

SUNDERLAND HARRIERS & AC

Sponsored by **START FITNESS**

SUNDERLAND 5K ROAD RACES

Under UK Athletics Rules. Licence No 2015-14239

Two 5k races *Fun Runners welcome*

Race 1 – Women & over-50 veteran men (7.00)

Race 2 – Senior Men & over-40 veteran men (7.30)

Both races include the North East and Northern Championships

Over one of the fastest courses in the UK. Course measurement No 11/149

SILKSWORTH SPORTS COMPLEX

On Wednesday, July 15, 2015

Last year's race was won by Ryan McLeod (14.40) & Sharon Barlow (17.15)

First veteran was Guy Bracken (16.15). The last finisher recorded 32.29. There were 120 PBs

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 *Enclose SAE for number or collect on the night**

**Entries close July 11 to Race Secretary, 14 Chantry Close, Chapelgarth West,
Sunderland SR3 2SL. Tel 0191 5229221**

Print NameSunderland 5k

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

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

Address.....

.....
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.

