



Tadworth Athletic Club

run live 
LIVE TO RUN

Presents the

www.runtolive.co.uk

31st Tadworth Ten - Sunday 6th January 2013 at 11.30 am

To be run under ARC rules – ARC Multi-terrain permit no: 13/07

- The Course:** A scenic and challenging 10 mile, 2 lap course; 75% Road, 25% tracks and grass starting and finishing at the home of the famous Derby horse race. The nature of the off-road sections renders the course unsuitable for wheelchair athletes..
- Start and Finish:** Tattenham Corner, Epsom Downs, Surrey, 15 minutes from junction 8 on the M25. www.Tadworth.org.uk for location map and further details.
- Race HQ:** The Weighing Room, rear of The Queens Stand, Epsom Downs, KT18 5LQ.
- Medical Cover:** level 1 medical cover supervised by St John Ambulance.
- Prizes:** Our thanks to **Run To Live** for their support with the prizes. These will be presented to:
Male: Seniors /Over 40/50/60. Female: Seniors / Over 40/50/60.
Male and Female Team prizes: 1st 3 from a UKA or ARC affiliated club or pre-designated team.
- Note:** There is no mixed team prize. All finishers will receive our traditional generous prize

HOW TO ENTER

- By Post To:** Tadworth 10, c/o Sport Systems Limited, Regency House, 61 Walton Street, Walton-on-the-Hill, Tadworth, Surrey KT20 7RZ. (No SAE required).
Entries should be received by **Friday 21st December 2012**
- Entry Fees:** £14.00 attached, £16.00 unattached, payable to: TADWORTH AC.
- Early Bird Discount**
Up to 4th November £11. 00 attached & £13.00 unattached (does not apply to postal entries).
- Entry Fee on the Day:**
All competitors £18.00
- To Enter On-line :**
www.sportssystem.co.uk or www.tadworth.org.uk and follow the links. On-line entries will be accepted up to midday on **Friday 4th January**. There is no extra charge for entering on-line
- Numbers, Timing Chips and Instructions:**
Instructions will be e mailed to entrants before the Race and will also be available at www.tadworth.org.uk. Numbers and Timing Chips for all entries will be issued on the day at Race HQ from 9.30am
- Entries on the Day:**
accepted from 9.30am up to 11.00am at Race HQ subject to the race limit (700) not being exceeded
There is Parking at the Race HQ. (main gate to Grandstand) which is located approximately 15 minutes walk from the start

THIS ENTRY FORM & RESULTS CAN BE OBTAINED FROM: www.tadworth.org.uk

In the event that the race has to be cancelled at the last minute due to inclement weather or circumstances beyond our control, no refund will be made. Your entry will be carried forward to another date, to be advised..

Surname: _____ First Name: _____

Age on day (min. age 16 yrs) _____ Date of birth: _____ Male/Female

Address: _____

_____ Postcode _____

If entering as part of a non ARC or UKA club team, state name of team _____

Tel. No: _____ UKA or ARC Club (if applicable) _____

UKA membership no. (if known) _____ E-mail address _____

I declare that I am an amateur. I hereby agree that the organisers shall not be liable for accidents, injury, loss or damage as a consequence of my participation in this event.

SIGNED: _____ (Unsigned entries will not be accepted)