



SUNDERLAND HARRIERS & AC

Sponsored by **START FITNESS, STRIDE SPORTS CLINIC AND WEAR SIDE REWINDS & SERVICES LTD**



Under UK Athletics Rules. Licence No 2019-36450

Two 5k races *Fun Runners welcome*

Race 1 – Women & over-50 veteran men (6.45)

Race 2 – Senior Men & over-40 veteran men (7.20)

Both races include the North East and Northern Championships

Northern Championship team races for Men and Women (three-to-count)

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

SILKSWORTH SPORTS COMPLEX

On Thursday, 11th July, 2019 **Supported by Northumbrian Water**

Course records: Martin Scaife 14.23 and Alyson Dixon 15.52. The last finisher last year recorded 31.40.

All entrants must be at least 15 years old on the day of race.

On-line entries: runbritain.com/races & sportsoft race results

***Entry fee £10.00. Unattached £12.00. Late entries on the night £2 extra**

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

Entries close Sat July 6 to Race Secretary –Mr J Waite, Hope Street Xchange, Sunderland, SR1 3QD.

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

