

Telford Athletic Club Present the 35th



SEXARATHON RACE SERIES



1976 – 2017
CELEBRATING
41 YEARS OF
TELFORD AC

Kindly sponsored by:

D.R.E. & Co.
CHARTERED ACCOUNTANTS

D.R.E. & Co.
Chartered Accountants

Offices:

Oswestry (01691 654353), Shrewsbury (01743 241581), Ludlow (01584 875715),
www.dre.co.uk Newtown (01686 626534), Knighton (01547 528383), Wrexham (01978 310600)

A run doesn't have to be taxing!

- **LILLESHALL 5ml (measured) Wed. April 12th 7pm**
on roads and pavements from Lilleshall National Sports Centre TF10 9LQ
- **PHOENIX FLYER (Dawley) 5KM (measured) Wed. May 17th 7.30pm**
road race around the centre of Dawley from Telford Langley School TF4 3JR
- **THE SHROPSHIRE 4ml (approx) Wed. June 7th 7.30pm**
on the tracks & paths of Granville Country Park, from The Shropshire Golf Club TF2 8PQ
- **IRONBRIDGE 4ml (approx) Wed. July 5th 7.30pm**
a race through the historic Ironbridge Gorge from the Tontine Hotel TF8 7AL
- **VIC MUSGROVE FAST FIVE 5KM (measured) Wed. July 19th 7.30pm**
a flat fast road course in Telford Town Park from Telford Rugby Club TF3 3NZ
- **HARPER SCARPER 5KM (measured) Wed. September 6th 7pm**
on paths and roads – from Harper Adams University College,
Edgmond Nr Newport TF10 8NB

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

ENTRY FORM

**ALL
SEXARATHON
ENTRIES TO:**
Nellie Sanders
33 The Grove
Shifnal
TF11 9EH
nelliesanders@
hotmail.co.uk

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

Masters please circle: (M = Man, L = Ladies)

M35 M40 M45 M50 M55 M60 M65 M70

L35 L40 L45 L50 L55 L60 L65 L70

Address Postcode

Phone UKA Reg. No.

Email address

AFFILIATED UK Athletics CLUB (State if unattached)

T Shirt size: Ladies: 10 12 14 16

Men: M L XL XXL

Series Entry, before the Lilleshall Race only, special price: Athletic Clubs £30.00 Unattached £42.00
on the night Athletic Clubs £35.00 Unattached £47.00

Single Race Entry on the night only: Athletic Clubs £7.00 Unattached £9.00
(£2 Unattached levy)

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

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 2017

Sun March 19th	39th Wrekin Fell Race – 5 mile (Ercall Hill Races for Juniors)	11am
Wed April 26th	Caradoc Classic – 3 Mile Hill Race from Church Stretton	7.30pm
Wed May 10th	Wrekin Streak – 2 Mile Hill Race up and down the Wrekin	7.30pm
Wed Aug. 30th	The Ellerdine Effort – 5 K Fast, flat road race	7pm
Sun Sept. 3rd	Stretton Skyline – 18 Mile Hill Race Church Stretton	11am
Sat Sept. 9th	Telford Games Open Track and Field Meeting	All Day
Sun Dec. 3rd	Cardington Cracker – 9 Mile Hill Race Cardington Nr Church Stretton	11am
Sun Dec. 10th	Telford 10k Road Race. Telford Town Park.....	10.30am

Details: 6 Spring Village Horsehay Telford TF4 2LY 0771 534 7587 / jpsanderson_tac@hotmail.com

THE 35th SEXARATHON

2017 points system: To reward performance and not just position, especially in age categories, 1st Man & 1st Lady 300 then 299, 298 etc.

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 £30 for six races.

Overall Men & Women Series Champions can be from any age group category

ONLY RUNNERS ENTERING THE SERIES BEFORE OR AT THE FIRST RACE WILL FEATURE IN THE OVERALL SERIES PLACINGS

- Generous Prizes – in the Series overall, at least 1st 6 men, 1st 6 ladies, 1st 3 masters
- Separate listings: M35 M40, M45, M50, M55, M60, M65, M70; L35, L40, L45, L50, L55, L60, L65, L70
- Overall series placings take precedence over masters categories
- Special Sexarathon Series Technical T-Shirt for all runners entering the series & finishing 5 races out of 6
- First Aid and Race Clocks at all events
- Masters remain in the category they are in at the first race
- All results available on the club website: www.telfordathleticclub.co.uk
- Please allow 15 mins. to get to the start from car park at Lilleshall & Shropshire races
- Individual races: prizes for 1st 6 men & 1st 6 ladies & masters winners

• PREVIOUS WINNERS •

If you are an unattached runner, why not consider joining Telford Athletic Club for a fee of only £36?

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.

Contact:

**Paul Sanderson,
6 Spring Village
Horsehay
Telford TF4 2LY**

**Tel: 0771 534 7587
jpsanderson_tac@
hotmail.com**

1983	Sarah Crawford-Clarke	Wenlock	Malcolm Dawes	Shrews AC
1984	Pat Slyde	W & B	Mark Flint	Telford AC
1985	Sandra Parker	W & B	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	W & B
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	Shrews AC
1995	Claire Gardner	Telford AC	Dave Mansbridge	Telford AC
1996	Yvonne Hill	Birchfield	Tony Milovsorov	Tipton
1997	Sandra Green	W & B	Chris Davies	Telford AC
1998	Alison Whitelaw	Wrexham	Ian Coupland	Telford AC
1999	Sandra Green	W & B	Ian Coupland	Telford AC
2000	Claire Martin (<i>Gardner</i>)	Telford AC	Greg Wilson	Telford AC
2001	Nellie Cureton (<i>Sanders</i>)	Telf. Harr.	Dave Smith	Telford AC
2002	Nellie Cureton (<i>Sanders</i>)	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
2010	Michelle Clarke	Telford AC	Chris Bagshaw	Telford AC
2011	Claire Martin	Telford AC	Chris Davies	Telford AC
2012	Claire Martin	Telford AC	Paul Ward	Wrekin RR
2013	Jackie Halford	W & B	Joe Brocklehurst	Shrews AC
2014	Claire Martin	Telford AC	Paul Ward	Wrekin RR
2015	Claire Martin	Telford AC	Jon Bowie	Mercia
2016	Claire Martin	Telford AC	Paul Ward	Telford AC
			Stuart Hawkes	Tipton