



BIDEFORD 10K

Sunday 14 May 2017



Supporting
children's hospice
SOUTH WEST

Registered Charity No. 1003314

A GREAT 10K RUN BETWEEN BIDEFORD AND INSTOW

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/???

RACE SPONSORS



OUR OTHER RACES

Sunday 5 November - Bideford 10 Miler • Sunday 4 March - Bideford Half 2018

Receive a medal for running each of our races.

Run all three races and your three race medals will stack together forming one medal!

Bideford Amateur Athletic Club is pleased to welcome you to our 10k race and we look forward to seeing you on Sunday 14 May 2017. We hope you have a good run and enjoy your Race Day

We will be using Full On Sport for electronic race timing. 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 is a combination of road and disused railway track which will take you through the Area of Outstanding Natural Beauty of the Taw and Torridge estuary. The course is moderately flat with only two small inclines. Kilometre markers will be placed to help all runners and a water station will be located at Instow (5k). Tarka Springs are kindly providing bottled water.

RACE DETAILS

The start is on Kingsley Road by the Kingsley statue, just outside the Bideford Amateur Athletic Club clubhouse.

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. It is against the rules to give your number to a non-entered runner. Please complete the details on the rear of the number for emergency reasons.

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.

THE COURSE

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

From the start on Kingsley Road run along the Quay and over Bideford's historic Long Bridge, turning left towards Instow on the A386.

At Instow turn left and left again at the Signal Box onto the Tarka Trail.

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.

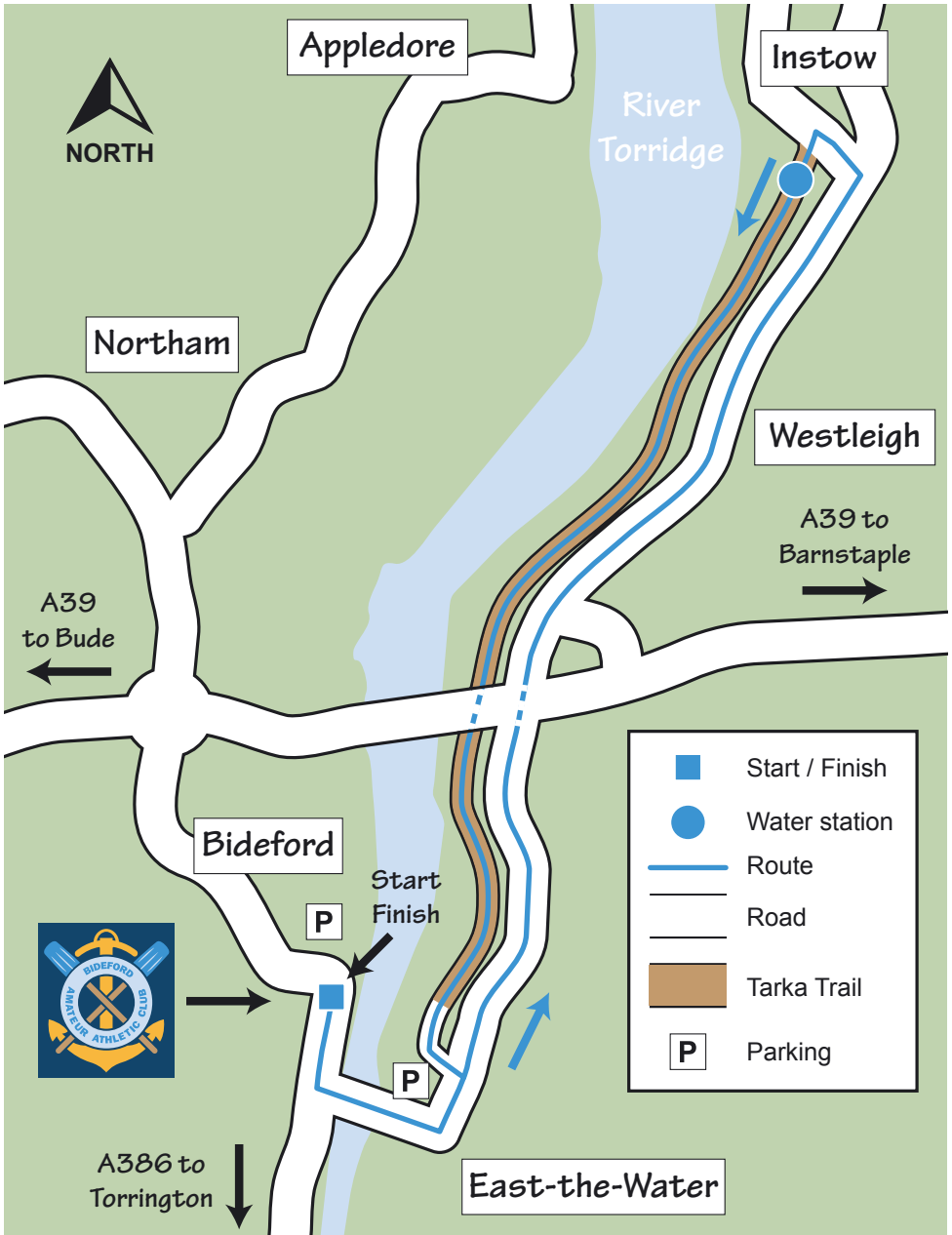
Runners are requested to beware of spectators and the general public in the final stages of the Race along Bideford Quay.

The final 800 metres will be marked every 100 metres.

ROUTE MAP

This is a 10k race and the markers will be in kilometres.

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 forming one medal! This medal is the second in the series.**

Race Director's decision is final.

Race results and times will be available on the day.

Please stay for presentation of prizes in the clubhouse at approximately 1pm. Trophies in all categories, (awarded at the discretion of the Race Director). Any prizes not collected on the day 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 detach the baggage label on the bottom of your race number and attach to your bag (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

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 • #Bideford10k

 www.facebook.com/bidefordaac