



(with kind permission of H P Bulmer & Co.)

Bulmers®

11:00am **Sunday 19th MAY 2013**

Promoted by Worcester Athletic Club

UKA Licence 2013-105049



An undulating 6.5 mile (approximate.) off-road course through the Bulmer's orchards at Wichenford, Worcestershire.

Course records: Men - 42:53 Ladies - 47:43

Venue: Bulmer's Orchard, Hockhams Lane, Wichenford (nearest post code WR6 6QR)

Restricted parking (car sharing is advisable) with limited toilet facilities and no changing. Race limit - 150

Medal and a bottle of Bulmers Cider for all finishers.

Prizes: 1st 2nd 3rd male & female, plus category prizes 1st M40, M50, M60 and F35, F45, F55

Entry Fee: £8.00 Affiliated club members / £10.00 Unattached (+ £1 extra on the day)

Complete and return to:

Race Organiser - David Hibbitt The Hedgerow, Chestnut Close, Fernhill Heath, Worcester, WR3 7SZ.

Tel: 01905 757540

e-mail: hibbittrunner@hotmail.co.uk

Cheques payable to: "Worcester Athletic Club"



Full Name: _____

Address: _____

Post Code: _____

Tel: _____ E-Mail: _____

UKA Affiliated Club: _____ Male/Female: _____ Age on Race Day: _____

UKA competition no: _____

I agree to abide by the current laws and rules of competition of UK Athletics.

I declare that I am medically fit to run, and understand that I enter entirely at my own risk and the organisers will not be responsible for any loss or injury that may occur.

Minimum age on race day - 16

Signed: _____

Date: ____ / ____ / ____

Fee enclosed: £ _____

Confirmation of your entry will be posted on the WAC website, www.worcester-ac.co.uk

Please check carefully.

On the day registration and pre-entry race number collection is from 9:30am.