

# Wye Valley Runners

www.wyevalleyrunners.co.uk



## Wye Valley Hereford 10K

Wednesday May 1st 2013

19.00PM 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

**PLEASE SEND YOUR ENTRY TO**  
**Wye Valley 10K**  
46 Three Elms Road  
Hereford  
HR4 0RH

Tel 01432 263734 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

