



SAC Trail Runs 2016

Once again we will have a series of weekend trail runs through the Spring and Summer.

For those who have not taken part before, these are sociable runs along some of Kent's finest trails.

We split into several groups, each with a run leader, offering different distances and speeds.

Often we go for a coffee or beer after.

Runs normally start at 9 am so that they don't take up the whole day.

The first 3 runs are designed to help those members training for Spring marathons, and will have an optional long route.

The others are purely for enjoyment.

We have tried to find dates that don't clash with key local races, but the fixture list is so full that there will inevitably be some clashes. Hope you can make it to some (or all) of the runs.

Please note the dates.

More details via the website or newsletter closer to the actual dates.

1. Sunday Mar 6 - Woodman Pub, Goathurst Common.

A familiar route along the Greensand Way to Ide Hill, Toy's Hill and back via Bough Beech. 7 or 9.5 miles. Optional loop round French Street & Crockham Hill gives 14-15 mile route.

Great views.

2. Sunday Mar 27th – Otford Recreation Ground.

Another well-known route up through Shoreham to Lullingstone and back. 5.5, 8.5 or 12 miles. Beautiful countryside.

3. **Saturday April 9th – Bucks Head, Godden Green.**
Along the Greensand Way to Shipbourne Church and back via Ightam Mote and Seal. 7 or 9.8 miles. Optional loop round Fairlawne Estate makes it 13.5 miles. Nice and hilly!
4. **Sunday May 29th – Kemsing Village Hall car park.**
Great excursion along the North Downs Way into the Otford Hills & little-known Knatt's Valley.
7 or 10 miles. Optional loop around Shoreham makes it 13 – 15.
Even more hilly.
5. **Sunday June 19th Westerham – Darent Car Park.**
Over the fields to Crockhamhill Common, Crockham Hill, down to Obriss Farm and back via Toy's Hill and French Street. 6 or 9.5 miles.
Spectacular views and one or two hills.
6. **Sunday July 17th – Penshurst Place.**
The perfect place for a Summer run. Gentle trails to Chiddingstone, and across the fields towards Leigh. Back through the beautiful Penshurst Estate. Hardly any hills. 8 or 10.5 miles.
7. **Sunday August 7th – Knockholt Church.**
Scenic route along the North Downs Way above Westerham & then towards Cudham and back. Surprising views of central London.
6 or 9 miles. Some hills and lots of stiles!

P.S For those wanting another long training run, the Sevenoaks Circular Walk will be on Sunday March 20th. It is organized by the Kent LDWA (Long Distance Walkers Association). Entry costs £7 or £9. Routes of 15, 20, & 30 miles. Details on LDWA website.

Enjoy.

Jim

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