



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

BIDEFORD 10-MILER



POSSIBLY THE FASTEST 10-MILER IN DEVON

BAF Certified measurement – Permit No. ARC 10/195.

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Raising Funds for:



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



SUNDAY 3rd OCTOBER 2010 11.00am start

Starting outside the Blues Clubhouse, the course takes you along Instow Front with its magnificent views of the Torridge estuary. The route 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! – USEFUL MOMENTO TO ALL FINISHERS

Prizes in all categories

Changing and showers available – Bar – Refreshments

Entry fee - £14.00

Entries accepted on the day (£2 extra)

£2.00 discount for 'attached' club runners - £5.00 discount for Senior Citizens (over 60's)

Please 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 Monday 27th September 2010 to:

Janet Glover, 56, Oaklands, Bideford EX39 3HW

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

Male :

BIDEFORD 10-MILER 2010

Female :

Forename : Surname :

Address :

Post Code: email :

Tel. (Inc. STD): Mobile :

Affiliated Running Club: (£2 discount for 'attached' runners)

Age on 3rd Oct. 2010: Date of Birth :

Emergency contact : Emergency contact tel. no.:

Signed :

Date :

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.

Enclosures - Cheque/PO - £14 (unattached) £12 (attached) £9 (unatt. SC) £7 (attached SC) C5 (9"x6") SAE