

SUNDERLAND HARRIERS & AC

The Ken Jefferson Memorial

38th Open Cross Country Races

(Under UKA Laws) Permit applied for

Supported by Start Fitness

Saturday, 4th September, 2021
at Farrington 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 31.8.2021. Awards to first three individuals in each category

11.30 Event 3 - U15 BOYS AND GIRLS: 1.8 miles

Ages 13 & 14 years on 31.8.2021. Awards to first three individuals in each category

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

Ages 15 & 16 years on 31.8.2021. Awards to first three individuals

12.00 Event 5-SENIOR WOMENS & VETERANS RELAY: 4x1.8m

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: Men's Relay £22 per team. Women's Relay £22

All other races £4 individual entry

Payable to Sunderland Harriers & AC

Enter online @ SportSoft Online 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 MONDAY 30th AUGUST

LATE ENTRIES: Eligible for prizes.

Fees: £25 & £20 per relay. £5 for individual

