

# SUNDERLAND HARRIERS & AC

Stage their 21<sup>st</sup>

# PENSHAW HILL RACE

By kind permission of the National Trust (Under UK Athletics Rules Permit No. 1011101)

**On Wednesday 15<sup>th</sup> June 2011 at 7.15pm**

Sponsored by North East Vending Ltd. & Start Fitness

**7.15 SENIOR MEN, VETERANS & WOMEN**

Two laps – Total Distance 3 miles

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)

- \* All entrants must be at least 16 years old on the day of race
- \* **Entry fees £5, Unattached £7 – Late Entries on the day £2 extra**
- \* Cheques made payable to "Sunderland Harriers & AC"

**Entries close 13<sup>th</sup> June 2011 to Race Secretary,  
14 Chantry Close, Chapelgarth West, Sunderland, SR3 2SL.  
Tel: (0191) 522 9221**

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

Penshaw Hill Race	
Name: .....	Date of Birth: .....
Address: .....	
.....	Postcode: .....
Age on day of race: .....	Club: .....
Registration Number: .....	Entry fee: .....

- **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.**