

SUNDERLAND HARRIERS & AC

START FITNESS

28th Open Cross Country Races

(Under UKA Laws) Permit No 0910115

**on Saturday 11th September 2010
at Farrington School, Sunderland**

12.00 * Event 1 - U11 BOYS AND GIRLS: 1000m.

Athletes must be under 11 on day of race. Awards to first three individuals in each category

12.15 * Event 2 - U13 BOYS AND GIRLS: 1.8 miles.

Ages 11 & 12 years on 31.8.2010. Awards to first three individuals in each category

12.30 * Event 3 - U15 BOYS AND GIRLS: 1.8 miles.

Ages 13 and 14 years on 31.8.2010. Awards to first three individuals in each category

12.45 * Event 4 - U17 Men & U17 WOMEN: 1.8 miles.

Ages 15 and 16 years on 31.8.2010. Awards to first three individuals

1.00 * Event 5 - SENIOR MEN'S & VETERANS' RELAY: 4 x 1.8m.

Age 17 years and over on the day of the race. Vets aged over 40.

Awards to first three teams. *Please submit number of teams. Declare names on the day.*

1.50 * Event 6 - SENIOR WOMEN: 1.8 miles.

Aged 17 & over on 1.9.2010

The organisers reserve the right to amend the prize list

Entry fee: Men's Relay £14 per team. All other races £2 individual entry

Cheques payable to Sunderland Harriers & AC

Please be thorough with entry details for Boys and Girls. These must include D.O.B. and be placed in proper age groups. Incorrect or incomplete forms shall be refused and returned

ENTRIES: CLOSING DATE 6th SEPTEMBER

**Send to Glenn Forster, 55 Mount Road, High Barnes, Sunderland,
SR4 7QF Tel (0191) 552 7725**

**LATE ENTRIES – A small amount accepted at our discretion on the day
Eligible for prizes. Fees - £16 per relay, £3 for individuals**