



Exmouth Harriers

IRONBRIDGE RUNNER
With you every step of the way

Sunday 28th November 2010 11:00



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.

Please note there will be no showering facilities at the college

The T shirts will of a "technical type" so please include your size below

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

Personnel details

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

Running club..... EA Competition Licence No

Address..... Post Code.....

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

Bicton Blister: YES/NO (delete as appropriate) (min age 15 yrs) £13 (£11 for UKA affiliated)

Blister Lite: YES/NO (delete as appropriate) (min age 13 yrs) £11 (£9 for UKA affiliated)

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

T Shirt size: Large...Medium...Small...(delete as appropriate)

Please send completed form, with a large SAE, *don't forget the extra postage for a large letter*, to:

Iron Bridge Runner 15 Bartholomew Street East Exeter EX4 3BG

Closing date for postal entries: Monday 22nd November 2010

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

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



Held under UK Athletics rules, Licence No 2010-101054