

# THE MUDDY WOODY 6



For further information and results see

www.wyevalleyrunners.co.uk

**DATE: SUNDAY 14TH  
FEBRUARY 2010  
TIME: 11.00 AM**

**IT'S TOUGH**

**IT'S HARD**

**BUT IT'S FUN**

**VENUE : HAUGH WOODS, NEAR MORDIFORD, HEREFORD.**

**DISTANCE; APPROXIMATELY 6 MILES**

**TERRAIN; ALL OFF ROAD THROUGH UNDULATING FOREST TRACKS, FOOTPATHS AND TRAILS**

**\* FREE T-SHIRT TO ALL FINISHERS**

**\* PRIZES IN MANY CATEGORIES\***

**FREE REFRESHMENTS**

**\* 1st AID COVER**

Please arrive early. Limited parking.  
May be up to 1 mile from start  
Race numbers will be issued on the day.

**ENTRIES  
STRICTLY  
LIMITED TO  
350 - LIMIT  
REACHED BY  
1st JAN LAST  
YEAR**

ENTRY FEE: ATTACHED £10.00  
UNATTACHED £12.00

**• NO ENTRIES  
• ON THE DAY \***

Please enclose a SAE if you require confirmation of entry.

PLEASE MAKE CHEQUES PAYABLE TO 'WYE VALLEY RUNNERS'  
Entrants must be over 18 years old

For any further details contact Dave Sherwood  
01432 358865 davesherwood99@aol.com



NAME; \_\_\_\_\_

ADDRESS; \_\_\_\_\_  
\_\_\_\_\_

POSTCODE; \_\_\_\_\_ TEL.NO \_\_\_\_\_

CLUB; \_\_\_\_\_

AGE ON DAY OF RACE; \_\_\_\_\_ Date of birth. \_\_\_\_\_  
(Entrants must be over 18yrs.)

SEX M/F \_\_\_\_\_ T-SHIRT SIZE S M L XL

PLEASE TICK IF YOU DO **NOT** WANT YOUR DETAILS PASSED ON TO OUR RACE PHOTOGRAPHER \_\_\_\_\_

WYE  
VALLEY  
RUNNERS

PLEASE RETURN FORM TO;

DAVE SHERWOOD (MW6)  
14 BELGRAVIA GARDENS  
HEREFORD  
HR1 1RB

**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 EVENT. I AM AN AMATEUR AS DEFINED BY THE RULES OF THE U.K. ATHLETICS.

A RISK ASSESSMENT HAS BEEN CARRIED OUT ON THIS COURSE

SIGNATURE; \_\_\_\_\_

DATE ; \_\_\_\_\_

AMOUNT ENCLOSED £ ; \_\_\_\_\_