



Ronnie's RUN

THE HOPE VALLEY
2010

8.3 miles multi-terrain run is taking place in the scenic surroundings of Haugh Wood – between Fownhope and Woolhope, nr Hereford.

Sunday, 3 October 2010

Race starts at 11am from Woolhope village hall, Woolhope, Herefordshire (Doors open from 9.30am)

- Collect your race number on the day
- Refreshments Available
- Prizes in many categories
- All finishers will receive a race memento
- First Aid and Doctor available throughout event
- Permit applied for
- All proceeds in aid of the British Red Cross

www.hopevalleyrun.com



The Hope Valley 2010

Veronica (Ronnie) Scully organised the first Hope Valley run in 2006 in order to raise money for entry to the London Marathon.

The HV route is one of many which she used to train and increase endurance and stamina. 2010 is the fifth run with ever increasing entries and faster times, out of the 8.3 miles 7 are off road including woodlands, fields and ash paths current record is .59.52. The undulating route often offers wonderful scenery over the Herefordshire countryside.

The race starts and finishes at Woolhope Village Hall which provides all weather parking, toilet and changing facilities. Runners must be over 16 years to compete.

Directions to the start

Grid Reference off OS Explorer 189 Hereford and Ross on Wye 1:25 000 GR 611- 357

From Hereford travel on the B4224 East towards Mordiford when in the village take the second turning left towards Haugh Woods, carry on through to Woolhope village hall.

From Ross travelling easterly on the A449 towards the junction of the M50 carry on the A449 North Easterly. Taking a left onto the B4224 sign posted Fownhope, carrying on westerly on the B4224 towards Fownhope. When in the village take a right turn opposite the Tan B&B sign posted Woolhope. Carry on along this road until you reach the village of Woolhope take left before the Crown Inn, carry on along this road village hall is situated on the right.



PHOTOS: RICHARD WEAVER PHOTOGRAPHY

How to enter

Entry fees per person are £12 affiliated or £14 unaffiliated. Entries on the day are £13 affiliated or £15 unaffiliated. Sponsorship forms are available online and any contributions received in this way are greatly appreciated. Late entries will be accepted, but no later than 10.15am – doors to the Village Hall will open at 9.am.

To enter, please complete the attached form on the back page and send it, with your entry fee and an A4 SAE with a large letter postage stamp, to **British Red Cross, 9 Blackfriars Street, Hereford HR4 9HS**. We will then send you your information pack, which includes a sponsorship form and details on how to set up an online sponsorship form via www.justgiving.com.

Alternatively you can enter on line. Visit www.hopevalleyrun.com. Click on race application form and this will direct you to the British Red Cross website for secure online bookings.

For further enquiries please call Ronnie Scully on 01432 860295 or email her on ronnie@pagets-spring.co.uk.

Many thanks for the continual support of our sponsors:



Highest sponsored runner

The person who raises the most sponsorship will receive a burnt orange Halti jacket, valued at £250.



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Enter online via www.hopevalleyrun.com or complete the entry form below.

Hope Valley Run, in aid of the British Red Cross.

Entry Form

Please only submit one entry per form

Surname: _____

First name: _____ Sex: M F

Age on race day: _____ DOB: _____

Address: _____

Postcode: _____

Email: _____

Tel: (landline) _____

Tel: (mobile) _____

Club Affiliated: Yes No

Club Affiliation number: _____

Please enclose a cheque for £12 affiliated/£14 unaffiliated (delete as appropriate) made payable to **British Red Cross**.

Remember to enclose your completed application form together with A4 SAE with large letter postage stamp.

Declaration

I understand that the organisers will not be responsible, in any way, for injury, illness, accident or loss of property resulting in my taking part in the Hope Valley Run. I am an amateur as defined by the rules of UK Athletics.

Signed _____ Date _____

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