

# The Milford Mash Up 10K

Saturday 18<sup>th</sup> October 2014 – 11 AM

**You love The Chase, We love The Chase –**  
Race two sees Milford Common as the starting point for another memorable event. Race one sold out early, so don't be disappointed and miss out on another great outdoor adventure!

RACE #2 OF 'THE MASH RUNNING CHASE SERIES 2014'



## INCLUDED IN YOUR ENTRY:

TECH TEE FOR ALL RUNNERS  
FREE RACE DAY PHOTOGRAPHY  
WATER STOPS ON ROUTE  
FREE CAR PARKING  
BEAUTIFUL FOREST LOCATION

ONLY  
£13.50

REGISTER NOW AT:

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



[support@mashrunning.co.uk](mailto:support@mashrunning.co.uk)

**10K FOREST TRAIL RACE**

**MILFORD COMMON**

**BROCTON ROAD**

**STAFFORD ST17 0UH**