

Tonbridge AC Guide to Winter 2016/17

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Kent Cross Country League Various venues Dates 15th Oct, 29th Oct, 12th Nov, 26th Nov, 11th Feb	Blackheath & Bromley Cross Country Relays 10th September 2016	South of England Road Relay Championships at Bedford 25th September 2016	National Road Relays At Sutton Coldfield 8th October 2016	National Cross Country Relay Championships at Mansfield 5th November 2016
<ul style="list-style-type: none"> • Races for all age groups (check dates) • The standard is for all levels of ability. • 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 to 200 and women 100. • u20s can run in senior races, if they wish. • 12th November excludes senior women, 26th November excludes senior men. • 11th Feb is just seniors. 	<ul style="list-style-type: none"> • A good event to start the season over 4km (u17, u20, seniors). • All levels of ability. • 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"> • u13,u15,u17 and Seniors (inc.u20s) all on on Sunday this year. • Boys teams of 4, Girls teams of 3 (Senior Men 6). • We can enter A, B, C, D 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. • See history at www.tacdistanrunner.com for team positions in recent years. 	<ul style="list-style-type: none"> • u13,u15,u17 and Seniors (inc.u20s) all on on Saturday this year. • Travel on day. • Young athletes are teams of 3. • Young athletes - All distances 3,861 metres, which is 'long' for u13s. • We can enter A, B, C, D teams etc. • On paths within a park, so wear trainers. • Includes teams from all UK. • See history at www.tacdistanrunner.com for team positions in recent years. 	<ul style="list-style-type: none"> • All ages, including separate u20s. • Youngest 2km up to oldest 3km, with Senior Men 5km. • Separate u20 races. • Short, flat and fast grass laps. • 3 in team (Senior Men is 4). • We can enter A, B, C teams (max 3 teams per age group). • Travel night before (see costs on information sheet). • Wear spikes (12mm). • Teams from England only. • Each race has about 50 to 100 teams. • See history at www.tacdistanrunner.com for team positions in recent years.

Kent Cross Championships At – Brands Hatch 7th January 2016	Kent Schools Cross Championships Venue Hythe Date 21st January 2017 (venue to be confirmed)	South of England Cross Country Championships At TBA 28th January 2017 (venue to be confirmed)	English National Cross Country Championships At Wollaton Park, Nottingham 25th February 2017	UK Inter Counties Cross Country Championships At Cofton Park, Birmingham TBC March 2016
<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 (Senior Men are 6). • Those who weren't born in Kent or who haven't lived in Kent for 9 months 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 Birmingham. 	<ul style="list-style-type: none"> • Entry is via your school, so you must inform your sports teacher at the beginning of December, that you wish to be entered. • All athletes run for their district. • Distances are a little shorter than normal for the girls races. • The races are senior (years 12/13), Inters (years 10/11), Juniors (years 8/9) and a separate year 7 race. • The races are part of the selection procedure for the Kent teams at the English Schools Championships. 	<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 (Senior Men is 6). • Number of competitors varies depending on venue, but about 200 athletes in the younger age groups is normal. • See history at www.tacdistanrunner.com for team positions in recent years. 	<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 (Senior Men is 6). • Number of competitors varies depending on venue, but about 300 to 400 athletes in the younger age groups is normal. • 'National' dinner and awards at hotel on the Saturday evening. • Team travel by train or car. • See history at www.tacdistanrunner.com for team positions in recent years. 	<ul style="list-style-type: none"> • County teams compete and selections are made partly based on county championship results. • There are 8 runners in each team. • All ages, including separate u20s. • Distances 3km upwards. • All races are normally shown Live on Sky TV. • This year the event is the trial for the u20 and senior World Cross Country Championship.

<p align="center">English Schools Cross Country Championships At TBC TBA March 2017</p>	<p align="center">South of England Road Relay Championships At Gravesend Saturday 25th March 2017</p>	<p align="center">National Road Relay Championships At Sutton Coldfield Saturday TBA April 2017</p>	<p align="center">Other Events</p>	<p align="center">Other information</p>
<ul style="list-style-type: none"> • Athletes compete for their county. • There are 8 runners in each county team. • Selection is based on a number of races, including the county schools championships in January. • The races are senior (years 12/13), Inters (years 10/11), Juniors (years 8/9). 	<ul style="list-style-type: none"> • These relays are for the under 20 and senior age groups. • The women's races is over 6 legs. • The men's race is over 12 legs. • The men's race acts as a qualifier for the National Championships in April. • We can enter more than one team in each relay. • The men's race alternates 'long' and 'short' legs. • The women's laps and men's short laps are over 5053m. The men's long legs are over 7664m. 	<ul style="list-style-type: none"> • These relays are for the under 20 and senior age groups. • The women's races is over 6 legs. • The men's race is over 12 legs. • We can enter more than one team in each relay (men have to qualify). • The men's race alternates 'long' and 'short' legs. • The women's laps and men's short laps are over 2.995 miles. The men's long legs are over 5.38 miles. 	<ul style="list-style-type: none"> • GB European Cross Country Trials at Liverpool, Saturday 26th November. We take a small group to these races and travel on Friday. • Kent Masters (veterans) Championships – 3rd December • South East Inter Counties – represent Kent/Sussex. 10th December • TAC holds under 11 races every month on a Sunday at the Schools at Somerhill or Tonbridge School. These take part in the months October to March. 	<ul style="list-style-type: none"> • Age Groups – you compete in the same age group that you were in the Summer 2015. • Under 13s must be at least 11 years old on the day of the race. • Match fees – there are no match fees, but for specific events payment towards travel and hotel is required. • Age groups for School events are <u>different</u> with Juniors (Years 8/9), Inters (10/11) and Seniors (12/13).