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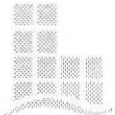


PENISTONE FOOTPATH RUNNERS & A.C. PRESENT THE 30th RUNNING OF THE

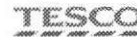
PENISTONE 10K ROAD RACE

(including the South Yorkshire County Athletics Association 10K Road Championship)

Sunday, June 29th 2014 at 11.00 hours



**Lavender
International**



A 10K road race held under UK Athletics Rules, Licence No 2014-11848

Race run on road and Trans Pennine Trail

Extensive prize list (Vets start V40 M & F) Technical T-Shirt to all finishers Car park Changing and Showers Bar

Headphones/MP3 players are banned in this event Course not suitable for wheelchairs Results on: www.pfrac.co.uk

Entry Fees: £10 Affiliated Club Members - £ 12 Unattached runners. No refunds

Age: 15 and over on race day. Closing Date for pre-entries: 22nd June 2014. Plus £2.00 on day

**Race HQ, Registration, start and finish at Penistone Church Football Club,
Memorial Ground, Church View Road, Penistone, Sheffield,
S36 6AT (map ref 249031)**

----- X -----
Entries to: Penistone 10K, 52 Gledhill Avenue, Cubley, Penistone, Sheffield, S36 6BD

Telephone: 01226 766979 e-mail: keith_gordon86@yahoo.co.uk

Please enclose a 10" by 6" Stamped Addressed Envelope for your race number and details and ensure
that you add the correct amount of postage for the size of envelope sent.

Details of all known Medical conditions must be given on the back of this entry form and put on the back of your race number

Cheques payable to 'Penistone Footpath Runners & AC'

Surname..... Forenames.....

Address.....

.....Post code:.....

Tel. No..... Sex (M/F)..... Date of Birth.....

Age on day Club..... EA No.....

Size of T-Shirt required S M L XL Please tick

Note: Shirt size only guaranteed to pre-entries Tick for South Yorkshire Championship

Declaration: I agree to abide by UK Athletics Rules and understand that the organisers of the race will not be held liable for any injury, loss or illness howsoever caused, resulting from the race. All details of entrants are covered by the Data Protection Act.

Signature (parent or guardian if under 18)..... Date.....