



PENISTONE FOOTPATH RUNNERS & A.C. PRESENT THE SECOND RUNNING OF THE

# PENISTONE 10K ROAD RACE

## Sunday, June 30<sup>th</sup> 2013 at 11.00 hours



**Lavender  
International**



A 10K road race held under UK Athletics Laws, Licence No 2013-105460.

Race now run on all tarmac surface 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      Course not suitable for wheelchairs      Results on: [www.pfrac.co.uk](http://www.pfrac.co.uk)

**Entry Fees: £10 Affiliated Club Members - £ 12 Unattached runners. No refunds**

Age: 15 and over on race day.      Closing Date for pre-entries: 23<sup>rd</sup> June 2013.      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)**

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**Entries to: Penistone 10K, 52 Gledhill Avenue, Cubley, Penistone, Sheffield, S36 6BD**

**Telephone: 01226 766979      e-mail: keith-gordo@o2.co.uk**

Please enclose a 10" by 6" Stamped Addressed Envelope for your race number and details and ensure that you add the correct amount of postage for the size of envelope sent.

**Cheque 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 Laws 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**

**Signature (parent or guardian if under 18)..... Date.....**