

# WALFORD TIMBER LTD

## 3RD

### ROSSONWYE4ACORNS

### 10K AND FUN RUN

SUNDAY 8<sup>TH</sup> September 2013 - ROSS-ON-WYE ROWING CLUB

FUN RUN START 10.15am 10K START 11.00am

[www.rossonwye4acorns.co.uk](http://www.rossonwye4acorns.co.uk)

Dear Runner

Thank you for supporting the 3<sup>RD</sup> WALFORD TIMBER LTD ROSSONWYE4ACORNS 10K; we look forward to seeing you on Sunday the 8th.

Your 10K **RUNNING NUMBER** and your **TIMING CHIP** will be available for collection on the day, at least one hour before the start, and please bring safety pins.

FUN RUN registration is **on the day only**, at least half an hour before the start.

The whole of the **10K course** is off-road but over mixed terrain, and depending on the weather it could be rutted or boggy. Your attention is drawn to a small brook which empties into the River Wye at the first water station and to cross it entails going down and up steps, which may be slippery. At Backney Bridge the ground is very stony. There are two water stations on the route. The Run starts and ends at the field behind the Rowing Club. The **Fun Run course** is totally within the Rowing Club field and has the same start and finish lines as the 10K.

**DIRECTIONS TO THE SITE : The site post code is HR9 7BU.**

**From M50 :** take 1<sup>st</sup> exit at roundabout at end of M50; proceed along A40 dual carriageway to next roundabout and take second exit into town; proceed down hill to small roundabout and take 3<sup>rd</sup> exit then turn 1<sup>st</sup> left into Trenchard Street, then 1<sup>st</sup> right into Metcalf Close, and carry on straight ahead....

**From A40 South :** At Wilton roundabout [ with petrol station on the right ] take 3<sup>rd</sup> exit [ from Hereford A40 take 2<sup>nd</sup> exit ] and cross over bridge [ River Wye ] and proceed uphill to a junction at the Man of Ross Inn; turn left into Edde Cross Street and proceed downhill to Trenchard Street and turn left into Metcalf Close, and carry on straight ahead...

**From Gloucester A40 :** At Hildersley roundabout take 1<sup>st</sup> exit into Ross town, pass the Market House on your right and at the T junction [ Man of Ross Inn ] turn right into Edde Cross Street; proceed downhill into Trenchard Street and turn left into Metcalf Close and carry on straight ahead...

.....enter Ropewalk Meadow, proceed along right hand driveway into the Rowing Club and turn right over the bridge, turn right again to car park. Marshals will be there to direct you. When you leave do not go back over the bridge; follow the signs through the car park and through the public car park on to Homs Road. Have a safe journey.

We will be very pleased to receive your comments on the 10K and the FUN RUN on [rossonwye4acorns@live.co.uk](mailto:rossonwye4acorns@live.co.uk), as we want to do it better next year. For further information : Geoff Jones 01989 769073 / 07817487404 or Robin Fletcher 07976370856 or via our web site [www.rossonwye4acorns.co.uk](http://www.rossonwye4acorns.co.uk)