

SUNDERLAND HARRIERS & AC

START FITNESS

33rd Open Cross Country Races

(Under UKA Laws) Permit No 2015058

Saturday, 5th September 2015

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 edge of 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 31.8.2015. 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 31.8.2015. 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 31.8.2015. 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 1.9.2015

The organisers reserve the right to amend the prize list

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

Cheques payable to Sunderland Harriers & AC

Please be thorough with entry details for Boys and Girls. These must include D.O.B. and be placed in proper age groups. Incorrect or incomplete forms shall be refused and returned.

Can athletes please not use the course for warm-up during young athletes races. The narrow course is not conducive for this purpose.

ENTRIES: CLOSING DATE MONDAY, 31st AUGUST

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

**LATE ENTRIES – A small amount accepted at our
discretion on the day Eligible for prizes.**

Fees - £20 per relay. £5 for individuals