



Present their annual

11th Pennington Flash 5 Mile Trail Race

Sunday 25th August 2019

Start 10.30am

5 miles over the country paths & trails of the
Pennington Flash Country Park
Start and finish at Leigh Harriers & AC
Turner Way, Leigh Sports Village, Leigh WN7 4GX



Chip timing by www.Time2Run Events.co.uk

New Course Accurately measured

Entry: £10 UKA £12 unattached.

Minimum age on day of race 15

Prize list: 1st 5 Men 1st 5 Ladies 1st Teams M&F

1st U20, V40,45,50,55,60,65,70 M

1st U20, V35,40,45,50,55,60,65 F

If a vet wins one of the first four prizes, then the next vet in same category is promoted.

Break the course record - £100

Current record 25:43 Ben Russell Liv H, 28:55 Lauren Howarth Leigh



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Pennington Flash 5 Mile Trail Race 25th August 2019

Forename Surname M/F..... DoB

Club/Unattached

England Athletics registration number

I declare that I am an amateur as defined by UKA rules. I am medically fit to take part and I accept that the organisers will not be responsible for any loss, damage, illness or injury sustained as a result of taking part in the race.

By signing below you agree that we may publish your personal information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include name, any club affiliation, race times, and age category.

Signed Date