

Wye Valley Runners
The 15th running of
The Muddy Woody 6
Sunday 13th February 2011
11:00 AM

www.wyevalleyrunners.co.uk

Entries strictly limited to 350 (fully subscribed by Christmas last year) Over 18's only
NO ENTRIES ON THE DAY

Haugh Woods, Mordiford near Hereford

Approx 6 Miles on undulating forest track, footpaths and trails

Free T-Shirt for all finishers

Free Refreshments

Prizes in many categories

First aid cover

Well marshalled course

(Sorry - no dogs on the course please)

Entry fee £10.00 attached

£12.00 unattached

Cheques made payable to Wye Valley Runners

Please arrive early, limited parking maybe up to a mile from the start
Numbers collected on the day. Please send a SAE if you require confirmation of entry
Enquiries to Dave Sherwood 01432 358865 davesherwood99@aol.com



Entries to Dave Sherwood (MW6)
14 Belgravia Gardens
Hereford, HR1 1RB

Name _____

Address _____

Postcode _____ Tel No _____

DOB _____

Club _____

Age on day of race ____ (Over 18's only)

Sex M/F T-Shirt size S M L XL

Please tick if you **DO NOT** want your details passed on to the official photographer _____

Waiver:- I UNDERSTAND THAT THE ORGANISERS WILL
IN NO WAY BE RESPONSIBLE FOR ANY INJURY,
ILLNESS, ACCIDENT OR LOSS OF PROPERTY,
RESULTING FROM MY PARTICIPATION IN THIS RACE
I AM AN AMATEUR AS DEFINED BY THE RULES OF
UK ATHLETICS.

Amount enclosed _____

Signature _____

Date _____