



The 34th Penicuik 10km Road Race

Saturday 13th May 2017

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: Local/Junior/Senior/40+/50+/60+
- Teams: First 3 seniors to finish per club
- Under UK Athletics rules
- Scottish Athletics Permit event
- Medal for first 220 runners
- Race time limit - 1hr 30mins
- Sorry, our race is not suitable for fancy dress or shaking a charity bucket
- Please note: **No headphones/earphones/ipods** etc permitted during race
- Post race refreshments, home baking & prize-giving at the High School

For pre-entry please complete the form below and return it together with the entry fee by **Thurs 11th May to Susie Maxwell, 48 St James's Gardens, Penicuik, Midlothian, EH26 9DU.**

Telephone **07879 030 669** NB: Race Numbers will be issued on race day at Registration.

Category	Age Range	Age Requirements
Junior	17 – 19	on 31/08/2016
Senior	20 – 39	20 or older on 01/09/2016
Master	40+	40+ on Race Day



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 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