

# SUNDERLAND HARRIERS & AC

Stage the

# SUNDERLAND 5K ROAD RACE

Sponsored by **START FITNESS**

One of the fastest courses in the UK and host to the North East Championships

Last year's race was won by **Matt Nicholson 15.12**

& **Hester Dix 17.00**

First veteran **Brian Rushworth 15.36**

The last finisher recorded **31.26**

**Fun Runners Welcome**

## SILKSWORTH SPORTS COMPLEX

**On Wednesday, 20<sup>th</sup> July 2011 at 7.15pm**

Under UK Athletics Rules. Licence No. 2011-101574

- \* Prizes awarded to leading individuals and veterans
- \* All entrants must be at least 15 years old on the day of race
- \* **Entry fee £6.00. Unattached £8.00. Late entries on the night £2 extra**
- \* Cheques made payable to "Sunderland Harriers & AC"
- \* Enclose SAE for number or collect on the night

**Entries close 18<sup>th</sup> July 2011 to Race Secretary,  
14 Chantry Close, Chapelgarth West, Sunderland, SR3 2SL.  
Tel: (0191) 522 9221**

- \* Fast results service
- \* Prizes and Spot prizes will be awarded in the Tennis Centre at approx. 8.30pm.

Visit Sunderland Harriers at: [www.sunderlandharriers.org.uk](http://www.sunderlandharriers.org.uk) E-mail: [mail@sunderlandharriers.org.uk](mailto:mail@sunderlandharriers.org.uk)

Sunderland 5Km Road Race	
Name: .....	Date of Birth: .....
Address: .....	
.....	Postcode: .....
Age on day of race: .....	Club: .....
Registration Number: .....	Entry fee: .....

- I understand that I participate at my own risk. The organisers shall not be liable for any loss, damage, actions, claims, costs, expenses which I may suffer.

