



BIDEFORD HALF MARATHON

Sunday 10 March 2024



TALK ABOUT A SWIFT HALF!

Assemble for race start 10.20am

Race start 10.30am

Presentation of prizes and trophies 1pm



UK Athletics/Run Britain event licence number 2024-47318
Certificate of Course Accuracy 20/085

THANK YOU TO OUR RACE SPONSORS



BIDEFORD AAC RACES

Sunday 12 May - Bideford 10k • Sunday 3 November - Bideford 10 Miler

Race Director: Alan Heard

Race information: www.bidefordaac.co.uk/bideford-half-marathon

Race places can not be deferred or transferred; entry fees are non-refundable

Bideford Amateur Athletic Club looks forward to welcoming you to the Bideford Half Marathon on Sunday 10 March 2024.

RACE AND COURSE DETAILS

Starting and finishing close to the Bideford Amateur Athletic Club clubhouse taking in the views of the countryside alongside the River Torridge between Bideford and Great Torrington. The course heads out on the road and returns on the Tarka Trail; you even run through a tunnel. It is moderately flat with a small hill section and water stations will be at approximately 4, 7 and 9 miles. Tarka Springs are kindly providing bottled water.

The course will be marked in miles and the final 800 metres will be marked every 100 metres.

The start is outside the Bideford Amateur Athletic Club clubhouse, **runners to assemble 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 outside the clubhouse, run along The Pill, onto Kingsley Road and turn right onto Chanters Road; right again into Park Lane, back onto Kingsley Road and along the Quay past Bideford's historic Long Bridge to Great Torrington, passing through Landcross.
- On the approach to Great Torrington, cross the River Torridge, turn left at The Puffin Billy and join the Tarka Trail. Keep on the trail until Bideford, through its old railway station 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

Changing facilities and showers are available in our clubhouse. Portable toilets will be outside and clearly signposted. There are 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 it 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 midday. Only food purchased at the clubhouse may be consumed on the premises.

MEDALS, RESULTS, PRIZES, TROPHIES

All finishers receive a T-shirt and medal; 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.

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

The prize and trophy presentation will be in the clubhouse at approximately 1pm. Cash prizes for the 1st 6 male and female runners: 1st £250, 2nd £175, 3rd, £100, 4th £80, 5th £60, 6th £40. Break the male or female course record for an extra £50 (male 01:06:09, female 01:17:15).

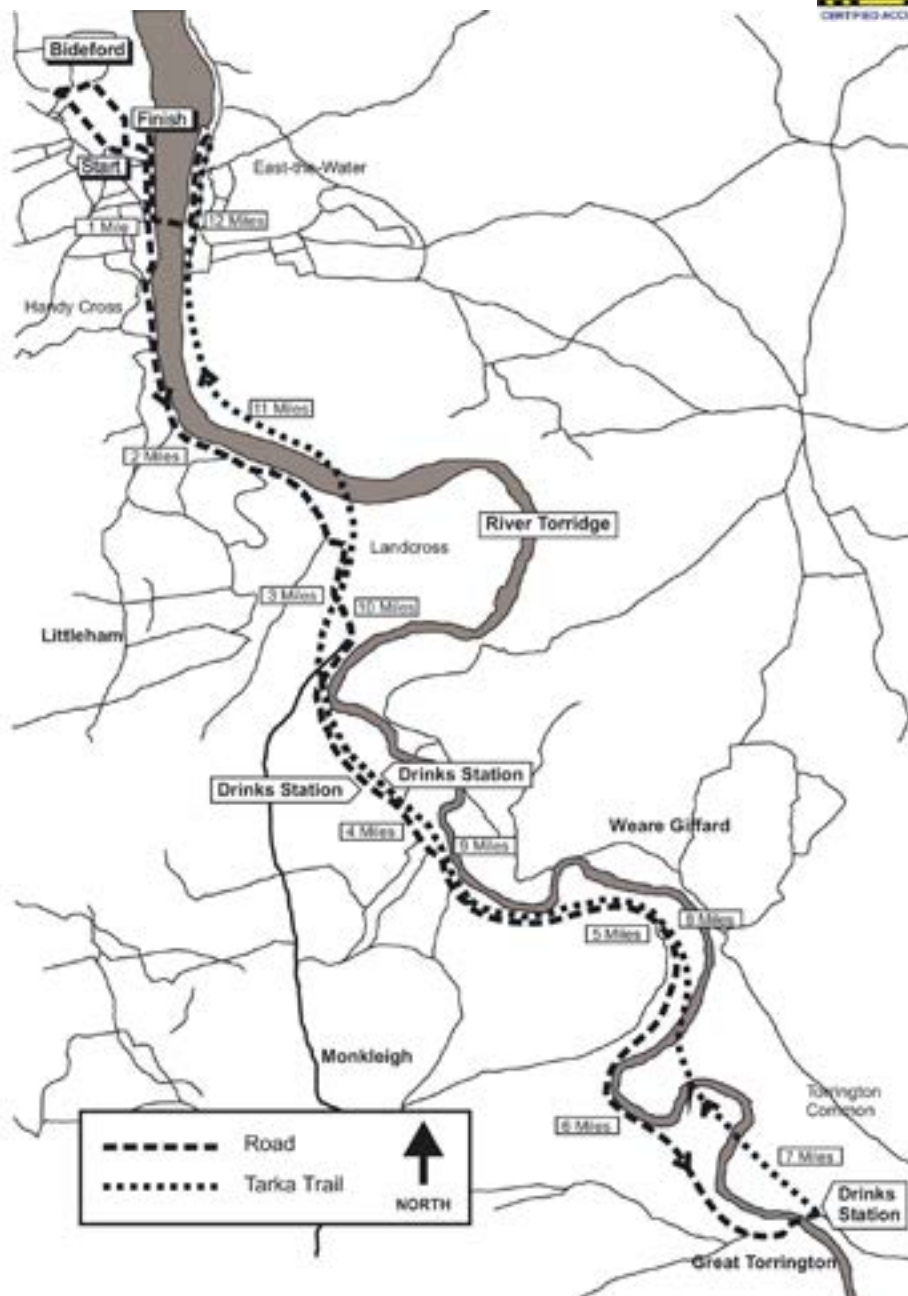
Category trophies for: U20 male and female: 1st only; Senior female to V75 female: 1st, 2nd and 3rd; Senior male to V75 male: 1st, 2nd and 3rd. Bottle of fizz for the 1st runner in each category. Category results for male and female U20 to V75. Trophy for best single fancy dress

The Race Director's decision is final, all prizes and trophies are awarded at the discretion of the Race Director. Any prizes not collected can be collected from the clubhouse after the event by arrangement with the Race Director only.

ROUTE MAP

This is an officially measured and verified half marathon race and holds a Certificate of Course Accuracy, the markers will be in miles.

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



IMPORTANT RACE AND SAFETY INFORMATION

- On race day, competitors should undertake a self-assessment for COVID-19; we kindly request competitors do not attend the event if test positive or have COVID-19 symptoms.
- 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/shirt throughout the race. The number must not be defaced, cut down or altered. 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 cyclist can remain behind all runners and protect 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 two 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.
- The cut-off time for this running race is 3 hours 17 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.