



# Bicton Blister plus Bicton Blister Lite



Sunday 29<sup>th</sup> November 2009 11:00

**IRONBRIDGE RUNNER**  
With you every step of the way

## Exmouth Harriers

Introducing **The Michelmores Business Team Challenge**, this is open to any team of 3 (2 male 1 female), as part of the main race with a special trophy presented by Michelmores Solicitors of Exeter

This year again the Bicton Blister will be run from Bicton Arena directions on [www.bicton-arena.co.uk](http://www.bicton-arena.co.uk) web site, This year we have again included The Blister Lite, a 5 mile little brother to The Bicton Blister

The T shirts will of a "technical type" so please include your size below  
Note all entries on the day will 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) £12 (£10 for UKA affiliated)

Blister Lite: YES/NO (delete as appropriate) (min age 13 yrs) £9 (£7 for UKA affiliated)

Please include me in The Michelmores Challenge YES/NO (delete as appropriate)

Michelmores Challenge team name .....

£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 to:

**R Young 66 Hawthorne Grove Exmouth EX8 4HD**

Closing date for postal entries: Monday 23<sup>rd</sup> November 2008

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 No11291**