

Wye Valley Runners

www.wyevalleyrunners.co.uk



Wye Valley New Year's Day 10K Saturday January 1st 2011 11.00am Start (Registration closes 10.30)

- 1 lap of a fast undulating course
- Same course as Hereford 10K - but in reverse
- Start and registration at Hereford Rowing Club HR4 0BE
- Collect your race number on the day
- Showers changing and parking at the Rowing Club
- Refreshments available
- Prizes in many categories
- All finishers will receive a race memento
- Please enclose sae if confirmation of entry required
- Minimum age 16 years
- First aid cover (Sorry – no dogs on the course please)

PLEASE SEND YOUR ENTRY TO
New Years Day 10K
26 Holm Oak Road
Hereford
HR2 7UP

Tel 01432 270334 for enquiries

Entries:
Attached - £6.00
Unattached: - £8.00

Cheques payable to Wye Valley Runners

Entry on the Day: + £4.00 (£10/£12)

Name _____

Address _____

Sex M/F

Postcode _____

DOB _____

Telephone No _____

Club _____

Affiliated Y/N

PLEASE TICK IF YOU DO NOT WANT YOUR DETAILS PASSED ON TO OUR PHOTOGRAPHER _____

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 event. I am an amateur as defined by the rules of UK Athletics.

Signature

Date

