

The Milford Mash Up 10K

Saturday 18th 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



support@mashrunning.co.uk

10K FOREST TRAIL RACE

MILFORD COMMON

BROCTON ROAD

STAFFORD ST17 0UH