



**The 27<sup>th</sup> Penicuik 10km Road Race**  
**Saturday 8<sup>th</sup> May 2010**  
**Start time ~ 2:15 pm**

Race Limited to 300 participants



This race is unfortunately not suitable for wheelchair athletes.

Declarations, changing facilities and parking at:  
**PENICUIK HIGH SCHOOL, CARLOPS ROAD, PENICUIK.**  
**Declarations and entries close at 1:30 pm**

- **Pre-Entry fee £7 (affiliated) or £9 (non affiliated)**
- **Entry on the day £8 (affiliated) or £10 (non-affiliated)**
- Prizes to major category winners
- Teams: First 3 seniors to finish per club
- Under UK Athletics rules
- Scottish Athletics Permit event
- Memento for first 220 runners
- Please note: **No** headphones/earphones/ipods etc permitted during race
- Post race refreshments, home baking & prize-giving at the High School
- **Athletes must be aged 17 on or before 31<sup>st</sup> August 2010**

For pre-entry please complete the form below and return it together with the entry fee by **Wed 5<sup>th</sup> May 2010** to **Susie Maxwell, 24 St James's Gardens, Penicuik, Midlothian, EH26 9DU.**  
 Telephone **01968 675 216** NB: Numbers will be issued on race day.

[www.penicuikharriers.org.uk](http://www.penicuikharriers.org.uk)



**To the Penicuik 10 Km Road Race Committee:**

Please enter me for the above event, for which I enclose the entry fee of **£7/£9 or £8/£10** if entering on the day. Cheques or postal orders should be made payable to **Penicuik Harriers**.

Name .....	Email Address .....
Address .....	Contact Tel No. ....
.....	.....
.....	Athletics Club .....
Postcode .....	SAL Memb No. ....
Date of Birth .....	Male/Female <i>(delete as applicable)</i>
Age on race day .....	Category .....

I confirm that I am eligible to compete under SAL rules, and the particulars given above are correct in every detail. I am medically fit to compete and will not hold the organisers or sponsors responsible for any injury, illness or loss to my person or property.

Signature .....	Date .....
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