

# Wye Valley Runners

The 16<sup>th</sup> running of

## The Muddy Woody 6

Sunday 12<sup>th</sup> February 2012

11:00 AM

(Permit Applied for)

[www.wyevalleyrunners.co.uk](http://www.wyevalleyrunners.co.uk)

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

Approx 6 Miles on Undulating forest track, footpaths and trails

Free T-Shirt for all finishers

Free Refreshments

Prizes in many categories

First aid cover

Well marshalled course

(Sorry – no dogs on the course please)

Entry fee £10.00 attached (Member of UK athletics club)

£12.00 unattached

Cheques made payable to Wye Valley Runners

Please arrive early, limited parking maybe 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](mailto:davesherwood99@aol.com)



Entries to Dave Sherwood (MW6)

14 Belgravia Gardens

Hereford, HR1 1RB

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_ Tel No \_\_\_\_\_

DOB \_\_\_\_\_

Club \_\_\_\_\_

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.

Amount enclosed \_\_\_\_\_

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

Sex M / F

T-Shirt size S M L XL

Please tick if you **DO NOT** want your details passed on to the official photographer \_\_\_\_\_