**Tonbridge AC Distance Runners**

**29th April to 4th May**

**Southern Counties Veterans League at Eltham, Friday 29th April**

Tonbridge AC making first appearance in league

Reporting & maybe photos from Mark Pitcairn-Knowles (twitter @markpk13 )

**British Universities and Colleges Sports (BUCS) Championships**

**At Bedford, Saturday 30th April to Monday 2nd May**

Around 15 TAC distance runners competing.

Live internet stream at www.runjumpthrow.com

**Saturday**

10.00am Womens 5000m – Chloe Bird

10.40am Men’s 1500m – James West, George Duggan, Dom Brown, Chris Olley, Miles Weatherseed

1.32 pm Women’s 800m – Sian Driscoll

2.07 pm Mens 800m – Sean Molloy, Ben Murphy

4.02pm Mens 3000m steeplechase – Alex Howard, Michael Ellis

4.30pm Mens 5000m – Corey De’Ath, Max Nicholls

**Sunday**

11.20 am Mens 800m semi finals

11.40am Womens 800m semi finals

1.00 pm Mens 10,000m – Henry Pearce

5.30pm Mens 1500m semi finals

**Monday**

9.30am Mens 5000m final

11.50am Mens 3000m steeplechase final

12.05pm Mens 800m final

12.15pm Womens 800m final

1.50pm Womens 2000m steeplechase final – Nicole Taylor

2.35pm Mens 1500m final

**USA Saturday, 30th April**

Luca Russo, 1500m at Memphis Invitational, 12.30pm Local / 6.30pm UK time.

Robbie Farnham-Rose 800m at LSU Invitational, Baton Rouge, 1.40pm Local/7.40pm UK Time

**UK Youth Development League (u17/20s)**

**at Eton (changed from Reading), Sunday 1st May**

Tonbridge in Southern Premier Division

Sam Crick hopes to report, capture photos and video for www.tacdistancerunners.com

If he tweets his link is @cricks999

**USA Sunday 1st May**

Ryan Driscoll in 3000m steeplechase (section 4) at Payton Jordan Invitational, Palo, Alto California. 11.00am local/7pm UK. Live internet stream at [www.flotrack.org](http://www.flotrack.org) (Flotrack Pro subscription service)

**Hildenborough Road Races, Monday 2nd May**

Start at 2.30pm at the Recreation Ground. Distances 2.5 (under 12s), 5 and 10 miles

**Tonbridge AC Open Meeting, Tuesday 3rd May**

Entries and details at [www.tonbridgeac.co.uk](http://www.tonbridgeac.co.uk) Includes 300m, 800m and 1 mile

**Watford Open Meeting, Wednesday 4th May**

1500m and 3000m races. Transport available.

**Updates also at**

**Twitter - @markhookway**

**Web Site www.tacdistancerunners.com**