



# The Rotary Club of Bideford

presents the

## KIPLING COASTAL RUN

### Eight miles of glorious scenery

all profits to charity

### SUNDAY 15th SEPTEMBER 2013 10.30am start



R.T. MARKE & Co. Limited  
CHARTERED ACCOUNTANTS AND BUSINESS ADVISORS



### 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 dogs. No pushchairs.

Walkers welcome – 10.00am start

Junior race – 3 miles – entries on day – 10.00am 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

**R T Marke & Co Ltd, Chartered Accountants, 69 High Street, Bideford, Devon EX39 2AT**

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

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



Male:  **KIPLING COASTAL RUN 2013** Female:

Forename: ..... Surname: .....

Address: .....

Post Code: ..... I am running  I am walking

Tel. (Inc. STD): ..... Mobile: .....

Email address: .....

Date of Birth: ...../...../..... Age on 15 September 2013: ..... Payment enclosed: £.....

Preferred t-shirt size (not guaranteed) – Please tick a box:  Small  Medium  Large  XL

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: .....