



BIDEFORD 10 MILER

Sunday 5 November 2017



Supporting



being there for all the family

POSSIBLY THE FASTEST 10 MILER IN DEVON!

New earlier start time for 2017 10.30am

Assemble for race start 10.20am

Presentation of prizes and trophies 1pm

BAF Certified measurement - ARC Permit No. 17/368

RACE SPONSORS



OUR OTHER RACES

March 2018 - Bideford Half • 14 May 2018 - Bideford 10k

Receive a medal for running each of our races.

Run three of our different races and your three medals will stack together!

Bideford Amateur Athletic Club is pleased to welcome you to our 10 Mile race and we look forward to seeing you on Sunday 5 November 2017. We hope you have a good run and enjoy your Race Day

We will be using Full On Sport for electronic race timing (chip to chip). Timing chips are attached to your race number so please take care of your number.

RACE OVERVIEW

The course starts and finishes very close to the Bideford Amateur Athletic Club Clubhouse. The course takes runners along Instow seafront with magnificent views of the Taw and Torridge estuary. The course is a combination of road and disused railway track, you even get to run through a tunnel. The race is moderately flat, with only three small inclines. Mile markers will be placed to help all runners and water stations will be available. Tarka Springs are kindly providing bottled water.

RACE DETAILS

The start is just outside the Bideford Amateur Athletic Club clubhouse, The Pill, Kingsley Road, Bideford EX39 2PF

Earlier start time - runners to assemble at the start at 10.20am. The race starts at 10.30am.

Race numbers must be worn on the front of competitor's vest/shirt throughout the race. The number must not be defaced, cut down or altered in any way. Please complete the details on the rear of the number for emergency reasons.

If you can no longer run you can transfer your race place to another runner, this can be done via your Full On Sport online account. It is against the rules to give your number to a non-entered runner. Race places can not be deferred or transferred to another race, entry fees are non-refundable.

There are no road closures, so to avoid traffic congestion and in the interest of safety, run on the left hand side going out and never more than two abreast.

Any runner retiring from the race must report to the nearest official, quoting their race number.

First aid services will be in attendance.

Please do not throw water bottles into the undergrowth on the Tarka Trail.

DUE TO NO ROAD CLOSURES, AND FOR YOUR SAFETY AND THAT OF ALL RUNNERS STRICTLY NO MUSIC HEADPHONES AND EARPHONES DURING THE RACE. Runners ignoring this rule risk disqualification.

COURSE DETAILS

The course, which will be marshalled, is shown on the map opposite and the route is as follows:

From the start outside the clubhouse run along The Pill and then turn back along Kingsley Road onto the Quay and over Bideford's historic Long Bridge, turning left towards Instow on the A386.

At Instow turn left along Instow seafront and re-join the B3233, continuing to Yelland where you will turn left to join the Tarka Trail back to Bideford.

Keep on the trail until taking the gate into Ethelwynne Brown Close before joining Barnstaple Street.

Turn right over the bridge and a final right turn onto Bideford Quay to the Finish.

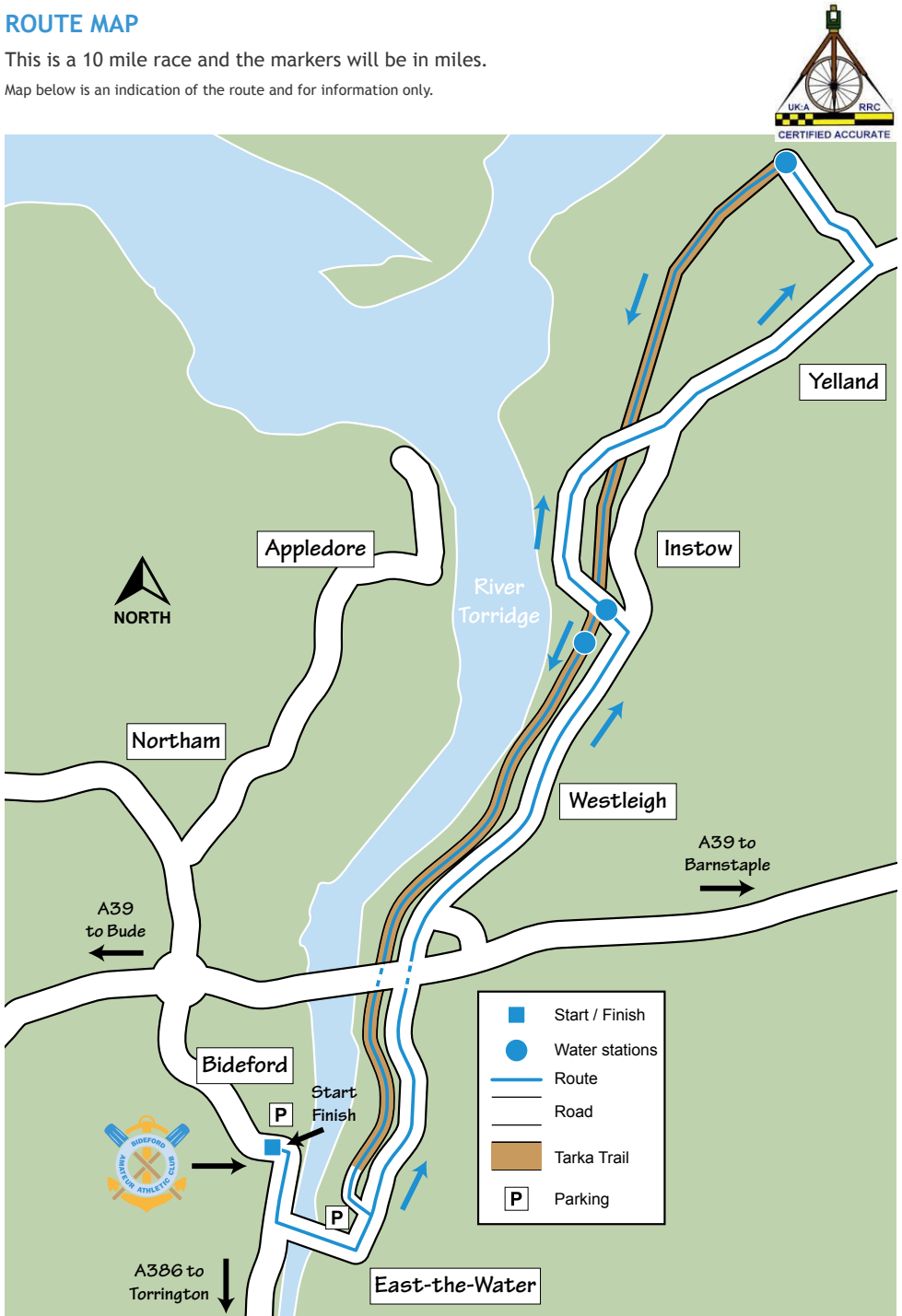
Runners are requested to beware of spectators and the general public in the final stages of the Race along Bideford Quay.

The final 800 metres will be marked every 100 metres.

ROUTE MAP

This is a 10 mile race and the markers will be in miles.

Map below is an indication of the route and for information only.



POST RACE DETAILS

All finishers will receive a medal and race memento. Run all three of our races and your three race medals will stack together! This medal is the third in the series.

Race Director's decision is final.

Race results and times will be available on the day.

Please stay for the prize presentation in the clubhouse at approximately 1pm. Trophies in all categories, (awarded at the discretion of the Race Director). Any prizes not collected can be collected from the Clubhouse after the event by arrangement.

FACILITIES

There is ample car parking in the vicinity of the clubhouse some of which are pay and display. Competitors are requested not to park in the nearby Morrisons except for the purpose of shopping. Changing facilities and showers will be available in our clubhouse. Toilets (portaloos only) will be outside and clearly signposted. There are also public toilets on the quay and by Riverbank car park.

A baggage store will be provided. Please collect a label at the baggage store and write your race number on it (please note that Bideford Amateur Athletic Club will not be responsible for personal belongings left in the clubhouse).

Refreshments will be available throughout the day at the clubhouse and the club bar will be open from 12noon. Please note only food purchased from the clubhouse may be consumed on the premises.

HOW TO FIND US

Our address details: Bideford Amateur Athletic Club, The Pill, Kingsley Road, Bideford EX39 2PF

From the East & North

Take the A39 North Devon link road and cross the Torridge Bridge.

Turn left at the roundabout and stay on the main road until you pass Morrisons on your left hand side. The Bideford Amateur Athletic Club Clubhouse is on your right hand side 300 metres later.

From the South & West

Taking the A39 from Bude/Clovelly go straight across the Abbotsham Cross Roundabout and cross the Kenwith Viaduct. Turn right at the next roundabout and stay on the main road until you pass Morrisons on your left hand side. The Bideford Amateur Athletic Club Clubhouse is on your right hand side 300 metres later.

From Torrington

Go straight across the mini roundabout at Bideford Bridge, along the Quay and sharp left at Kingsley Statue. The Bideford Amateur Athletic Club Clubhouse is on your left.

CONTACT INFORMATION

Entry enquiries: 01935 426 779 • Race enquires, Alan Heard: 01237 470 254 or 07974 902 670
runners@bidefordaac.co.uk • www.bidefordaac.co.uk

 @bidefordaac • #Bideford10Mile

 www.facebook.com/bidefordaac