

# SUNDERLAND HARRIERS & AC

*Sponsored by* **START FITNESS**

# SUNDERLAND 5K ROAD RACE

Over one of the fastest courses in the UK (includes the North East Championships)

**Course measurement No 11/149**

Last year's race was won by Lewis Timmins in 15.00 & Danielle Hodgkinson in 17.28

First veteran was Neil Wilkinson in 15.38. The last finisher recorded 34.39

*Fun Runners welcome*

## **SILKSWORTH SPORTS COMPLEX** **On Wednesday, July 17 at 7.15pm**

*Under UK Athletics Rules. Licence No 2013-105128*

*\*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. Late entries on the night £2 extra**

*\*Cheques made payable to Sunderland Harriers \*Enclose SAE for number or collect on the night*

**Entries close July 15 to Race Secretary, 14 Chantry Close, Chapelgarth West,  
Sunderland SR3 2SL. Tel 0191 5229221**

*\*Fast results service \*Prizes and will be awarded at approx 8.30pm in the tennis centre*

Print Name .....Sunderland 5k

Club.....Age on day of race.....

Signature of guardian if under the age of 18.....

Address.....

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England Athletics Membership No..... Entry fee.....

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