



10K October 12th 2014, 10am



2 laps of Eastbourne seafront. Start and finish by the Holywell Café (BN20 7XB), turnaround point is opposite Fusciardi Ice Cream Parlour 5k per lap.

(The route may be subject to a slight change due to the unfortunate developments at the Eastbourne Pier)

- Registration opens at 9am and closes at 9:45 on day of event, race numbers picked up on the day.
- Public toilets available at start/ finish point of race. Men and women must be at least 16 years of age on race day
- Refreshments available from the Holywell Cafe
- Race medals for all finishers, prizes available to winners.
- Results will be published online via www.temposhop.co.uk and <https://www.facebook.com/Temposhopuk>
- **Tempo 10K Entry Limit 150 runners - No entries on the day**
- Entries to: **Tempo, 67 Susans Road, Eastbourne, BN21 3TG,**
- **Entry Closing Date: Saturday 4th October 2014 (subject to availability).** Entries can be paid for in cash, cheque or card by visiting the Tempo shop.
- **Proceeds from race will go to the RNLI of Eastbourne and the Special Olympics Eastbourne**

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ENTRY FORM

Surname:	First Name:
Address:	
Email Address:	
Age on 12th October 2015:	Contact Telephone:
Emergency Contact Name:	Emergency contact phone number:
Club:	Date of Birth:
Tempo 10K Entry £10.00, paid by: card/ cash/ cheque (Please circle)	Gender: MALE / FEMALE

DECLARATION: I declare that I am medically fit to run. I accept that the organisers shall not be liable for any injury, illness, damage or loss of property sustained as a result of my taking part in this event. If under 18 years of age on race day, this form must be signed by a parent or guardian.

Signed: _____ **Dated:** _____