

SUNDERLAND HARRIERS & AC

Stage their 23rd

PENSHAW HILL RACE

By kind permission of the National Trust (Under UK Athletics Rules Permit No. 2013017)

On Wednesday, June 5th 2013 at 7.15pm

Sponsored by North East Vending Ltd & Start Fitness

***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 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)

Entry fees £5, Unattached £7 – Late Entries on the day £2 extra

Payable to "Sunderland Harriers & AC"

Entries close June 3rd to Race Secretary,

14 Chantry Close, Chapelgarth West, Sunderland, SR3 2SL. Tel: 522 9221

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

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.