

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, 20th 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 18th 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 E-mail: 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.

