



ENDURANCE INFORMATION

September 2016



Target Races

Cross Country

15th October - Stanhill Farm, Wilmington

29th October - Somerhill School, Tonbridge

12th November - Sparrows Den, Hayes (No Senior Women)

26th November - Danson Park, Bexleyheath (No Senior Men)

11th February 2017 - Footh Cray Meadows, Sidcup (Seniors Only)

Kent Championships 7th January 2017 Brands Hatch

Southern Championships Parliament Hill 28th January 2017

National Championships Wollaton Park, Nottingham, 25th February 2017.

Cross Country Managers. TBA

Road Races 2016/17

Folkestone Rotary Club Half marathon 25th September

Givaudan Ashford 10k 9th October

Deal 5 miles 6th November

Thanet 10 miles 4th December

Ashford and District 10K 5th February

Tenterden 5 miler 19th February

For information on these road races contact Gerard "Doc" O'Sullivan Email: osullivangm@yahoo.com

Race Walks

2 Oct National Champs 50 km. Plus 5 km for U17

12 Nov Enfield 7 miles

18 Dec. Horsham Track Festival

For information about walks racing and training contact Chris Hobbs Email: hobbsrom@outlook.com

Givaudan



Volunteers Needed

9th October 2016 is the 30th Anniversary of this very popular event. It raises vital funds for Ashford AC.

People are needed to marshal and help the day run smoothly. If you are not running on the day please ask your friends and family if they can help.

<http://www.ashfordac.org.uk/ashford10k/>

Coaching team

- Stella Bandu
- Ronan Donohue
- Chris Hobbs
- John Norman
- Gerard O'Sullivan
- Marion Oakley

More details about the coaching team are found on the Ashford AC web site. www.ashfordac.org.uk/coaching

Keeping in touch

Find us on Facebook

Ashford Athletic Club: Closed group for all those members and past members of Ashford Athletics Club

AAC Middle Distance: All closed group for the endurance athletes and coaches not just for middle distance runners.

Twitter

We don't have an AAC twitter account yet.

Coaches Stella and Ronan both have twitter accounts and share lots of information about running and some other topics!

Stella @Supercoachstel

Ronan @RonanDonohue1

For further information please contact Stella Bandu Athletics Coach UKA Level 3 Coach
Tel: +44(0)7960 371958
Email: StellaAAC@aol.com