

Tour of Telford 2010

The Tour of Telford 2010



Five races on foot over different courses on four consecutive days.

Monday 26th July to Thursday 29th July 2010
19:00 Start

Telford Harriers Tour of Telford 10th year

The Races

Day1 - The Wonderland 5k
(tarmac path)

Day 2 - Town Park old Handicap Course 3.09km (tarmac path)

The Stirchley Mile
(grass track)

Day 3 - The Wrekin Whiz approx. 3 miles, 800ft ascent
(off road)

Day 4 - Two Bridges Too Far 6km - 3.73miles (road & metalled path)

- The tour is open to Telford Harriers and guests.
- A race is run every day over 4 days.
- Only on one day you will be asked to run twice.
- There are few marshals, (not really a problem the courses are easy or well known).
- . You are asked to keep a note of your own time.
- You can do it by Proxy only if you are a Harrier.
- Want to know more?

Contact Colin May
colinm975@gmail.com or visit the Telford Harriers Web Site
<http://www.telfordharriers.co.uk/>

Tour 2010 Entry Form

Surname.....First Name.....

M/F.....

Phone.....

email.....

Tour 2010 Race(s) entered (circle):-

All

Race 1

Race 2

Race 3

Race 4

I'm doing by proxy

I need maps

Cost : Race - Free!

Thursday evening refreshments at the Brewery Inn Coalport at own expense

Details available at Horsehay, or e mail Colin May
colinm975@gmail.com, or Harriers Web site

