

Subject: Sevenoaks AC Over 11 Training CONFIRMED ON Tues 29 April

From: Adam Rose <adamrose@sky.com>

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To: Kerri Folkesson <membership@7oaks-ac.org.uk>, Rob Carr <rob@7oaks-ac.org.uk>, Geoff Kitchener <geoffreykitchener@yahoo.com>, Garry Owens <garryowens99@hotmail.co.uk>, Simon Hallpike <simon@7oaks-ac.org.uk>, Jon Copping <copping600@yahoo.co.uk>

I can confirm that for Over 11s next Tuesday 29 April is definitely now ON.

Many thanks to Jon Copping, who has volunteered to help coaching the juniors, and (along with Garry) made it possible to go ahead with this session, despite my injury and Geoff's holiday.

We would still welcome further support from parents, either with coaching or administration of the junior group. Please email me if you can help in any capacity, even if only on an occasional basis. No previous experience is necessary.

The following week, Tuesday 6 May, the Over 11 group training will be relocated to Tonbridge AC Open meeting, at Tonbridge School track. I would encourage all over 11 athletes to enter at least one event in their age group (11 and 12 year olds are U13, etc). Full coaching support will be provided for Sevenoaks AC athletes at the meeting. The programme is below. More details, and registration forms, are on www.tonbridgeac.co.uk

I will email additional information for my group next week.

Cheers,
Adam.

Tonbridge Athletic Club 2014 Open Meetings - Avril Bowring Memorial Series Meeting One Evening Open/Graded Meeting Tuesday 6th May

Track			Field		
6.40pm	100m	U13 up Women & Men	6.40pm	Long Jump	U13 & U15 Girls & Boys
7.00pm	800m	U13 up Women & Men	6.50pm	Discus	U13 up Women & Men
7.30pm	1 mile	U13 up Women & Men	7.20pm	Long Jump	U17 up Women & Men
8.10pm	300m	U17W U15B & above	