



Exmouth Harriers

Sunday 25th November 2018

11:00 start



Bicton Blister & Blister Lite

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.

Please note there will be no showering facilities at the college, but there will be adequate toilets

The T shirts will be of a "technical type"

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

Personal 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) £14 (£12 for UKA /ARC affiliated)

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

£3 extra on the day (cheques payable to Exmouth Harriers) **THE RACE WAS FULL LAST YEAR SO THERE MAY NOT BE PLACES AVAILABLE ON THE DAY**

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

B Keast 5 Caroline Close Exmouth EX8 4AZ

Closing date for postal entries: Monday 19th November 2018

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. PLEASE CAR SHARE IF POSSIBLE DUE TO LIMITED PARKING.

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

Held under ARC rules, ARC 18/375