

# TFT RUNNING TOURS 2007



## WARSAW Marathon & ½ Marathon Sun 23 SEPT

This will be the 29<sup>th</sup> edition of this annual event in the Polish capital that passes through both the old and new town and finishes in the Agrykola Park. Finishers in both races receive a medal and a T shirt. Our weekend tour hotel the 4\* NOVOTEL is a 15 mins walk from the start and finish in the city centre.

Arr. 21 Sept / for 3 nights	Single room Twin / Double	£ 299 £ 199	Race Entries Flight ex London	Marathon £ 30 ½ M £ 20 from £ 119
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## BERLIN Marathon Sun 30 SEPT

This super fast course has hosted many records including the current Men's world's best ever performance 2:04.55 from 2003 by Paul Tergat. Finishers receive a medal and a timed certificate. Our weekend hotel the 4\* SOL MELIA is a 10 mins walk from the start and finish in the city centre.

Arr. 28 Sept / for 3 nights	Single room Twin / Double	£ 299 £ 239	Race Entry Flight ex London	up to 22/6 £ 50 / £ 65 til 3/8 from £ 119
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## CHICAGO Marathon Sun 7 OCT

Another fast course taking in the many different ethnic districts of the "Windy City" with the start and finish in Grant Park. Runners receive a T shirt and finishers a medal and a copy of the official results. Our weekend tour hotel the 3\* Best Western Grant Park is a 5 mins walk from the start and finish.

Arr. 5 Oct / for 4 nights	Single room Twin / Double Triple Room	£ 649 £ 429 £ 329	Race Entry Flight ex London	£ 70 from £ 399
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## DUBLIN Marathon Mon 29 OCT

Known as the "Friendly Marathon" its route takes in most of the suburbs and also the city centre with the start and finish in Merrion Square. Finishers receive a T shirt and a superb medal.

Arr. 27 Oct / for 3 nights	Single room Twin / Double	£ 359 £ 299	Race Entry Flight ex London	up to 1/8 £ 40 / £ 50 til 1/9 from £ 39
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## ALGARVE RUNNING CHALLENGE Wed 31 OCT - Sun 4 NOV

*Incl. 10 miles do Guardiania*

Run 4 races in 5 days on 4 different surfaces: 8 km cross country / 1 mile track time trial / 6.5 km beach race then a rest day before the 10 miles do Guardiania that starts in Portugal and finishes in Spain. Challenge Runners receive a Goody Pack, T shirt and a medal for finishers. The Guardiania 10 miles also awards T shirts and medals. Our hotel is the 4\* DUNAMAR in Monte Gordo on half board basis.

Arr. 29 Oct / for 7 nights	Single room Twin / Double	£ 299 £ 249	Race Entries Flight ex London	Challenge £ 50 / £ 10 <sub>10 Miles</sub> from £ 109
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## ATHENS Marathon 10 Km 5 Km Sun 4 NOV

The classic and demanding route of the "original" marathon with its spectacular finish in the 1896 Olympic Stadium. Runners receive a T shirt and a medal. Runners are transported by bus to the start. Our weekend tour hotel is the 3\* Superior ESPERIA hotel located 10 mins walk from the finish.

Arr. 02 Nov / for 3 nights	Single room Twin / double	£ 299 £ 229	Race Entries Flight ex London	Marathon £ 55 / £ 50 <sub>10/5 Km</sub> from £ 95
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## FLORENCE Marathon Sun 25 NOV

The route is a guided tour of this magnificent Renaissance city and the event just another reason to visit one of the world's most historic cultural jewels. Runners receive a T shirt and a medal. Our weekend hotel is the 3\* BALESTRI just 10 mins walk from both the start and the finish.

Arr. 23 Nov / for 3 nights	Single room Twin / double	£ 299 £ 249	Race Entry Flight ex London	up to 30/6 £ 35 / £ 40 til 15/10 from £ 119
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## CYPRUS RUNNING CHALLENGE Thurs 29 NOV - Sun 2 DEC

*Incl. Paphos 10 km*

Run 4 races in 4 days on the trails of the Akamas nature reserve and roads in the Coral Bay / Paphos area: 6 km road time trial / 11 km hill trail run / ½ Marathon trail race / 10 km Paphos road race. Challenge Runners receive a Goody Pack, T shirt and a medal for finishers. The Paphos 10 Km also awards T shirts and medals. Choice of 5\* CORAL BEACH & 3\* CORALLIA BEACH hotels.

Arr. 27 Nov / for 7 nights	Single room Twin / double	from £ 259 from £ 169	Race Entries Flight ex London	Challenge £ 110 / £ 20 <sub>10 Km</sub> from £ 179
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## LISBON Marathon & ½ Marathon Sun 2 DEC

End the year in the Portuguese capital with a choice of a marathon or half marathon race on predominantly flat courses. Runners receive a T shirt and finishers a medal and certificate. Our weekend hotel is the 4\* MUNDIAL within 15 mins walk of both the start and finish of the races.

Arr. 30 Nov / for 3 nights	Single room Twin / double	£ 299 £ 229	Race Entries Flight ex London	Marathon £ 35 ½ M £ 20 from £ 129
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COMPLETE EVENT & TOUR  
INFORMATION AVAILABLE  
ON OUR WEB-SITE

[www.trackandfield.co.uk](http://www.trackandfield.co.uk)

### EVENT ARRANGEMENTS:

Prices per person include:

- ◆ Hotel accommodation on bed & breakfast basis unless stated otherwise
- ◆ Services of experienced tour staff to assist you with tour and running event services
- ◆ **TFT RUNNING TOURS** Goody Pack for all clients

Extra nights arranged on request.  
Packages can be tailor-made.

### FLIGHT ARRANGEMENTS:

Prices on this bulletin are ex London inclusive of taxes & booking fees to give a guide-line only. For some events we book specific flights that are detailed in the individual event information applicable to that event. For others we will book flights to meet your requirements from your chosen airport and quote the fares available at that time. Clients can also book their own flights if they wish to do so.

Airport transfers prices are confirmed at the time of booking in the flight package price or priced separately.

### EVENT DEPOSIT DUE:

£ 75.00 per person  
+ Flight cost + Race Entry

Final Payment will be due 8 weeks prior to departure

### GROUP OFFERS:

For bookings of 10+ please contact our office for a quotation and to discuss if there are ways that we can tailor-make arrangements for both runners and non-runners.

### FINANCIAL SECURITY:

We are agents for ATOL holders and all clients receive an ATOL receipt for any bookings involving air travel.

All client tour payments are also covered by our financial indemnity insurance with IPP Ltd.

### WARM WEATHER TRAINING

PORTUGAL ◆ CANARIES  
SPAIN ◆ MALTA  
CYPRUS

PACKAGES ALL YEAR

**TFT RUNNING TOURS 26 HIGH STREET INGATESTONE ESSEX CM4 9EE**

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