



SHOBDON WOOD 6

Organised by Croft Ambrey Running Club: 

Sunday April 25th 2010

- Venue:** Shobdon Wood, Shobdon, Herefordshire (map ref: 392637)
- Distance:** Approximately 6 miles – all off road along forestry tracks, paths
- Start:** 11am
- Entry fee:** £10 - unattached; £8 - club members
(free T shirt to all who pre-enter - cheques to Croft Ambrey Running Club)

NB Minimum 16 yrs of age on the race day. Same day results by e-mail.

Shobdon Wood lies about 1 mile north of Shobdon village, which is on the B4362 between Leominster and Presteigne. * Postcode: HR6 9PB*

Prizes: males and females in all age categories; male and female teams of 3

Please note race numbers will be given out on the day; acknowledgement of pre-entries by e-mail (or SAE)

Croft Ambrey Running Club is supporting local charities. The race is kindly sponsored by Markham's Garage (Kingsland)

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Name:	Age:
Address:	Date of birth:
	M/F:
Club:	Tel:
e-mail:	T shirt: XL, L, M or S

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 any liability for any accident or damage suffered as a consequence of my taking part.

Signed **Date**
Return to Guy Whitmarsh, Orchard House, Richards Castle, Ludlow, SY8 4EW
tel: 01584 831284 e-mail: guyandjudy@hotmail.co.uk

