

Mud-n-Fun 2012

Sponsored by **Saffery Champness**

Organised by the **Guernsey Hash**

Saturday 18th February at 2pm Guernsey Rugby Club

Thank you for entering this charity Fun-Run. We hope that you have an enjoyable and memorable day. You will get tired and extremely dirty but at the same time have fun and raise money for the Guernsey Motor Neurone Disease Association, The Guernsey Neuro Concern Society and Bulstrode Oncology Unit. **Well Done!**

Start: Guernsey Rugby Club at Foote's Lane at 2pm sharp. **Parking is very limited**, so if possible, share a car with your team-mates and friends. Please make sure that you wear old warm clothes on the run as you may have to queue for obstacles. **Gloves and a hat are highly recommended.** **Make sure that your shoes are tied securely.**

Spectators: The best viewing point will be at the finish at the Rugby Club

Event: The course is four country miles but it could feel a little longer. The fast runners will take 40 minutes; slower runners will take longer. It will be difficult to avoid the mire and water but most of the obstacles can be by passed if necessary. However, we would prefer you to help each other over the rope ladders and other obstacles.

After the Event: We have use of the Rugby Club's changing rooms, showers and bar facilities. There will be a skip available for you to donate any unwanted clothing or shoes to charity. Spectators and Joggers (once clean) will be welcome to use the refreshment/ bar facilities of the Rugby Club. There will also be food available.

Prizes: All competitors can expect a memento of the event, presented at the finish. Prizes will be awarded at the Rugby Club on the day. If representatives of winning teams are not at the Rugby Club the organisers reserve the right to give the prize to another team. **There are no individual prizes for Mud-n-Fun.**

Thanks: The Sponsors and Organisers would like to thank the Land Owners for their kind permission to run over their properties. The event could not take place without their co-operation.

PLEASE REMEMBER TO BRING CLEAN WARM CLOTHES, MONEY, SOAP AND A TOWEL FOR AFTER THE EVENT. ALSO A BLACK PLASTIC SACK TO PUT YOUR DIRTY KIT INTO.

Queries & Questions

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www.mudnfun.org.gg