



# trf EVENTS



RUN FOR FUN, CYCLE FOR GLORY!



## TFA EVENTS 2022

After a challenging year our events are all back in 2022!

Whether you're setting a personal goal, doing something fun with your team, or raising money for a great cause, we can help.

All our events are also available virtually, so you can take part wherever and whenever you want!

We also organise bespoke events for individual companies and charities. Get in touch with us and we can bring your ideas to life.

## FUNDRAISING

Our experienced team can help you with your fundraising, so you can enjoy your challenge, make a difference and have a lot of fun. Just contact us to find out more.



Arun or Rebecca  
[events@tfaltd.co.uk](mailto:events@tfaltd.co.uk)  
0333 4441189

# TFA EVENTS 2022

Click on the event name to find out more information.

Superhero in the City (5km)

London - 06 July 2022

Bristol - 13 July 2022

London to Paris Cycle - 3 Days

24-26 June 2022

08-10 July 2022

09-11 September 2022

15-17 June 2023

07-09 July 2023 (Women only)

08-10 September 2023

London to Paris Cycle - 2 Days

15-16 September 2022

14-15 September 2023

Santa in the City (5km)

London - 07 & 08 December 2022

Harrogate - 04 December 2022

We can arrange bespoke events for you. Just contact us to chat through your ideas!



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0333 4441189



# SUPERHERO IN THE CITY



***"Such a fantatsic atmosphere!"***

**Andrew Tucker, Atkins**

# SUPERHERO IN THE CITY 2022

Walk, jog, run as a superhero in July!

Superhero in the City is the only superhero fun run taking place in London & Bristol in July 2022.

**Central London | 06 July, 7.00pm | 4km**

**Bristol City Centre | 13 July, 6.30pm | 5km**

Every runner receives a free superhero cape, mask, running number and limited edition medal. U18's free.

Superhero capes and masks are available in a variety of colours and will be sent out in advance of the event.

They can also be collected from 3.00pm on the day of the event.

## VIRTUAL EVENT

Unable to make our events? Why not run virtually? Just put on a superhero outfit and run in your local area in July. Click below for more information.



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

# TFA CYCLE EVENTS



*"Fantatstic cycling event!"*

Leon Mangam & Steve Corfield, Salesforce

[www.tfaltd.co.uk/cycling](http://www.tfaltd.co.uk/cycling)

# LONDON TO PARIS CYCLE 2022

Cycle for glory, a trip to remember!



Join our London to Paris rides in June, July or September, but you will need to be quick as places are going fast!

## 3-day cycle:

- 24-26 June 2022 (Limited places left)
- 08-10 July 2022
- 09-11 September 2022

This is suitable for cyclists of all abilities and a great way to get involved in challenge events.

## 2-day cycle:

- 15-16 September 2022

A more challenging ride covering 106 miles on day 2. However, with the right training plan, anyone can conquer this challenge.



[www.tfaltd.co.uk/cycling](http://www.tfaltd.co.uk/cycling)

# TFA CYCLE EVENTS



***"Perfect team-building event"***

Zinab Aldaraji, MUFG

[www.tfaltd.co.uk/cycling](http://www.tfaltd.co.uk/cycling)



# LONDON TO PARIS CYCLE 2022

Cycle for glory, a trip to remember!



Our team will provide support with everything!

From helping you choose the right kit to providing advice with training and fundraising. Our team will be available from the moment you sign up to after your return home. In addition, we will take care of the following:

- Overnight accommodation
- Catering for all days
- Mechanical & medical support
- Return travel (you & bike)
- Photo momento
- Plus lots more!



[www.tfaltd.co.uk/cycling](http://www.tfaltd.co.uk/cycling)

# SANTA IN THE CITY 2022



*"Such a fun festive event!"*

Santa in the City Runners

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

# SANTA IN THE CITY 2022

**Walk, jog, run as Santa this December!**

Santa in the City is the only festive Santa fun run taking place in London & Harrogate in December 2022.

**London | 07 & 08 December, 7.00pm | 4km**

**Harrogate | 04 December, 6.30pm | 5km**

Every runner receives a free santa outfits (hat, belt, beard, jacket and trousers) running number and a limited edition medal. All U18's run for free.

Santa outfits will be sent out in advance of the event. They can also be collected from 3.00pm on the day of the event at the meeting point.

## VIRTUAL EVENT

Unable to make our events? Why not run virtually? Just put on your festive outfit and run in your local area in December. Click below for more information and how to buy a Santa suit & medal.



**[www.santainthecity.co.uk](http://www.santainthecity.co.uk)**

# GLOBAL CHALLENGE 2022



**The virtual challenge around the world**  
**Click below to get your team's place!**

Mark Hamby

Emma Boyd

Rich Robertshaw

Lu Feng

Edic

Guide

atic

Film & Photography

[WWW.TFALTD.CO.UK/TGC](http://WWW.TFALTD.CO.UK/TGC)

# MEET THE TFA TEAM

Our team of event managers, guides and specialist crew has the knowledge and experience in managing and running very successful events. We pride ourselves on making sure that we support you throughout, keep you safe and provide lots of fun along the way!



**Arun Sharma**  
Event Director



**Rebecca Millburn**  
Event Manager



**Justin Leahy**  
Lead Guide



**Paolo Nistri**  
Lead Guide



**Anne Hannan**  
Lead Guide



**Ed Millburn**  
Guide



**Georgia Steele-Matthews**  
Guide



**Mark Hambly**  
Medic



**Emma Doyle**  
Guide



**Rich Robertshaw**  
Mechanic



**Ed Telling**  
Film & Photography



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