



PENISTONE FOOTPATH RUNNERS & A.C. PRESENT THE 26th RUNNING OF THE

# PENISTONE SHOW 10K ROAD RACE

Saturday, September 11<sup>th</sup> 2010 at 11.00 hours

**NEW AMENDED COURSE WITH LAST KILOMETRE TRAFFIC FREE  
PLEASE NOTE NEW START TIME**



**CUBLEY HALL**

PUBLIC HOUSE ■ RESTAURANT ■ HOTEL



HELD IN CONJUNCTION WITH THE 138<sup>th</sup> PENISTONE AGRICULTURAL SHOW

(A 10K road race held under UK Athletics Laws, Licence No 2010 - 100804, Entry Limit 500)

Extensive prize list (Vets start V40 M & F)      T-Shirt to all finishers      Free Car park      Free entry to Show for runners  
Medical Facilities      Results on: [www.pfrac.co.uk](http://www.pfrac.co.uk)      [www.penistoneshow.org.uk](http://www.penistoneshow.org.uk)      Course not suitable for wheelchairs

Any known medical condition please give details on reverse of form

**Entry Fees: £8.00 Affiliated Club and Registered Members - £ 10.00 Unattached runners**

Age: 15 and over on race day.      Closing Date for pre entries: 4th Sept 2010.      **Plus £1.00 on day**

When registering on day, please obtain ticket at entry gate as proof that entrance fee has been paid for re-fund..

**To: Keith Gordon, 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' for.....  
Surname..... Forenames.....  
Address.....  
.....Post code:.....  
Tel. No..... Sex (M/F)..... Date of Birth.....  
Age on 11/9/10..... Club..... EA No.....  
Size of T-Shirt required      S ?    M ?    L ?    XL ?      Please tick  
Note: Shirt size only guaranteed to pre-entries

**Order form for Show tickets**

(Runners have FREE entry)  
Adults (16 and over) @ £7.00  
.....  
Senior Citizens @ £5.00  
.....  
Children under 16 free

**From ukresults.net**

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.....