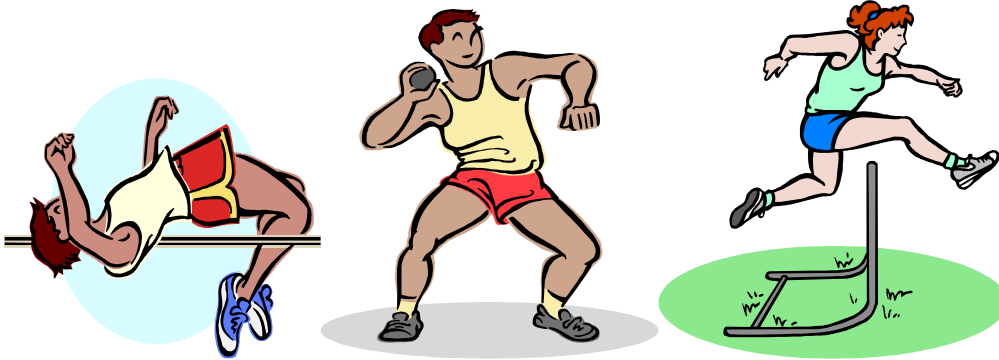


Tonbridge Athletic Club

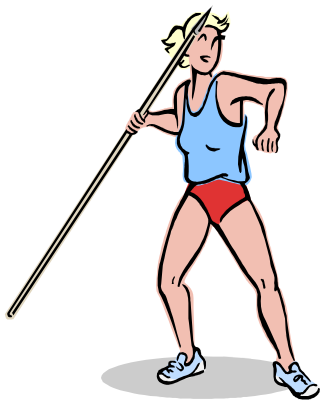


Tonbridge Athletic Club is running an athletics week at **Tonbridge School Track**.

It is open to **6 – 11 year olds girls and boys** and is to be held on the **23rd to the 27th August 2010** inclusive, from **9am until 4pm**.

The cost for the week is **£65** or if you can only come once or twice the daily rate is **£15** per day.

They will learn **Long Jump, High Jump, Shot, Discus, Hammer Javelin,**



Hurdles, Sprinting and Distance running.

They will need a packed lunch and drink for the day, sun hats and sun cream.

To secure your place email **Chris Hogwood** on Tonbridgetornado@aol.com or phone **01732 353254** in the **evenings only**.