



1976 - 2008
34 STILL GOING
STRONG

Telford Athletic Club

Present the 28th

SEXARATHON

RACE SERIES



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34 STILL GOING
STRONG



17 Mardol, Shrewsbury, Shropshire SY1 1PU Tel. 01743 270004

- **LILLESHALL 5ml (measured) Wed. April 7th 7pm**
a new course, all on roads and pavements from Lilleshall National Sports Centre
TF10 9LQ
- **PHOENIX FLYER (Dawley) 5KM (approx) Wed. May 19th 7.30pm**
a fast, flat grass course from Phoenix Sports Centre TF4 3DZ
- **THE SHROPSHIRE 4ml (approx) Wed. June 9th 7.30pm**
on the tracks & paths of Granville Country Park, from The Shropshire Golf Club TF2 8PQ
- **IRONBRIDGE 4ml (approx) Wed. June 30th 7.30pm**
a race through the historic Ironbridge Gorge from the Tontine Hotel TF8 7AL
- **VIC MUSGROVE FAST FIVE 5KM Wed. July 21st 7.30pm**
a re-measured, flat fast road course in Telford Town Park from Telford Rugby Club
TF3 4AQ
- **MADELEY MATCHMAKER 5KM (approx) Wed. Sept. 1st 7pm**
on paths and roads – special prizes for attached mixed pairs from
Madeley Court Centre TF7 5DZ

Special commemorative T-shirt to ALL runners entering the series and finishing 5 out of 6 races

ENTRY FORM

**ALL
SEXARATHON
ENTRIES TO:**

Mrs. M. Kelcher
Woodside Cottage
Lilyhurst
Sheriffhales
Shifnal
TF11 8RL

FIRST NAME SURNAME D.O.B..... M / F

Vets please circle: (MV = Male Veteran, WV = Woman Veteran)

M35 MV40 V45 V50 V55 V60 V65 V70

WV35 WV40 WV45 WV50 WV55 WV60

ADDRESS.....

TOWN..... POST CODE..... PHONE.....

AFFILIATED UK Athletics CLUB (State if unattached)

**Please send
a stamped
addressed
envelope for all
race details &
number
9" x 6" min (C5)**

Series Entry, before the Lilleshall Race only, special price: Athletic Clubs £20.00 Unattached £32.00
on the night Athletic Clubs £25.00 Unattached £37.00
Single Race Entry on the night only: Athletic Clubs £5.00 Unattached £7.00
(£2 Unattached levy)

A signed entry form will be considered as acceptance of UK Athletics Rules and a declaration that you will run entirely at your own risk.

Signed Date I enclose a cheque payable to Telford AC to the value of £

TELFORD ATHLETIC CLUB PROMOTIONS 2010

Sun March 28th	Wrekin Fell Race – 5 Mile (Ercall Hill Races for Juniors 11.15am start)	11 am
● Wed April 7th	Lilleshall 5 Mile Race.....	1st in the Sexarathon Series 7 pm
Wed April 21st	Wrekin Streak – 2 Mile Hill Race up and down the Wrekin.....	7.30 pm
Wed May 12th	Caradoc Classic – 3 Mile Hill Race Church Stretton.....	7.30 pm
● Wed May 19th	Phoenix Flyer – 5KM Dawley Telford	2nd in Sexarathon Series 7.30 pm
● Wed June 9th	The Shropshire – 4 Mile Race	3rd in Sexarathon Series 7.30 pm
● Wed June 30th	Ironbridge 4 Mile	4th in Sexarathon Series 7.30 pm
● Wed July 21st	Vic Musgrove Fast Five – 5KM Road Race	5th Race in Sexarathon Series 7.30 pm
● Wed Sept. 1st	Madeley Matchmaker – 5KM Race	Final race in Sexarathon Series 7.00 pm
Sunday Sept. 12th	Stretton Skyline – 18 Mile Hill Race Church Stretton.....	11 am
Sunday Dec. 5th	Cardington Cracker – 9 Mile Hill Race Cardington, Nr. Church Stretton	11 am
Sunday Dec. 19th	Telford 10KM Road Race, Telford Town Park	10.30 am

Sexarathon events marked thus – ●

Please send an SAE for further information and race details to: Paul Sanderson 6 Spring Village Horsehay Telford TF4 2LY Tel: 01952 506671 or email jpsanderson_tac@hotmail.com

THE 28th SEXARATHON

A popular midweek series of races of distances between 5KM and 5 Miles. Runners can enter individual races or if you intend doing four or more races it's better value for money to pre-enter for the series, only £20 for six races.

**Overall Men & Women Series Champions can be from any age group category
ONLY RUNNERS ENTERING THE SERIES BEFORE OR AFTER THE FIRST RACE
WILL FEATURE IN THE OVERALL SERIES PLACINGS**

- Generous Prizes – in the Series overall, at least 1st 6 men, 1st 3 women, 1st 3 vets
- Separate listings for M35 M40, M45, M50, M55, M60, M65, M70 and W35, W40, W45, W50, W55, W60
- Special Sexarathon Series T-Shirt for all runners entering and finishing 5 out of 6 races
- First Aid and Race Clocks at all events
- Veterans remain in the category they are in at the first race
- All results available on the club website: www.telfordathleticclub.co.uk

If you are an unattached runner, why not consider joining Telford Athletic Club for a fee of only £23.

We cater for runners of all abilities and are involved in road, cross country, track & field, fells, relays, young athletes, socials etc.

Why not join us? It makes sense and it will save you unattached fees of £2 extra per race to comply with UK Athletics rules.

Contact:

Paul Sanderson,
6 Spring Village Horsehay
Telford TF4 2LY
Tel: 01952 506671
jpsanderson_tac@hotmail.com

● PREVIOUS WINNERS ●

1983	Sarah Crawford-Clarke	Wenlock	Malcolm Dawes	Shrewsbury
1984	Pat Slyde	WeB	Mark Flint	Telford AC
1985	Sandra Parker	WeB	Dave Jackson	Telford AC
1986	Louise Austin	Cannock	Bill Bedell	Telford AC
1987	Christine Hubble	Telford AC	Ian Crilly	Telford AC
1988	Jane Poston	Telford AC	Ron Bentley	Tipton
1989	Sandra Bentley (<i>Parker</i>)	Tipton	Vaughan New	Telford AC
1990	Tracey Clarke	Telford AC	Paul Cadman	WeB
1991	Jackie Davis	Charnwood	Sam Stevenson	Telford AC
1992	Yvonne Hill	Birchfield	Tony Milovsorov	Tipton
1993	Dianne Payton	Tipton	Sam Stevenson	Telford AC
1994	Claire Gardner	Telford AC	Ian Coupland	Shrewsbury
1995	Claire Gardner	Telford AC	Dave Mansbridge	Telford AC
1996	Yvonne Hill	Birchfield	Tony Milovsorov	Tipton
1997	Sandra Green	WeB	Chris Davies	Telford AC
1998	Alison Whitelaw	Wrexham	Ian Coupland	Telford AC
1999	Sandra Green	WeB	Ian Coupland	Telford AC
2000	Claire Martin (<i>Gardner</i>)	Telford AC	Greg Wilson	Telford AC
2001	Denise Cureton	Telf. Harr.	Dave Smith	Telford AC
2002	Denise Cureton	Telf. Harr.	Steve Needs	Telford AC
2003	Cheralyn Evans	Telford AC	Paul Ward	Wrekin RR
2004	Claire Martin	Telford AC	Dave Mansbridge	Telford AC
2005	Cheralyn Evans	Telford AC	Paul Ward	Wrekin RR
2006	Claire Martin	Telford AC	Robin Sedman-Smith	Telford AC
2007	Claire Martin	Telford AC	Paul Ward	Wrekin RR
2008	Sadie David	Wrekin RR	Paul Ward	Wrekin RR
2009	Michelle Clarke	Telford AC	Paul Ward	Wrekin RR