



BIDEFORD A.A.C. (www.bidefordaac.co.uk) presents

BIDEFORD 10-MILER

POSSIBLY THE FASTEST 10-MILER IN DEVON



BAF Certified measurement – Under UKA Rules – UKA Licence applied for.

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R. T. Marke & Co. Ltd.
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SUNDAY 6th SEPTEMBER 2009 11.00am start

NEW IMPROVED COURSE! - Starting outside the Clubhouse, the course takes you along Instow Front with its magnificent views of the Torridge estuary. The course is a combination of road and tarmac track, including a section of the renowned Tarka Trail (you even get to run through a tunnel)!

We regret that the course is unsuitable for wheelchairs. No dogs are allowed. No pushchairs are allowed.

NEW THIS YEAR! - TECHNICAL T-SHIRT TO ALL FINISHERS

Prizes in all categories

Changing and showers available – Bar – Refreshments

Entry fee - £14.00

No entries on the day

£2.00 discount for UKA registered runners - £5.00 discount for Senior Citizens (F- O/60, M- O/65)

ENTER ONLINE at www.bidefordaac.co.uk or complete the entry form below and send with a cheque or PO made payable to 'B.A.A.C. Harriers Section' together with a C5 (9"x 6") SAE by Friday 28th Aug. 2009 to:

Rachel Williams, 20 Gammaton Rd., Bideford EX39 4DG

All other enquiries: email bidefordaac@hotmail.com or telephone Alan Heard – (01237) 470254 or 07974 902670

Male :

BIDEFORD 10-MILER 2009

Female :

Forename : Surname :

Address :

Post Code: email :

Tel. (Inc. STD): UKA Reg. No.: (required for discount)

Mobile : Affiliated Club :

Age on 6th Sept. 2009 : Date of Birth :

Emergency contact: Emergency contact tel. no.:

Preferred technical t-shirt size (not guaranteed) – Please tick a box :- Small Medium Large XL

Signed : Date :

For UKA licensed events, competitors must be over 17 years of age to run a 10 miler. A signed entry form will be considered as acceptance of the rules (available on request), a declaration that you will run at your own risk and that you have no medical disabilities that would endanger you or others taking part.

Enc. (please tick) - Cheque/PO - £14 (non UKA) £12 (UKA) £9 (non UKA SC) £7 (UKA SC) C5 (9"x6") SAE