



SHOBDON WOOD 6



Organised by Croft Ambrey Running Club:  runbritain.com
Under UKA rules

Sunday April 22nd 2012

- Venue:** Shobdon Wood, Shobdon, Herefordshire (grid ref: 392637)
- Distance:** Approximately 6 miles – all off road along forestry tracks, paths
- Start:** 11am
- Entry fee:** £9 - unattached; £7 - club members
(includes free T shirt)- cheques to Croft Ambrey Running Club

NB Minimum 15 yrs of age on the race day. Same day results by e-mail.

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

Prizes: males and females in most 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 Lloyds of Ludlow and the Ludlow Brewing Company

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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. Any medical conditions should be listed on back of running number.

Signed (parent if under 18)..... Date

Return to Guy Whitmarsh, Orchard House, Richards Castle, Ludlow, SY8 4EW
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