

# SUNDERLAND HARRIERS & AC

## The Ken Jefferson Memorial

# 37th Open Cross Country Races

*(Under UKA Laws) Permit Number 2019061*

*Supported by Start Fitness*

**Saturday, 14th September, 2019**  
**at Farringdon Community Academy**

*No parking on the course*

**11.00 Event 1 - U11 BOYS AND GIRLS: 1000m**

Athletes must be under 11 on day of race. Awards to first three individuals in each category

**11.15 Event 2 - U13 BOYS AND GIRLS: 1.8 miles**

Ages 11 & 12 years on 31.8.2019. Awards to first three individuals in each category

**11.30 Event 3 - U15 BOYS AND GIRLS: 1.8 miles**

Ages 13 & 14 years on 31.8.2019. Awards to first three individuals in each category

**11.45 Event 4 - U17 MEN & U17 WOMEN: 1.8 miles**

Ages 15 & 16 years on 31.8.2019. Awards to first three individuals

**12.00 Event 5-SENIOR WOMENS & VETERANS RELAY: 3x1.8m**

Aged 17 & over on day of race. Vets aged from 35. Awards to first three teams in each event

**12.45 Event 6-SENIOR MENS & VETERANS RELAY: 4x1.8m.**

Aged 17 years and over on the day of race. Vets aged from 40. Awards to first three teams in each event

*Please submit number of teams. Declare names on the day.*

**Entry fee: Mens Relay £24 per team. Womens Relay £18**

**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: \_\_\_\_\_

**Car parking available in the school yard**

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

**ENTRIES: CLOSING DATE SATURDAY, 7th SEPTEMBER**

**Send to Glenn Forster, 5 Beldene Drive, Sunderland, SR4 8QD**

**Tel 07941534226**

**LATE ENTRIES: Eligible for prizes. Fees: £26 & £20 per relay. £5 for individuals**