



Swanley & District Athletics Club



Fed up with running alone, talking to yourself, sourcing your own routes. Even miss the social aspect of running with other like-minded people. Want company? Then come join our friendly all abilities club.

Don't delay contact us today, or come along to see us in action.

Our Clubhouse is located in the picturesque Swanley Park, Just off New Barn Road. This allows us to train on some road & trail runs in the surrounding countryside. Favourites include Joydens Wood & Farningham Wood as well as around the park itself.

When do we run?

Monday: 6:45PM for 7:00PM Coached session usually start at Dartford track, Central Park (near Fairfield Pool entrance), Dartford.

Tuesday: 7PM, 5-6 Mile relaxed local run from Birchwood Park Golf course car park. This may change in winter months. Varied speed and abilities.

Wednesday: Coached sessions starting at 6:30PM at Swanley Park during the summer months and then from White Oak Leisure Centre, Hilda May Avenue, Swanley BR8 7BT in winter.

Sunday: Start 9AM from the newly refurbished clubhouse. This is a longer social run at a steadier pace. Runners of different abilities split into different groups. The route is usually chosen on the day. Tea, Biscuits and toast are always on offer at the end of the run in the clubhouse.

You can contact us via our Facebook page – Swanley & District AC, or on our website <http://www.swanleyanddistrictac.org/>