



Race in Celebration of Gordon Clements

All proceeds to Acorn Childrens Hospice

Saturday 10th July 2010

Start 6.30pm

Morgan Jones Farm, Sugwas - 4 miles west of Hereford (A439)
Approx 6 miles along grass and woodland

Entry fee: £8.00 Club members, £10.00 unattached
£1 surcharge for entries on the day

Prizes: Male & Female in all categories
First male/Female team (3 per team)

Name	
Address	
Tel:	M/F
Date of Birth	Age on day
Affiliated Club	

I declare that I am fit and that I am competing in the above race at my own risk and I agree that the organisers cannot accept liability responsibility for any accident or damage suffered as a consequence of my taking part

Signed.....

Date.....

Cheques payable to Wye valley Runners
17 Eign Road Hereford Hr1 2RY

Enquiries: 07789 685777 or email k.bouston@btinternet.com

Permit applied for

Minimum age limit 16 yrs