SHOBDON WOOD 6

Organised by Croft Ambrey Running Club: Under UK Athletics Rules

Sunday April 25th 2010

Venue: **Shobdon Wood, Shobdon, Herefordshire (map ref: 392637)**

Distance: **Approximately 6 miles – all off road along forestry tracks, paths**

Start: **11am**

Entry fee: **£10 - unattached; £8 - club members**
(free T shirt to all who pre-enter - cheques to Croft Ambrey Running Club)

NB **Minimum 16 yrs of age on the race day. Same day results by e-mail.**

Shobdon Wood lies about 1 mile north of Shobdon village, which is on the B4362 between Leominster and Presteigne. * Postcode: HR6 9PB*

Prizes: males and females in all age categories; male and female teams of 3

Please note race numbers will be given out on the day; acknowledgement of pre-entries by e-mail (or SAE)

Croft Ambrey Running Club is supporting local charities. The race is kindly sponsored by Markham's Garage (Kingsland)

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Name:	**Age:**
Address:	**Date of birth:**
	M/F:
Club:	**Tel:**
e-mail:	**T shirt: XL, L, M or S**

I declare that I am fit and that I am competing in the above race at my own risk and I agree that the organisers cannot accept any liability for any accident or damage suffered as a consequence of my taking part.

Signed …… Date ……..

Return to Guy Whitmarsh, Orchard House, Richards Castle, Ludlow, SY8 4EW
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