



SUNDERLAND HARRIERS & A.C.

By kind permission of the National Trust UK

Stage their 33rd

PENSHAW HILL RACE

Proudly sponsored by



Race Licence Number: CC25/1559 (Under UK Athletics Rules)

Wednesday, 28th May 2025 at 7.15pm

SENIOR MEN, VETERANS & WOMEN (Minimum age is 16 years old)

Two laps (3 miles approx.)

Cash Prizes for the 1st three overall male and females, and 1st male and female over-40.

Prizes for the King and Queen of the Hill, the first to reach the Penshaw Monument on the 1st lap.

Trophies will be presented to the first male and female overall race winner.

The presentation of prizes will be made at The Grey Horse, Penshaw Village, at 8.30pm

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

Entry fees: Affiliated £10, Unattached £12 – (Late Entries on the night £2 extra – CASH ONLY)

Online Entries close Sunday, 25th May 2025

Race memento for ALL race finishers

Website: www.sunderlandharriers.org.uk **E-mail:** jaj160477@hotmail.com

Online Entries: SportSoft Entries & Results (race-results.co.uk)

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