

# Wye Valley Runners Super 8. 2014

1. First Hereford Couriers 5k Race Wed 9<sup>th</sup> April 7.15 pm
  2. Beat The Bells Sat 3rd May Noon
  3. Shobdon Hill Sunday 27<sup>th</sup> April 11 am
  4. Wye Valley Runners Spring 10k, 30<sup>th</sup> April
  5. Hereford Half Marathon, Sun 11<sup>th</sup> May 11
  6. Crocodile 8, Sun 25<sup>th</sup> May 3pm
  7. Magic Roundabout Sun 1st June 11am
  8. Abbeydore xc 4<sup>th</sup> June 7pm
  9. Kinnersley xc 18<sup>th</sup> June 7pm
  10. Westhope XC 9<sup>th</sup> July
  11. Shobdon xc 23<sup>rd</sup> July
  12. Gord's 6 Sun 10<sup>th</sup> Aug 11am
  13. Breinton 10. Sun Sept 7<sup>th</sup> 11
- Race as many as you can but at least 8 to qualify – highest cumulative score wins – women's and men's categories