



24th Bideford Half Marathon

Sunday 11 March 2018, 10.30am

ARC Permit No. 8/009

Talk about a swift half! The course is half on roads and half on the Tarka Trail, taking in the magnificent countryside alongside the River Torridge between Bideford and Great Torrington you even get to run through a tunnel.

Enter online at www.bidefordaac.co.uk or complete the entry form below

£24 unaffiliated runners | £22 affiliated runners* | £5 discount for runners over 60 | No entries on the day

*Member of a UKA or ARC affiliated running club (tri-clubs and running groups are not eligible for affiliated entry)

Race start: 10.30am • Race assembly: 10.20am • Race limit: 1500

Medal and race memento for all finishers. Run all three of our races and your three race medals will stack together forming one medal! The Half Marathon is the first in the series.

Facilities: baggage store, changing rooms, showers, bar and refreshments

A chip timed event. Race numbers with built-in timing chips and information will be posted to runners

Entry enquiries: 01225 446 634 • Race enquiries: Alan Heard, 07974 902 670 • email: runners@bidefordaac.co.uk

We regret the course is unsuitable for wheelchairs. Entry fees are non-refundable. **No walkers, dogs or pushchairs and strictly no music headphone and earphones during the race - participants ignoring these rules risk disqualification.**

BAF certified measurement

Race sponsors:



ENTRY FORM Please fill in, detach and send with a cheque payable to "Race Ahead" by Friday 2 March 2018 to: Bideford Half Marathon, Unit 2, Ingoldmells Court, Leafield Industrial Estate, Corsham SN13 9XN

First name: Address:.....

Surname:

Date of Birth:.....

Age on race day:..... Male / Female Postcode:.....

Landline:..... Mobile:

(Please supply if you would like a race time text)

Email:.....

UKA or ARC affiliated running club:.....No tri-clubs or running groups

Emergency contact:..... Emergency contact no:.....

I enclose entry fee of: £24 unaffiliated / £22 affiliated* / £19 unaffiliated over 60 / £17 affiliated* over 60

*Member of a UKA or ARC affiliated running club (tri-clubs and running groups are not eligible for affiliated entry)

Declaration: a signed entry form will be considered as acceptance of the ARC Rules of Competition (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. Competitors must be aged 17 or over to run.

Signed:..... Date:.....