



13/214



PENISTONE FOOTPATH RUNNERS & A.C. PRESENT THE 31ST RUNNING OF THE

PENISTONE 10K ROAD RACE

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

Sunday, June 28th 2015 at 11.00 hours

NEW FOR 2015: CHIP TIMING



A 10K road race held under UK Athletics Rules Licence No: 2015-14148

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

Entry Fees: £12 Affiliated Club Members – £14 Unattached runners. No refunds

Age: 15 and over on race day. Closing Date for pre-entries: 20th June 2015. 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)**



Online entries: www.acshaw.com/penistone-10k

or

Postal entries: Penistone 10K, 52 Gledhill Avenue, Cubley, Penistone, Sheffield, S36 6BD

Telephone: 01226 766979 e-mail: keithhgordon@me.com

Numbers to be picked up on the day.

Results on www.pfrac.co.uk

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

Runners Information Sheet and race map to be downloaded from www.pfrac.co.uk

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.....