



Exmouth Harriers

Sunday 27th November 2016

11:00 start

Bicton Blister & Blister Lite



This year the Bicton Blister & Blister Lite will be run from Bicton College, East Budleigh EX9 7BY. Both races start and finish at the College, with the Lite being approx 4.5 miles, & the Blister being approx 10 miles, both courses start and finish on road, with main running on the pebbled heaths of Bicton & Woodbury common, an area of outstanding natural beauty, that you will be helping to support. **The Blister course has been revised to remove road crossings, and the short road section at Dalditch Farm.**

Please note there will be no showering facilities at the college

The T shirts will of a "technical type"

Note all entries on the day may receive their T shirts by post

Personel details

First name.....Last name..... Date of birth..... Sex.....

Running club.....EA Comp Licence No

Address.....

Post Code.....

Tele.....Email.....

Which Race?

Bicton Blister(10 mile): (delete as appropriate) (min age 15 yrs) £13 (£11 for UKA /ARC affiliated)

Blister Lite(4.5 mile): (delete as appropriate) (min age 13 yrs) £11 (£9 for UKA /ARC affiliated)

£2 extra on the day (cheques payable to Exmouth Harriers)

Please send completed form, with a Stamped Addressed Envelope to:

B Keast 5 Caroline Close Exmouth EX8 4AZ

Closing date for postal entries: Monday 21st November 2016

A signed entry form will be considered as acceptance of ARC rules, and a declaration that you will compete on foot and run entirely at your own risk. No dogs, following cycles. or mobile music devices.

Signature..... Date.....

Held under ARC rules, ARC