

Wye Valley Runners

www.wyevalleyrunners.co.uk



Wye Valley New Year's Day 10K Sunday January 1st 2012 11.00am Start

- 1 lap of a fast undulating course
- Same course as the summer 10K - but in reverse
- Start and registration at Hereford Rowing Club HR4 0BE
- Collect your race number on the day
- Showers changing and parking at the Rowing Club
- Refreshments available
- Prizes in many categories
- All finishers will receive a race memento
- Race registration closes 10.30 am

PLEASE SEND YOUR ENTRY TO
New Years Day 10K
26 Holm Oak Road
Hereford
HR2 7UP

Tel 01432 270334 for enquiries

Entries:

Attached - £6.00

Unattached: - £8.00

Entry on the Day: - + £4.00 (£10/12)

FIRST AID COVER

NO DOGS ON THE COURSE PLEASE

- Minimum age 16 years
- Permit applied for

Name _____

Address _____

Sex M/F

Postcode _____

DOB _____

Telephone No _____

Club _____

Affiliated Y/N

PLEASE TICK IF YOU DO NOT WANT YOUR DETAILS PASSED ON TO OUR PHOTOGRAPHER _____

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 UK Athletics.



Signature

Date

PLEASE ENCLOSE STAMPED ADDRESSES ENVELOPE IF YOU WOULD LIKE ACKNOWLEDGEMENT OF YOUR ENTRY