



[www.leighharriers.org](http://www.leighharriers.org)

# Pennington Flash 5 Mile Trail Race 2022

## Leigh Harriers & AC

present their annual

### 5 Mile Trail Race

**Sunday 28<sup>th</sup> August 2022**

**Start 11.00 a.m.**

5 miles over the country paths and tracks of the Pennington Flash Country Park

Start and finish at Leigh Harriers & AC

Turner Way, Leigh Sports Village, Leigh WN7 4GX



Chip timing by What's My Time

Part of the Central Lancs Grand Prix Race Series

Entry: £10.50 UKA £12.50 unattached.

First 3 males / 3 females, Cash Prizes of 1st £30, 2nd £20, 3rd £10

First male vet (40 - 70), First female vet (35 - 70), in each category (£10)

First male team of 4, First female team of 3 (Beer or wine)

(Minimum age 16)

Race memento for every finisher

If a vet wins one of the first 3 prizes then the next vet in same category is promoted.

Break the course record - £100

Current record 25.43 Ben Russell, Liv H, 28.55, Lauren Howarth, Leigh 28.55

On-line entries to <https://bookitzone.com/> On line entries close 25.8.22

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### Pennington Flash 5 mile Trail Race 28<sup>th</sup> August 2022

Forename .....Surname..... M/F..... Age Cat.....

Age on Race Day (min. age 16\*, with parent/carer's consent) Attached £10.50

Unattached £12.50

Club/Unattached.....UKA Reg. No. ....

Address.....

Email.....Tel.....

I am medically fit to take part, and I agree that the organisers shall not be responsible for any loss, accident or injury arising from my participation in this event.

Signed ..... Date.....

\*Signed .....(Parent/carer of 16 yr old) Date.....