



Leigh Harriers & Athletic Club



FOUNDED 1909



Pennington Flash 5 mile Trail Race

11.00AM SUNDAY 28th AUGUST 2016

5 MILE RACE OVER THE COUNTRY PATHS & TRACKS AROUND THE CLUB & PENNINGTON

FLASH COUNTRY PARK

PART OF CENTRAL LANCS GRAND PRIX SERIES

Start and finish at Leigh Harriers Leigh Sports Village

Entry fee: £7.00 UKA attached £9.00 unattached. Race permit number applied for.
Prize List: 1st 5 Men & 1st 5 Ladies 1st Team (3 to count) Men & Ladies 1st U/20 1st & 2nd
 Vet 40, 45, 50, 55, 60, 65, 70 Men 1st U/20 1st & 2nd Vet 35, 40, 45, 50, 55, 60, 65 Ladies
If a vet wins one of first four prizes, then the next vet in same category is promoted
Course Record - £100 Current record: Ben Russell L/pool Harriers 25.43sec Lauren Howarth Leigh Harriers 28.55sec
 Prize for every finisher

1.5 mile Fun Runners Trail Race
Start at 10.30am
Entry Fee £2.00 Cheques payable to Leigh Harriers & AC
 Prize for every finisher

Entries To: Pennington Flash 5 mile Trail Race, Leigh Harriers & AC, Leigh Sports Village, Turner Way, Leigh WN7 4GX
 All entries to include A5 SAE Closing Date for postal entries: Saturday 20th August 2016
 Email: leighharriers@btconnect.com Enter online at www.ukresults.net Tel: Leigh Harriers 01942 605201 (daytime)

Pennington Flash 5 mile Trail Race and Fun Run Entry form – August 28th 2016

Forename **Surname** **M/F** **Age Category**

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Age on race day (minimum age 15 for 5 mile trail race) 5 mile Fun run

Club/Unattached

Address

.....
Email **Tel No.**.....

I am an amateur as defined by UK Athletics rules. I am medically fit to take part. I agree that the organisers/sponsors shall not be responsible for any loss, accident or injury arising from my participation in this event.

Signed **Date**

(Must be signed by parent or guardian if competitor is aged under 18)