

# TASTE FOR Adventure CENTRE

**'BRUMmies 10K Burn' Sunday 21<sup>st</sup> march 2010, 11am**

**AT**

**Garnon's Estate Herefordshire**



**A 10k endurance challenge over fast open lawns and farm land, gruelling technical woodland, forestry tracks, bridleways and even Offa's Dyke**

## Refreshments

**Entry fee      10K Run = £10.00 (Entry on the day £12.00)**

**(Please make cheques payable to: Taste For Adventure Centre)**

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**Entry form      (Please complete in BLOCK CAPITALS and return with payment to address below)**

First name:.....Surname:.....      Age/dob:.....

Address:.....

.....Postcode:.....

Sex:            Male                                  Female            (delete as applicable)

Telephone:                                  .....

Email address:                                  .....

Club:    .....

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Declaration: 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 consider myself to be fit, healthy and able to participate in this event.

Signed.....

Date.....

Taste For Adventure Centre, The Hafod, Credenhill, Hereford, HR4 7DA  
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