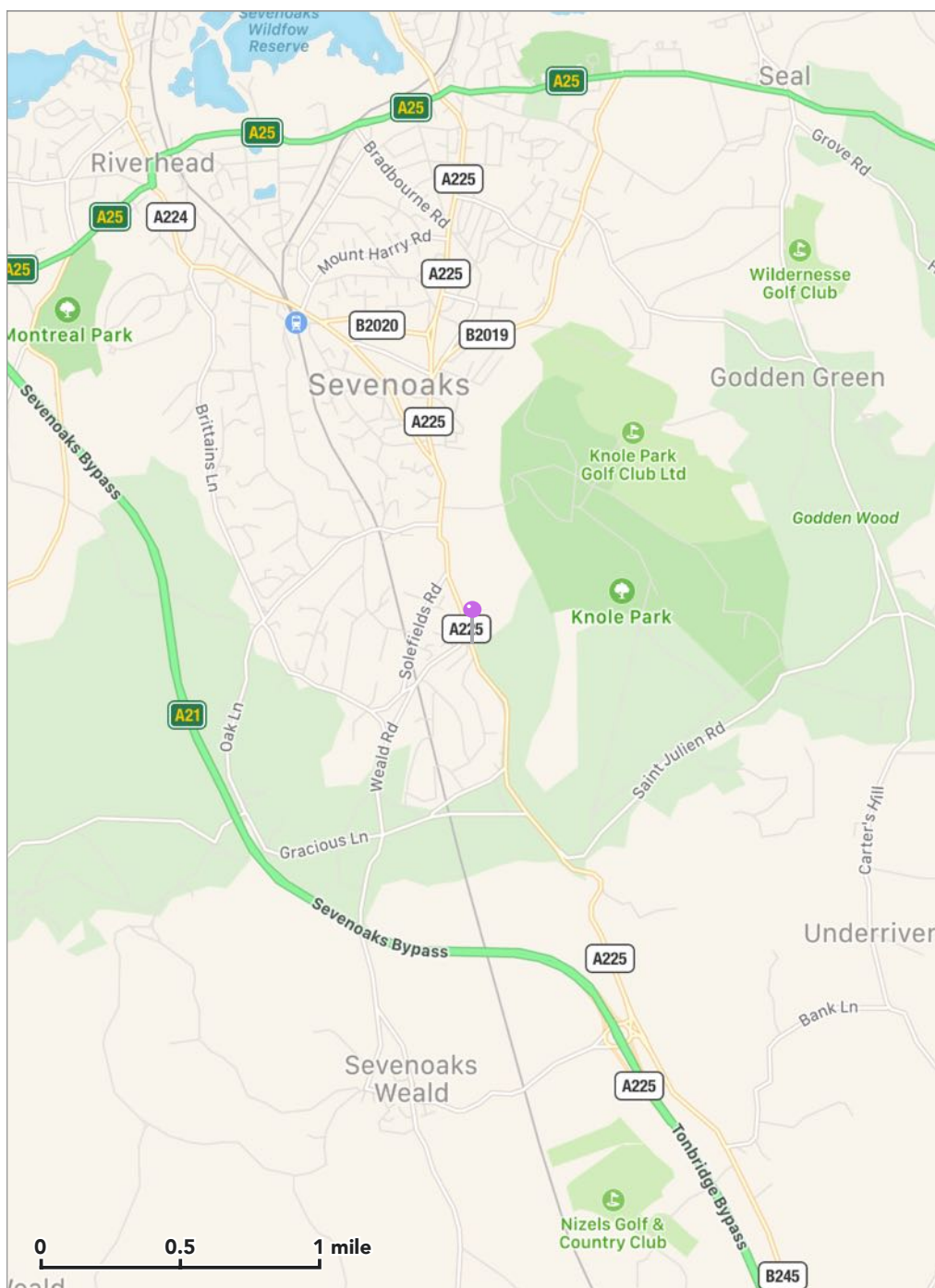
***See maps for Knole Park below***

### **Saturday 23<sup>rd</sup> December**

Christmas Eve – 10am Knole Park, training relays.

Meet inside park by gate opposite 'The Rise'





**Saturday 30<sup>th</sup> December**

10am Hill session at Knole Park

Meet by park entrance in St Julians Road

