

Wye Valley Runners
The 17th running of
The Muddy Woody 6
Sunday 17th February 2013

11:00 AM

(Permit Applied for)

Entries strictly limited to 350 (fully subscribed by Christmas last year) Over 18's only
NO ENTRIES ON THE DAY

Haugh Woods, Mordiford near Hereford – HR1 4QX
Approx 6 Miles on Undulating forest tracks, footpaths and trails

Free T-Shirt for all finishers
Free Refreshments
Prizes in many categories
First aid cover
(Sorry – no dogs on the course please)

Please see www.wyevalleyrunners.co.uk for further details

Entry fee £12.00(member of affiliated running club) £14.00 (not affiliated)
£2.00 of each entry goes to Haven Hereford - Wye Valley Runners Charity of the year 2013
Cheques made payable to Wye Valley Runners

Please arrive early. Limited parking up to a mile from the start
Numbers collected on the day. Please send a SAE if you require confirmation of entry
Enquiries to Dave Sherwood 01432 358865 davesherwood99@aol.com



Entries to Dave Sherwood (MW6)
14 Belgravia Gardens
Hereford, HR1 1RB

Name _____

Address _____

Postcode _____ Tel No _____

DOB _____

Club _____

Age on day of race _____ (Over 18's only)

Waiver:- 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 RACE
I AM AN AMATEUR AS DEFINED BY THE RULES OF
UK ATHLETICS.

E-mail _____

Sex M / F _____