



SUNDERLAND HARRIERS & AC

Stage their 30th
**ERNIE JOHNSON
MEMORIAL**

PENSHAW HILL RACE

By kind permission of the National Trust (Under UK Athletics Rules Permit No. CC2022/0402)

On Wednesday, 15th June 2022 at 7.15pm

Sponsored by North East Vending Ltd & Start Fitness

SENIOR MEN, WOMEN & VETERANS

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 pub, Penshaw Village, at approx. 9pm

No changing facilities. Parking at the bottom of the Monument off 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 12th June 2022 to Race Secretary,

21 Lutterworth Road, Tunstall, Sunderland SR2 9AX

Online entries: sportsoft race results

Visit Sunderland Harriers at: www.sunderlandharriers.org.uk E-mail: albertrjames@icloud.com

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.