

# **SUNDERLAND HARRIERS & AC**

## **34<sup>th</sup> Open Cross Country Races**

*(Under UKA Laws) Permit No 2015058)*

*Supported by Start Fitness*

**Saturday, 3rd September 2016**

**at Farrington Community Sports College**

*Can clubs use the car parks at Silksworth Sports Complex,  
a short walk from the college. No parking on the course*

**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 31.8.2016. 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 31.8.2016. 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 31.8.2016. 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 1.9.2016. Awards to first three individuals*

**Entry fee: Men's Relay £18 per team. All other races £4 individual entry**

*Cheques payable to Sunderland Harriers & AC*

**Enter online @ SportSoft On Line Entries**

*Individual and team entry form*

Name: \_\_\_\_\_ Date of birth \_\_\_\_\_

Club: \_\_\_\_\_ Event: \_\_\_\_\_

Relay: Number of teams: \_\_\_\_\_

*Can athletes please not use the course for warm-up during young athletes' events.*

**ENTRIES: CLOSING DATE SATURDAY, 27th AUGUST**

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

**LATE ENTRIES: Eligible for prizes. Fees: £20 per relay. £5 for individuals**