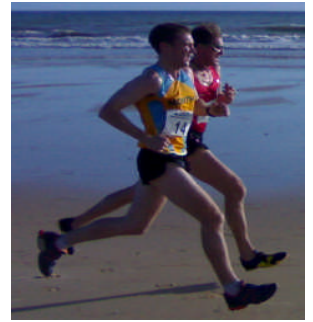


4th

TFT RUNNING TOURS
ALGARVE
 Running Challenge



4 - 8
November
2009



Includes 10 miles do Guardiana

The "Challenge" includes 4 separate races on 4 different running surfaces over 5 days



2007 & 2008 ARC
 Winner Dave
 Mansbridge

The Guardiana
 bridge & club
 groups at the 2008
 ARC event



ALGARVE RUNNING CHALLENGE PROVISIONAL PROGRAMME

Tues	3	November	Event Inspection Day
Wed	4	November	8 Km Cross country
Thurs	5	November	1 mile Track Time Trial
Fri	6	November	6.5 km Beach Race
Sat	7	November	Rest Day – Optional Excursions
Sun	8	November	10 Miles do Guardiana Race from Portugal into Spain in 2009



CHALLENGE AWARDS

- ◆ Men and women's open and age group awards for each race
- ◆ Men and women's open and age group Running Challenge awards
- ◆ Team Running Challenge awards (3 per team)
- ◆ All runners will receive an event goody pack

OPTION 1: 8 Days / 7 Nights
 Mon 2 Nov – Mon 9 Nov

OPTION 2: 7 Days / 6 Nights
 Tues 3 Nov – Mon 9 Nov

OPTION 3: 4 Days / 3 Nights
 Fri 6 Nov – Mon 9 Nov

Packages for 7 or 6 nights for the full Algarve Running Challenge or 3 nights for a weekend break taking in the unique 10 Miles do Guardiana race – start in Portugal and cross the magnificent Guardiana bridge and finish in Spain!

4* DUNAMAR Aparthotel: our event HQ located on the beach. The spacious 1, 2 or 3 bedroom apartments are all equipped with a telephone, television, heating / air conditioning, hairdryer, terrace, safety box, kitchen appliances, microwave and toaster. There is a bar, restaurant, internet access, gym, sauna, indoor swimming pool, parking, 24hrs reception, shop and outdoor swimming pool.

3* ALBA Aparthotel: located 150m from the beach and close to the shops, restaurants & bars of Monte Gordo. Studios have a combined bedroom/ living room with kitchenette & bathroom / WC. 1 bedroom apartments have a bedroom and a living room with sofa bed, a full kitchen & bathroom / WC. All are air conditioned, with TVs. There is a bar, a laundry and an outdoor swimming pool.

Optional excursions to **Seville in Spain** or an **Algarve trip** will be offered on the Rest Day on Saturday 7th November

PACKAGE PRICES:

	DUNAMAR	ALBA	OPT 1	OPT 2	OPT 3
Prices are per person and include hotel on board basis as stated, plus all tour & event services	1 person	1 person	£ 419	£ 369	£ 219
	2 persons	2 persons	£ 299	£ 269	£ 169
	5 - 6 persons	2 or 3 Bedroom Apartment	£ 289	£ 259	-
	Bed & Breakfast	Studio Apartment	£ 259	£ 235	£ 159
		Studio Apartment	£ 209	£ 189	£ 129
		1 Bedroom Apartment	£ 189	£ 169	£ 119

GROUP DISCOUNTS: 10 + Persons £ 10 discount per person 20 + Persons £ 20 discount per person Larger groups on request

RACE ENTRY FEES:

Fees include race day transport for 10 Miles and both ARC & 10 Miles Goody Packs	4 RACE CHALLENGE (8Km / 1 Mile / 6.5 Km / 10 Miles)	£ 50.00	GUARDIANA 10 Miles Sun 8 Nov	£ 25.00
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FLIGHT PRICES:

Fares are subject to change until paid for in full. Prices are per person and include airport transfers, booking fees & taxes.	Ex Gatwick	Monarch	from	£ 149
	Ex Manchester	Monarch	from	£ 169
	Ex Stansted	Easyjet	from	£ 135
	Ex East Midlands	Easyjet	from	£ 145

Other airlines & departure airports available on request

INSURANCE: 8 Days 0- 50 yrs £ 18.21 50-59 yrs £ 22.33 60-69 yrs £ 25.85 70-79 yrs £ 35.25

TOUR DEPOSIT: £ 75.00 per person + Full Payment Flights / Insurance FINAL BALANCE DUE 31 Aug 2009

TFT RUNNING TOURS TRACK & FIELD HOUSE 66 Fryerning Lane INGATESTONE ESSEX CM4 0NN

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