



# SUNDERLAND HARRIERS & AC

Stage their 31<sup>st</sup>

**ERNIE JOHNSON MEMORIAL**

# PENSHAW HILL RACE

By kind permission of the National Trust (Under UK Athletics Rules)

**On Wednesday, 31<sup>st</sup> May 2023 at 7.15pm**

Sponsored by North East Vending Ltd, Start Fitness,  
and Vice-Chair Les Arnott

**\*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 Grey Horse, 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 28<sup>th</sup> May 2023 to Race Secretary,

21 Lutterworth Road Ashbrooke Sunderland SR2 9AX

Visit Sunderland Harriers at: [www.sunderlandharriers.org.uk](http://www.sunderlandharriers.org.uk) E-mail [albertjames@icloud.com](mailto:albertjames@icloud.com)

Entries on-line at Sportsoft

## Penshaw Hill Race

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.