

# SUNDERLAND HARRIERS & AC

Stage their 18<sup>th</sup>

# PENSHAW HILL RACE

By kind permission of the National Trust (Under UK Athletics Rules Permit No. 0708108)

**On Wednesday June 25<sup>th</sup> at 7.15pm**

Sponsored by North East Vending Ltd.

**\* 7.15 SENIOR MEN, VETERANS & WOMEN**

Two laps (3 miles approx.)

Prizes in all events, including the first runner to the top of Penshaw Hill in the Senior, Veteran's and Women's Race.

**Prizes will be presented in The Monument, Penshaw Village, at approx. 9pm**  
No changing facilities. Parking at the bottom of the Monument on Chester Road (A183).

**PLEASE USE TOILETS IN THE HERRINGTON COUNTRY PARK**  
(Just Over The Road)

**Entry fees £5, Unattached £7 – Late Entries on the day £2 extra**  
**Payable to "Sunderland Harriers & AC"**

**Entries close June 18<sup>th</sup> to Race Secretary,**  
**14 Chantry Close, Chapelgarth West, Sunderland, SR3 2SL.**  
**Tel: (0191) 522 9221**

Visit Sunderland Harriers at: [www.sunderlandharriers.org.uk](http://www.sunderlandharriers.org.uk) E-mail: [mail@sunderlandharriers.org.uk](mailto:mail@sunderlandharriers.org.uk)

Penshaw Hill Race – Web Form

Name.....

Address.....

Age on day of race.....Club.....

NOEAA Membership.....Entry fee.....

- I understand that I participate at my own risk. The organisers shall not be liable for any loss, damage, actions, claims, costs, expenses which I may suffer.