

Wye Valley Runners

www.wyevalleyrunners.co.uk



Wye Valley Hereford 10K Sunday June 20th 2010 11.00am Start

- 1 lap of a fast undulating course
- Same course as New Years Day 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 SEND YOUR ENTRY TO
Wye Valley 10K
26 Holm Oak Road
Hereford
HR2 7UP

Tel 01432 270334 for enquiries

Entries: - £6.00

Unattached: - £8.00

Entry on the Day: - + £2.00

Cheques payable to: -

Wye Valley Runners

FIRST AID COVER

- Minimum age 16 years
- Permit applied for

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 _____