



13/214



PENISTONE FOOTPATH RUNNERS & A.C. PRESENT THE 32nd RUNNING OF THE

PENISTONE 10K ROAD RACE

Sunday, June 26th 2016 at 11.00 hours



Lavender International



A 10K road race held under UK Athletics Rules with chip timing.

Licence No 2016-14148

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

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

Age: 15 and over on race day. Closing Date for pre-entries: 18th June 2016. 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 SE249031)**



Online entries: www.pfrac.co.uk

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.

Race Information & 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

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

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.....