



SUNDERLAND HARRIERS & AC

Stage their 26th

PENSHAW HILL RACE

By kind permission of the National Trust. Under UK Athletics Rules. Permit 2016045

On Wednesday, 1st June 2016 at 7.15pm

Sponsored by North East Vending Ltd & Start Fitness

***7.15 SENIOR MEN, VETERANS & WOMEN**

Two laps (3 miles approx.)

Prizes in all events, including the first runner to the top of Penshaw Hill.

Prizes will be presented in The Monument, Penshaw Village, at approx. 9pm

No changing facilities. Parking at the bottom of the Monument on Chester Road (A183).

PLEASE USE TOILETS IN THE HERRINGTON COUNTRY PARK

(Just Over The Road)

Entry fees £6, Unattached £8 – Late Entries on the day £2 extra

**Payable to "Sunderland Harriers & AC - Entries close May 28 to Race Secretary,
64 Mount Road, High Barnes, Sunderland SR4 7NS**

Online entries: sportsoft race results

Visit Sunderland Harriers: sunderlandharriers.org.uk E-mail: mail@sunderlandharriers.org.uk

Penshaw Hill Race: Athletes must be at least 16-years-old

Name.....Club.....

Address.....

.....Postcode.....

Date of Birth.....Age on day of race.....

Registration No.....Entry fee.....

1. I understand that I participate at my own risk. The organisers shall not be liable for any loss, damage, actions, claims, costs, expenses which I may suffer.