



BIDEFORD 10K

Sunday 11th May 2025

10k Qualifier England Age Group Masters

Photograph with thanks to Graham Hobbs



Each year this race raises funds for and makes a donation to Children's Hospice South West. This year our race will be held in memory and celebration of the life of Eddie Farwell, Co-Founder and retiring CEO who sadly died on 27 March 2025



Registered Charity No. 1003314

A GREAT 10K RUN BETWEEN BIDEFORD AND INSTOW

10.20am assemble for race start

10.30am race start

England Athletics RunEvents licence number 29255
Certificate of Course Accuracy 19/256



12.15pm Prize and Trophy Presentation

£150 cash and bottle of fizz for 1st man and woman

£100 cash for 2nd man and woman • **£75 cash** for 3rd man and woman

£50 cash bonus if the 1st man or woman sets a new course record
male 30:25 (2021), female 35:33 (2002)

£20 cash for the winner of each category up to V75

Category trophies U20 to V75 men and women: 1st, 2nd and 3rd. Team prizes

All cash prizes, bottles of fi zz and trophies are available at the prize presentation on the day of the race only. Club team prizes exclude virtual clubs.

RACE AND COURSE DETAILS

Starting and finishing close to the Bideford Amateur Athletic Club clubhouse taking in the views of the Taw and Torridge estuary between Bideford and Instow. The course heads out on the road and returns on the Tarka Trail. It is moderately flat with only 2 small inclines and a water station will be at 5k in Instow. Tarka Springs are kindly providing bottled water. The course will be marked in kilometres and the final 800 metres will be marked every 100 metres.

The start is at the entrance of Riverbank car park, close to the Bideford Amateur Athletic Club clubhouse. **Runners to assemble at the start at 10.20am for the race start at 10.30am.**

The marshalled course is on the map opposite and the route is as follows:

- From the start in Riverbank car park run along the Quay and over Bideford's historic Long Bridge, turning left towards Instow on the B3233.
- At Instow turn left and left again at the Signal Box to join the Tarka Trail. Keep on the trail until the gate into Ethelwynne Brown Close and onto Barnstaple Street. Turn right over the bridge and a final right turn onto Bideford Quay to the Finish.

CLUBHOUSE ACCESS AND FACILITIES

Portable toilets will be outside and clearly signposted. There are public toilets on the quay and by Riverbank car park.

Changing facilities and showers are available in our clubhouse.

Do not leave bags/property unattended, please place in the baggage store, attaching the baggage label on the bottom of your race number to your bag (please note that Bideford Amateur Athletic Club will not be responsible for lose or damage to personal belongings).

Refreshments will be available throughout the day at the clubhouse and the club bar will be open from midday. Only food purchased at the clubhouse may be consumed on the premises.

RESULTS, MEDALS AND T-SHIRTS

Race results will be available online on the day, but remain provisional for 48 hours.

Medals and T-shirt for all finishing runners. T-shirts need to be collected from the clubhouse either before or after the race, your preferred T-shirt size can only be substituted after all finishers have received their T-shirts, please do not ask our volunteers for an exchange before this time. We aim to supply the size requested but they are not guaranteed.

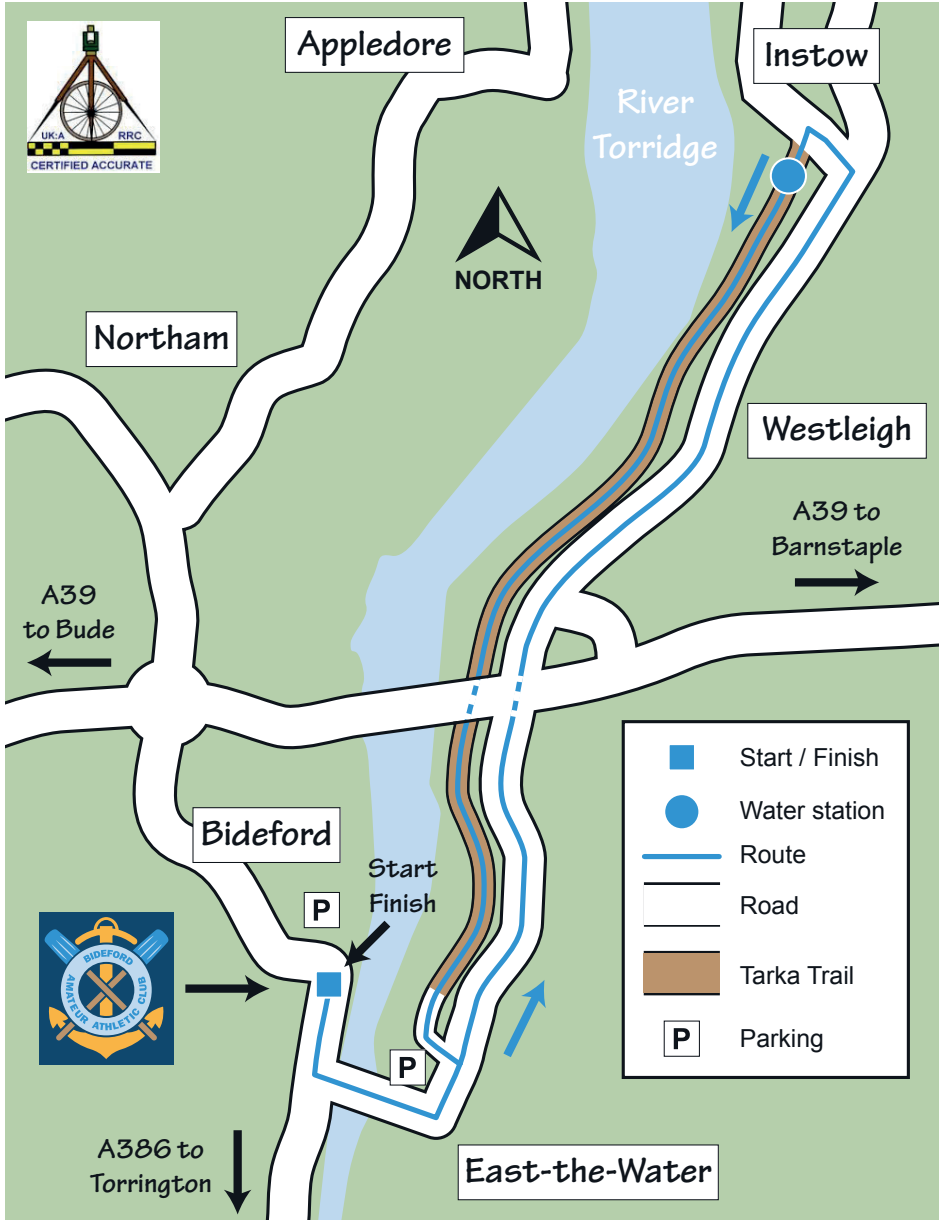
THANK YOU TO OUR RACE SPONSORS



One of our sponsors, Affinity Devon are offering all race participants 10% off running items at Sports Direct, Affinity Devon, on presentation of this race info, or confirmation of entry email, up to 4 weeks before the race

ROUTE MAP

This is an officially measured and verified 10k race and holds a Certificate of Course Accuracy, the markers will be in kilometres. Map is an indication of the route and for information only.



BIDEFORD AAC 2025 RACES

Sunday 11th May: Bideford 10k • November: Bideford 10 Mler

IMPORTANT RACE AND SAFETY INFORMATION

- Race places can not be deferred or transferred; entry fees are non-refundable.
- It is against UKA Rules for Competition and Bideford AAC race rules to run wearing another entrants' number or without an officially registered race entry and number. Runners ignoring this will be disqualified, and both runners could be subject to disciplinary action
- Race numbers must be worn on the front of your vest/T-shirt throughout the race only, and must not be worn on the back of your vest/T-shirt or on your shorts. It must not be defaced, cut down or altered, runners ignoring this will be disqualified
- In case of an emergency, please complete the details on the back. Timing chips are attached to the race number, so please take care of it
- All competitors to remain on the road when leaving Bideford so the backmarker can remain behind all runners and protect them from traffic
- In the interest of safety and to avoid traffic congestion: on road sections, run on the left-hand side and no more than 2 abreast, runners ignoring this will be disqualified
- On the Tarka Trail, please be considerate of members of the public and stay single file when passing. There will be spectators and general public in the final stages along Bideford Quay
- To help look after and show respect for the local area, please do not dispose of water bottles, gel wrappers or any other litter on the road or the Tarka Trail, please pass to a marshal
- For your safety and that of all runners strictly no headphones and earphones (including bone conducting versions) during the race. If a marshal sees a runner wearing headphones or earphones the runner's number will be noted and they will be removed from the results. Please advise us if you run with a hearing aid
- The cut-off time for this running race is 1 hours 34 minutes, the route will not be marshalled after this time and participants will be considered DNF
- No walkers, dogs or wheeled devices. Participants ignoring this rule will be disqualified and withdrawn from the event
- Any runner retiring from the race must report to the nearest official, quoting their race number. First aid services will be in attendance.

For full Race Terms and Conditions visit bidefordaac.co.uk/race-terms

HOW TO FIND US AND PARKING INFORMATION

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

From the East and 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. The Bideford Amateur Athletic Club is on your right 300 metres later.

From the South and West. Take the A39 from Bude/Clovelly and go straight across the Abbotsham Cross Roundabout. Turn right at the next roundabout and stay on the main road until you pass Morrisons on your left. The Bideford Amateur Athletic Club is on your right 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 is on your left.

Parking. Pay and display car parking is within walking distance of the clubhouse and race start including the Cattle Market car park (EX39 2QG) and Riverbank car park (EX39 2QS). Competitors are requested not to park in the nearby Morrisons except for shopping.