

## **Adidas Thunder Run 24hour**

Simon Phillips and Dean Richards are looking to enter a Whitchurch Whippets team, or teams, into the Adidas Thunder Run 24hour race at Catton Park, near Tamworth next year. The event takes place on Saturday 31st July and Sunday 1st August 2010. They would therefore like to see how many other Whippets would also be interested in this challenge, so that it can be organised and entered in time.

The race consists of completing as many laps as possible of an off-road 10K circuit around the park in 24 hours, as a relay with one member of the team completing a lap at any one time. Teams of five can be single sex or mixed and teams of eight must be mixed, but can be made up of any combination of men and women.

The cost is likely to be between £25 and £40, depending on the team size. The individual total running distance is also dependant on the team size, but is likely to 30K or perhaps more, made from single 10K runs with long rest periods in between and may involve some running in the dark with a head-torch. So you're certainly going to get a decent amount of running for your money and the entry includes free camping for all competitors and support crew. There will be showers, flushing toilets, hot food and other facilities available at the site.

We can obviously organise the team to take account of fitness levels, maybe less laps, etc. when we know who would like to take part. More information about the race can be found using the following link.

[http://www.provelosupportuk.co.uk/thunder\\_run\\_24.html](http://www.provelosupportuk.co.uk/thunder_run_24.html)

Please let Dean Richards or Simon Phillips know if you are interested.