Penistone Boundary Race 19th May 2013 sponsored by Culley / fall

A 15.1 mile race for individuals or teams of 3 to be held alongside the annual Penistone Boundary Walk. The course will be marked but not fully marshalled. Runners are advised to check the route in advance. Maps available at Cubley Hall or online at www.cubleyhall.co.uk or www.pfrac.co.uk. Race for both individuals and teams will start at 10.30 am. Runners must be 17 or over on day of race.

Prize for first 3 places and first man and woman in all age categories. One prize per person. Badge and free drink for all competitors. Limit 100 individual runners.

Team results will be calculated using WMA tables so any gender/age combination can have the chance of winning. Each leg is approximately 5 miles. Limit 20 teams.

Prizes for first 3 teams based on WMA tables (http://www.wcchallenge.org/age_grading.htm)

Start and finish at Cubley Hall, Mortimer Road, Penistone, S36 9DF (Grid Ref 245021). Race is in a clockwise direction. Relay changeovers at Royd Moor (215042) and Cooper Lane (265056).

Entries £10 per individual or £20 per team of 3. **£1 extra per runner if not affiliated.** Entries on the day only if limits not reached and **£1 extra per runner.**

Individual entry Name Address Cheque made out to Penistone FR&AC for £10 or £11 enclosed. Team Entry Team name Contact address **Runner 1** Name Runner 2 Name Runner 3 Name Cheque made out to Penistone FR&AC for £20, £21, £22 or £23 enclosed.

Send entries with cheque and SAE to Penistone Boundary Race, 52 Gledhill Avenue, Penistone, Sheffield, S36 6BD. Questions or more information 01226 766979 or keith-gordo@o2.co.uk

Event is run under the rules of the Trail Runners

Event is run under the rules of the Trail Runners Association and is supported by Penistone Round Table and Penistone Footpath Runners & AC. UK athletics Permit number 2013021.

All proceeds to Woodhead Mountain Rescue Team.



