

Penistone Footpath Runners and Athletics Club presents:

www.penistoneleisurecentre.org.uk/

kindly sponsored by



Penistone Hill Race

Sunday 30th September 2018 at 10:30 am

Race run under UK Athletics rules, Cross Country Permit applied for

Course Record Holders – Andy Swift 42:12 (2017), Caitlin Rice 48:57 (2017)

Start and Finish from Penistone Showground (behind Tesco GR 243033)

FACILITIES – Registration from 9am at Penistone Leisure Centre, Thurlstone Road, S36 9EF (GR 241037) – allow 10 minutes to walk to the start. Parking, changing rooms, showers, hot food and refreshments available.

ENTRY FEE – £8 EA registered runners, £10 unregistered in advance, £11/£13 on the day, **Cheques payable to 'Sporting Penistone'** or online entry at <https://racebest.com/races/qtcy6>

COURSE – This is a tough race on tarmac, trail and paths with hills, but guaranteed you will enjoy it with the stunning views of the Penistone area. **Approximately 6½ miles/10½ km with 1,000ft/300m of ascent**

ENTRIES – Damien Briscoe, 25 Cubley Wood Drive, Penistone, Sheffield, S36 9AF.
Email: damienbriscoe@hotmail.co.uk. Enclose a SAE for number and race details or opt to collect number on the day. **ALL monies go to Penistone Leisure Centre – charity 1112840**

PRIZES – Trophies for 1st Male and Female, prizes for all age categories and teams, extensive spot prizes. Shield for the 1st Team of 4 non-affiliated runners.

SURNAME FORENAMES

ADDRESS

POST CODE E-MAIL

Telephone CLUB

SEX (M/F) EA NUMBER

AGE on 30/09/2018 DATE OF BIRTH

I am an amateur as defined by UKA Rules, I am medically fit to run and enter at my own risk. I shall not hold the race organisers responsible for any injury or loss/damage to property.

SIGNATURE

DATE