



The 29th Penicuik 10km Road Race
Saturday 12th May 2012
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 £9 (affiliated) or £11 (non affiliated)**
- **Entry on the day £12 (affiliated) or £14 (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 31st August 2012**

For pre-entry please complete the form below and return it together with the entry fee by **Wed 9th May** to **Susie Maxwell, 24 St James's Gardens, Penicuik, Midlothian, EH26 9DU.**
 Telephone **07879 030 669** NB: Numbers will be issued on race day.

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 **£9/£11 or £12/£14** 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 *(delete as applicable)*

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