



Tadworth Athletic Club

35th TADWORTH 10

Sunday 8th January 2017 at 11.30 am

(To be run under ARC rules – ARC Multi-terrain permit no: 17/005)

The event

The Tadworth 10 started in January 1982 and until 1995 was based at Children's Trust, Tadworth. Due to increased traffic in 1995 the course was moved to Epsom Downs with a mix of tracks and roads and has always attracted a good turnout of local runners with consistently between 600-650 finishers. The event has a good reputation for being well organised/ supported and marshalled by friendly TAC members and we always give a running memento to all runners rather than a medal. Last year's picture can be viewed at <https://www.facebook.com/Tadworth10/>.

The Course:

A scenic and challenging 10 mile, 2 lap course; 50% Road, 50% tracks and grass starting and finishing at the home of the famous Derby horse race. For course map follow the link: <http://www.tadworth.org.uk/tadworth-ten/tadworth-ten-course14/>

An ideal race to blow the cobwebs from Xmas away, kick off your marathon training or test yourself against your course PB. (For previous results see <http://www.tadworth.org.uk/tadworth-ten/past-results/>)

However, if you think you might take longer than two hours to complete the course we would ask you not to enter as the weather could be adverse and the organisers have a duty of care to you as well as our marshals who need to be out for longer than two hours!

Unfortunately, the nature of the off-road sections renders the course unsuitable for wheelchair athletes. Visually impaired runners must enter by 1st December giving notification of impairment and comply with advanced instructions.

Race HQ

The Duchess Stand, Epsom Downs, Surrey KT18 5LQ, 15 minutes from Jct 8 on the M25.

- Car parking
- Café serving hot and cold food and drinks
- Ample toilets and changing areas
- Live feed of photos and results
- Free sports massage service
- <http://www.tadworth.org.uk/tadworth-ten/> for location map and further details.

- Prizes:** Male and female:
- Seniors
 - Over 40/50/60
 - Best age graded
 - First team of 4 from UKA or ARC affiliated club.

All finishers will receive a pair of touch screen running gloves.

30 Spot prizes

HOW TO ENTER

On-line <https://www.sportsystems.co.uk/ss/event/Tadworth1020172>. On-line entries accepted up to noon on **Friday 6th January 2017**

By Post to: c/o Sport Systems Limited, Regency House, 61 Walton Street, Walton-on-the-Hill, Tadworth, Surrey KT20 7RZ. (No SAE required). Cheques payable to: TADWORTH AC. Last date for receipt of postal entries **Monday 19th December**. Please use universal entry form.

- Entry Fees:**
- £12 UKA/ARC affiliated/ £14 unaffiliated for entries before 5th September or first 100 entries, whichever is reached first.
 - £16 UKA/ARC affiliated/ £18 unaffiliated for entries before 31st October or total entry reaches 500, whichever is reached first.
 - £20 UKA/ARC affiliated/ £22 unaffiliated for entries before closing date or 750 entries, whichever is reached first.
 - 50 Entries on day reserved at £30

Transfer of Entries The unauthorised transfer of numbers between runners is not permitted. Any runner found to have done so will be disqualified. Numbers may be exchanged on the day subject to an administration fee of £5.00

Inclement weather We reserve the right to alter and shorten the course in the interest of safety. Should the race have to be postponed due to inclement weather or circumstances beyond our control, your entry will be carried forward to another date, to be advised.

Charity partners Last year £2,500 was donated to several charities. This year our main charities are the Woodland Trust and the Children's Trust Tadworth.

