

Tonbridge AC Guide to Winter 2009/10

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Kent Cross Country League Various venues 3/10, 24/10, 14/11, 5/12, 13/2 (seniors only)	Blackheath & Bromley Cross Country Relays 19th September 2009	South of England Road Relay Championships at Aldershot 26th/27th September 2009	National Road Relays At Birmingham 17th / 18th October 2009	National Cross Country Relay Championships at Mansfield 31st October 2009
<ul style="list-style-type: none"> • Races for all age groups (check dates) • We can run as many as we want in each race. • All club members can take part ie. No Kent qualification. • Under 13s run 3km and distances increase with age group. • Each race has between 30 and 60 athletes, with the senior men about 150. • u20s can run in senior races, if they wish. 	<ul style="list-style-type: none"> • A good event to start the season over 4km (seniors). • Men's teams of 4 and Women's teams of 4. • Under 13 and Under 15 relay over 3 x 3km for Boys and Girls • Used as part of the selection process for the following weekend's Aldershot relays. • 1km race for school years 5 and 6. 	<ul style="list-style-type: none"> • Senior Men (inc.u20s) on Sunday and u13,u15,u17 and Women (inc.u20s) on Saturday, this year. • Boys teams of 4, Girls teams of 3 (Senior Men 6). • We can enter A, B, C teams etc. • On paths within a park, so wear trainers. • South of England includes teams from Cornwall to East Anglia. • Each race has about 40 to 60 teams. • Highest places in last 4 years – u13b 1st, u15b 1st, u17m 3rd, sm 16th, u13g 5th, u15g 10th, u17w 3rd, sw 30th. 4 wins and 4 other team medals in 5 years. 	<ul style="list-style-type: none"> • Senior Men and Women (inc u20s) on Saturday and young athletes on Sunday. • Travel on day. • Young athletes are teams of 3. • All distances 3,861 metres, which is 'long' for u13s. • We can enter A, B, C teams etc. • On paths within a park, so wear trainers. • Includes teams from all UK. • We have not won a team race in 6 years and have just three 2nd places and a 3rd. • Highest places in last 6 years – u13b 2nd, u15b 2nd, u17m 4th, sm 39th, u13g 12th, u15g 22nd, u17w 10th 	<ul style="list-style-type: none"> • All ages, including separate u20s. • Youngest 2km up to oldest 3km, with Senior Men 5km. • Short, flat and fast grass laps. • 3 in team (SM is 4). • We can enter A, B, C teams etc. • Travel night before. • Wear spikes (12mm). • Teams from England only. • 2007 was first TAC appearance for many years. • Each race has about 50 to 100 teams. • Results last year – u13b 2nd, u15b 2nd, u17m 4th, u20m 13th, u13g 7th, u15g 8th, u17w 10th, u20w 27th.

Kent Cross Championships At TBA 9th January 2010	South of England Cross Country Championships 30th January 2010 Parliament Hill Fields North London	English National Cross Country Championships At Roundhay Park, Leeds 27th February 2010	Other Events And information	Other Events And information
<ul style="list-style-type: none"> • All ages, including separate u20s. • Distances 3km upwards. • We can run as many as we want in each race • Girls teams 3 to score and Boys 4 (SM is 6). • Those who weren't born in Kent or who haven't lived in Kent for 3 years cannot compete and should enter the Sussex or whatever champs. • Forms part of the selection criteria to qualify for Kent team for UK Inter Counties at Nottingham. • Last year we won u13b, u15b, u17m, u20m, u13g, u15g, u17w and were 2nd in sm. 	<ul style="list-style-type: none"> • All ages, including separate u20s. • Distances 3km upwards. • We can run as many as we want in each race. • Teams are 4 to score (SM is 6). • Highest places in last 6 years – u13b 1st, u15b 1st, u17m 2nd, u20m 5th, u13g 2nd, u15g 3rd, u17w 2nd • Last 5 years – 5 gold, 8 silver and 2 bronze team medals. • Number of competitors varies depending on venue, but about 200 athletes in the younger age groups is normal. • Target – Very tough ! Medal in each age group. 	<ul style="list-style-type: none"> • All ages, including separate u20s. • Distances 3km upwards. • We can run as many as we want in each race • Teams are 4 to score (SM is 6). • Number of competitors varies depending on venue, but about 300 to 400 athletes in the younger age groups is normal. • TAC trip includes 2 nights at Doncaster hotel. • 'National' dinner at hotel in the evening. • Highest places in last 6 years – u13b 1st, u15b 1st, u17m 2nd, u20m 11th, sm 33rd, u13g 4th, u15g 4th, u17w 3rd. • Last 6 years – 5 gold, 3 silver and 4 bronze team medals. 	<ul style="list-style-type: none"> • Possible trip to Belgium, which Pete Mason organises. • South East Inter Counties – represent Kent/Sussex. • Kent Schools Championships in January 2010 – you have to inform your school by the start of December that you want to be entered. Forms part of selection criteria for English Schools Championships. • UK Inter Counties Championships, 13th March at Nottingham. Compete for county, with 8 per team. This is normally shown on Sky TV. 	<ul style="list-style-type: none"> • English Schools Championships, 20th March 2010 at Manchester. • Age Groups – you compete in the same age group that you were in in the Summer 2008. • Under 13s must be at least 11 years old on the day of the race. • Match fees at each race are £3, although for coach journeys extra for travel is required. • Age groups for School events are <u>different</u> with Juniors (Years 8/9), Inters (10/11) and Seniors (12/13). • TAC hold under 11 races every month on a Sunday at the Schools at Somerhill or Tonbridge School.