



The Bicton Blister 2006



On Sunday 26 November 2006 at 11 am

Held under UK Athletic Rules. Permit Number applied for

THE EVENT IS SUPPORTED BY IRONBRIDGE RUNNER

Eleven Miles of paths tracks on East Devon Common Land with the start and finish at Bicton College, on the B3178 between East Budleigh and Coleton Raleigh.

Full shower and changing facilities available

Hot Meals and drinks can be purchased from the Students Restaurant and Bar.

Quality T Shirt to all finishers

A complete set of results will be published on www.exmouth-harriers.co.uk within 24 hours

PERSONAL DETAILS

First Name..... Surname.....

Date of Birth..... Age on Race day.....(min 17 years) Male/Female.....

Name of Affiliated Athletic / Running Club.....

Address.....
.....
.....

Post Code Telephone (day).....
(eve)

E-mail address

ENTRY DETAILS

Please make cheques payable to **Exmouth Harriers**

Entry Fee:	Members of Affiliated Athletic /Running Club	£8.00
	Unattached runners or members of non-affiliated clubs	£10.00
	Entries on the day	£2.00 extra
	Enclosed cheque for	£.....

Please send completed entry form, with a large SAE (9 inch x 6 inch) to:
Steve Merry 5 Woodville Road Exmouth Devon EX8 1SE

Closing date for postal entries: Monday 20th November 2005

This is a physically tough event. Entrants should be absolutely sure of their ability to safely participate. Exmouth Harriers may not accept entries where there is some concern. Please note that Marshalling & First Aid support will be withdrawn 2 hours and 15 minutes after start. No dogs, cycles or pushchairs allowed to participate.

A signed entry form will be considered as acceptance of UK Athletics rules and a declaration that you take part in the race entirely at your own risk.

Signature Date