

Penistone Footpath Runners and Athletics Club presents:

www.penistoneleisurecentre.org.uk/

kindly sponsored by



Penistone Hill Race

Sunday 24th September 2017 10:30 am

Race run under UK Athletics rules, Cross Country Permit pending

Course Record Holders – Joe Fowler 43:26 (2015), Caitlin Rice 49:14 (2014)

Start and Finish from Penistone Showground (behind Tesco GR 243033)

FACILITIES - Registration from 9am at Penistone Leisure Centre, Thurlstone Road, S36 9EF (GR 241037) – allow 10 minutes to walk to the start. Parking, changing rooms, showers, hot food and refreshments available.

ENTRY FEE - £7 Affiliated Club Members, £9 Unaffiliated in advance, £10/£12 on the day, **Cheques payable to 'Sporting Penistone'** or online entry at <https://racebest.com/races/penistone-hill-race>

COURSE - This is a tough race on tarmac, trail and paths with hills, but guaranteed you will enjoy it with the stunning views of the Penistone area. **Approximately 7 miles, 11.5 km, 271m of ascent**

Entries - Shaun Dimelow, 9 Corunna View, Penistone, Sheffield S36 6GE, email shaundimelow@hotmail.com . Enclose a SAE for number and race details or opt to collect number on the day. **ALL monies go to Penistone Leisure Centre – charity 1112840**

Prizes - Trophies for 1st Male and Female, prizes for all age categories and teams, extensive spot prizes. Shield for the 1st Team of 4 non-affiliated runners.

SURNAME FORENAMES

ADDRESS

POST CODE E-MAIL

Telephone CLUB

SEX (M/F) EA NUMBER

AGE on 24/09/2017 DATE OF BIRTH

I am an amateur as defined by UKA Rules, I am medically fit to run and enter at my own risk. I shall not hold the race organisers responsible for any injury or loss/damage to property.

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SIGNATURE

DATE