**Winter 2019/20 Fixtures**

**Please complete as much information as you can and return to Mark Hookway or email** **markhookway@icloud.com** **or take a photo and text to 07710197948**

**Full details of events under Race Information at** [**www.tacdistancerunners.com**](http://www.tacdistancerunners.com)

**Availability Form – NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Saturday 14th September**

**Blackheath and Bromley Cross Country Relays, at West Wickham (all ages)**

**Transport – own or lifts**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |

**Sunday 22nd September**

**South of England Road Relays at Crystal Palace (all ages)**

**Transport – own or lifts**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |

**Sunday 6th October**

**National Road Relays at Sutton Coldfield (all ages)**

**Transport – own or TAC bus**

|  |  |  |
| --- | --- | --- |
| **Available****Yes or No** | **Bus Pick Up if Required****TW 6.50am, TON 7.00am, H 7.10am****Please include names** | **Comment** |
|  |  |  |

**Note Bus Pick Ups - Tunbridge Wells opposite Skinners School, Tonbridge Bottom of Quarry Hill, Hildenborough Bus Stop beyond Flying Dutchman pub.**

**Saturday 12th October**

**Kent Cross Country League, at Swanley Park**

**Transport – own or lifts**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |

**Saturday 26th October – Kent Cross Country League, at Tonbridge (all ages)**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |

**Supporters and parents help at Tonbridge Kent League – Help neeeded**

**If you can offer any help for this home fixture it would be much appreciated. We typically need about 50 people to assist with Car Parking direction, Course marshalling, Refreshment sales, Cake and Sandwich production etc**

|  |  |
| --- | --- |
| **Help for Saturday 26th October** | **Kent League, at Tonbridge** |
| **Name -** |  |
| **Available to help with (please highlight)** | **Car Park, Course Marshal, Sandwich making, Cake making, Refreshment Tent** |
| **Times available eg all day** |  |
| **Mobile number (if car park or marshal)** |  |

**Saturday 2nd November – National Cross Country Relays, at Mansfield (all ages) Team travel and hotel Friday evening, available. (athletes £55, supporters £65)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Available****Yes or No** | **Bus Pick Up if Required****TW 5.45pm, TON 6.00pm, H 6.15pm,** **R 6.30pm** | **Hotel places required****Names** | **Comment** |
|  |  |  |  |

**Note Bus Pick Ups - Tunbridge Wells opposite Skinners School, Tonbridge Bottom of Quarry Hill, Hildenborough Bus Stop beyond flying Dutchman pub, Riverhead Harvester Resturant.**

**Payment for bus and/or hotel places is due by two weeks before the event.**

**Bank transfers to Barclays, Tonbridge Athletic Club Sort Code 20-88-13, Account Number 63083675. Reference MANSFIELD**

**Or Cheques to Tonbridge Athletic Club or cash to Mark Hookway**

**Saturday 9th November – Kent Cross Country League, at Danson Park, Bexleyheath (all ages, excluding senior men)**

**Transport – own or lifts**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |

**Saturday 23rd November**

**European Cross Country Trials, at Liverpool (u20 and seniors) – specific individuals**

**Saturday 30th November**

**Kent Masters/Veterans Cross Country Championships, at Dartford (may be changed). Mark Pitcairn-Knowles will arrange.**

**Saturday 7th December**

**South of England Inter Counties Cross Country Championships (all excluding u20 and senior men, selected for county) and**

**South of England Veterans Championships, at Horspath, near Oxford**

**Mark Pitcairn-Knowles will arrange veterans.**

**Saturday 14th December**

**Kent Cross Country League, at Footscray Meadows (all ages, excluding senior women)**

**Transport – own or lifts**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |

**Saturday 21st December**

**South of Thames Cross Country Championship, at Lloyd Park, Croydon (seniors inc u20s)**

**Transport – own or lifts**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |

**Saturday 4th January**

**Kent Cross Country Championships, at Brands Hatch (all ages)**

**Transport – own or lifts**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |

**Saturday 25th January – South of England Cross Country Championships,**

**at Parliament Hill Fields, North London. Transport - own, direct or train with group.**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |

**Saturday 8th February**

**Kent Cross Country League, at Norman Park, Bromley (u20/senior only)**

**Transport – own or lifts**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |

**Saturday 22nd February**

**English National Cross Country Championships, at Wollaton Park, Nottingham**

**Transport – own or TAC coaches**

|  |  |  |  |
| --- | --- | --- | --- |
| **Names** | **Bus Pick Up if Required****TW 12.45am, TON 1.00 pm, H 1.15pm, R 1.30pm** | **Club Dinner Places** **Required - Names** | **Hotel Nights****Required****Friday and/or****Saturday** |
|  |  |  |  |

**Important – to book hotel & bus places a £20 deposit is required, before 1st September 2019**

**Bank transfers to Barclays, Tonbridge Athletic Club Sort Code 20-88-13, Account Number 63083675. Reference National 2020**

**Or Cheques to Tonbridge Athletic Club or cash to Mark Hookway**

**Total cost to be paid by end of January -**

|  |  |  |
| --- | --- | --- |
| **Description** | **Competing Athlete** | **Supporter** |
| **Tonbridge AC Bus, Friday & Saturday Hotel Room, Including Breakfast & Saturday Dinner** | **£96.00** | **£136.00** |
| **No Bus, 2 nights hotel with breakfast & Saturday Dinner** | **£96.00** | **£96.00** |
| **No Bus, 1 night hotel with breakfast & Saturday Dinner** | **£61.00** | **£61.00** |
| **Saturday Awards Dinner only** | **£26.00** | **£26.00** |

**Sunday 15th March**

**South of England Road Relay Championships, at Milton Keynes**

**Senior men (12 in team) and women (6 in team), including under 20s**

**Transport – own, lifts or minibus**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |

**Saturday 4th April**

**National Road Relay Championships, at Sutton Coldfield**

**Senior men (12 in team) and women (6 in team), including under 20s**

**Transport – own or minibus**

|  |  |
| --- | --- |
| **Available****Yes or No** | **Comment** |
|  |  |