



"Fancy a swift half?"

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

16th BIDEFORD HALF-MARATHON



ARC licence No. 10/17.



R. T. Marke & Co. Ltd.
Chartered Accountants



TARKA
Springs

SUNDAY 7th MARCH 2010 10.30am start

The course is a combination of road and track taking in some of Torridgeside's outstanding beauty, including a section of the renowned Tarka Trail. This is a moderately flat run with one small hill section. It's swift!

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

PRIZES FOR 1ST SIX MALE AND 1ST SIX FEMALE - TROPHIES IN ALL CATEGORIES

New for 2010 - Fancy dress prizes for 3 best costumes and best group entry

Break the course record – male/female extra £50 (Male 1:06:09, Female 1:17:15)

BROOKS QUALITY TECHNICAL T-SHIRT TO ALL FINISHERS

Changing and showers available – Bar – Refreshments

Entry fee £16.00 for members of affiliated clubs, £18 for unattached- £5 discount for O/60's!

RACE ENTRY LIMITED TO 1500 - STRICTLY NO ENTRIES ON THE DAY!

We shall be using chip timing. Numbers and race information will be sent out during February

ENTER ONLINE at www.bidefordaac.co.uk or complete the entry form below and send with a cheque or PO made payable to 'BAAC Harriers Section' together with a C5 sized SAE (2nd class LARGE stamp required) by Wednesday 24th February 2010 to:

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

Telephone enquiries to Alan Heard, Tel. (01237) 470254 or 07974 902670

Male :

BIDEFORD HALF-MARATHON 2010

Female :

Forename : Surname :

Address :

Post Code : Affiliated Club :

Tel. (Inc. STD) : Mobile :

email address :

Date of Birth :/...../..... Age on 7th March 2010 : Payment enclosed : £.....

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

For licensed events, competitors must be 17 years of age to run a half-marathon. A signed entry form will be considered as acceptance of the rules, 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. If for any reason the race should be cancelled due to circumstances outside the organiser's control, it is regretted that entry fees will not be refundable.

Signed : Date :