



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

THE BIDEFORD 10K



BAF Certified measurement — ARC Permit no. 10/64

Sponsored by:

Raising funds for:



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



children's hospice
SOUTH WEST

SUNDAY 16th MAY 2010 11.00am start

The course is a combination of road and track taking in some of Torrigradeside's outstanding beauty, including a section of the renowned Tarka Trail. This is a moderately flat run with two small hills and should prove to be both challenging and a good opportunity for runners to achieve a fast time!!

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

TECHNICAL T-SHIRTS FOR ALL FINISHERS!

PRIZES IN ALL CATEGORIES

Changing and showers available – Bar – Refreshments

Race limit – 600

No entries on the day

Entry fee **£13.00**

£2.00 discount for attached athletes

£5.00 discount for O/60's

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 7th May 2010 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 10K 2010

Female :

Forename : Surname :

Address :

Post Code: email :

Tel. (Inc. STD): Mobile :

Affiliated Club :

Age on 16th May 2010 : 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 ARC Permitted events, competitors must be 15 years of age to run a 10K. 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.

Enclosures - Cheque/PO - £13 (non-attached) £11 (attached) £8 (non-attached O/60) £6 (attached O/60)