



The Rotary Club of Bideford
presents the

KIPLING COASTAL RUN

Eight miles of glorious scenery

all profits to charity

SUNDAY 13th SEPTEMBER 2015 10.30am start



Entry fee £10.00 or £12.00 on the day

The course is a combination of road, track, beach and cliff path. The course highlights include the sandy Westward Ho! beach and a stretch of the South West coast path overlooking Lundy Island. Starting and finishing at The Pier House, Merley Road, Westward Ho! Limited parking at The Pier House. Large car park in Westward Ho! Approximately five minutes' walk from start.

PRIZES FOR 1st THREE MEN AND WOMEN IN EACH AGE CATEGORY



We regret that the course is unsuitable for wheelchairs. No pushchairs.

Junior race – 3 miles – entries on day – 10.45am start

T-SHIRT TO ALL FINISHERS

Refreshments, Bar and Carvery lunch available all day at The Pier House



Please complete the entry form below and send with a cheque or PO made payable to
The Rotary Club of Bideford

to

'Tossa', 18 Fordlands Crescent, Raleigh, Bideford, Devon EX39 3NN

Enquiries regarding your race registration, please email: sue@rtmarke.co.uk

For general race enquiries (commercial, local information etc): 01237 420051

www.run.bidefordrotary.co.uk



Male: ☐

KIPLING COASTAL RUN 2015

Female: ☐

Forename: Surname:

Address:

Post Code: Tel. (Inc. STD):

Mobile: Email address:

Date of Birth:/...../..... Age on 13 September 2015: Payment enclosed: £.....

Preferred t-shirt size (not guaranteed) – Please tick a box: ☐mall ☐Medium ☐large ☐KL

A signed entry form will be considered as acceptance of the rules, 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. If for any reason the race should be cancelled due to circumstances outside the organiser's control, it is regretted that entry fees will not be refundable. Competitors must be a minimum of 17 years of age to run the full race.

Signed: Date: