

[www.hopevalleyrun.com](http://www.hopevalleyrun.com)



HOPE VALLEY RUN

Stratstone  
Cheltenham

Sponsored by



Stratstone  
Cheltenham

8-mile multi-terrain run or  
opt for the lighter 4-mile  
fun run all through scenic  
Herefordshire countryside.

In support of

ABF

THE SOLDIERS'

CHARITY

**Sunday 12th October 2014**

Race starts at 11am (8-mile) 11.15am (Fun run)  
from Woolhope village hall, Woolhope,  
Herefordshire (Doors open from 9.00am)

- Collect your race number on the day
- Refreshments Available
- Prizes in many categories
- All finishers will receive a race memento
- First Aid and Doctor available
- Permit no. 2014-12208

ABF The Soldiers' Charity, Registered Charity No. 1146420




## The Hope Valley Run

**Veronica (Ronnie) Scully organised the first Hope Valley run in 2006 in order to raise money for entry to the London Marathon.**

The HV route is one of many which she used to train and increase endurance and stamina. Since the first event the HVR has taken place nine times making this year the tenth raising money for many different charities with ever increasing entries and faster times. Both the eight mile multi-terrain run and the lighter four-mile fun run are off road including woodlands, fields and ash paths. The undulating route often offers wonderful scenery over the Herefordshire countryside. The race starts and finishes at Woolhope Village Hall which provides all weather parking, toilet and changing facilities. Runners must be over 16 years to compete.

### LT Fitness Personal Training



Lisa Quinn, Personal Trainer at LT Fitness, will be conducting a warm up/stretch session from 10.15am for all competitors.

**For more information on Lisa visit [www.ltfitness.co.uk](http://www.ltfitness.co.uk)**

### Directions to the start

Grid Reference off OS Explorer 189 Hereford and Ross on Wye 1:25 000 GR 611- 357

From Hereford travel on the B4224 East towards Mordiford when in the village take the second turning left towards Haugh Woods, carry on through to Woolhope village hall.

From Ross travelling easterly on the A449 towards the junction of the M50 carry on the A449 North Easterly. Taking a left onto the B4224 sign posted Fownhope, carrying on westerly on the B4224 towards Fownhope.

When in the village take a right turn opposite the Tan B&B sign posted Woolhope. Carry on along this road until you reach the village of Woolhope take left before the Crown Inn, carry on along this road village hall is situated on the right.

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## How to enter

Entry fees per person are £13 affiliated or £14 unaffiliated or £10 for the Fun Run. Although there is no minimum sponsorship, we would really appreciate it if you could get your family and friends to support you in this way, all proceeds to The Soldiers' Charity. There will be instruction on the The Soldiers' Charity web site on how to start a just giving page.

Entries on the day are £14 affiliated or £15 unaffiliated. Late entries will be accepted, but no later than 10.30am - doors to the Village Hall will open at 9am. You can either enter by completing the attached form and returning it to the address as stated, or by visiting [www.hopevalleyrun.com](http://www.hopevalleyrun.com) which will provide a link to The Soldiers' Charity website for secure online entry and payment.

Thanks for continual support of our sponsors:

**Waitrose**

**Stratstone**  
Cheltenham



  
**THE CROWN INN**  
WOOLHOPE

**character**  
COMMUNICATING YOUR MESSAGE



## Why does The Soldiers' Charity exist?

We are The Soldiers' Charity. We give lifetime support to serving and retired soldiers and their families. They risk so much for us, but for them, it's just doing their job. In return, we provide financial assistance when they are in real need. That's what we've been here to offer for 70 years.

## How We Help

ABF The Soldiers' Charity are for soldiers, for life. We provide financial assistance to all soldiers and their families when in need. Even when a soldier leaves the Army they are still part of our family and eligible for our help. The scope of our work is huge. Half of our money is given direct to individuals to help in areas such as debt relief, mobility assistance, education bursaries, carehome fees and respite breaks. The other half is given as grants to other charities.



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