



Sheffield Running Club

presents

“The Sheffield Open Cross Country Races”

Under UKA Rules - Permit No 1112122

Graves Park, Sheffield

Saturday, 29th December 2012 starting at 10.30am

This is a fast yet challenging course and ideal preparation for the cross country championships. Open to all club athletes, primary and secondary school runners. Changing & showering facilities are available in Graves Park Pavilion. Results will be on www.sheffieldrunningclub.co.uk after the race.

Sweatshop voucher to the value of £5 for each entrant

Prizes and Awards

- Medals: First 3 in each junior age group
First team in each age group (3 to score)
- Prizes: First 3 senior males; first 3 senior females
First U20 male and female
First 2 males O/40; first 2 females O/35
First male O/50; first male O/60; first female O/45; first female O/55
First 2 senior male teams (4 to score)
First 2 senior female teams (3 to score)
(One prize per runner plus team prize)

Prize Presentation in the Pavilion -Juniors after each race, Seniors @ 2.15pm

Prize vouchers presented by our sponsors, Sweatshop

Entry fees: £6.00 (Seniors & Veterans); £4.00 (Juniors)

Closing date Thursday, 27th December 2012

Entries available on the day £1.00 extra.

Online entry available at <http://sheffieldrunningclub.org.uk/>

With thanks to all our sponsors for their generous contributions to our event



People · Processes · Performance



Sheffield Running Club

presents

“The Sheffield Open Cross Country Races”

Under UKA Rules - Permit No 1112122

Itinerary

10.30	Under 11 Girls	1 x small lap	1.5km
10.45	Under 11 Boys	1 x large lap	2.5km
11.00	Under 13 Girls	1 x large lap	2.5 km
11.15	Under 13 Boys	2 x small laps	3 km
11.30	Under 15 Girls	2 x small laps	3 km
11.45	Under 15 Boys	1 large lap + 1 x small lap	4 km
12.05	Under 17 Girls	1 large lap + 1 x small lap	4 km
12.25	Under 17 Boys	2 x large laps	5 km
12.45	Under 20 Women	2 x large laps	5 km
	Senior, Veteran Women	2 x large laps + 1 x small lap	6.5km
13.15	Under 20 Men	3 x large laps	7.5 km
	Senior, Veteran Men	4 x large laps	10 km

“The Harry Whitehurst Memorial 10k”

Harry Whitehurst was a member of Sheffield United Harriers and an England international when he was tragically killed in a road accident in the early 1960's. In recognition of his achievements, Harry's family donated a memorial trophy which was competed for annually with Trevor Wright, Jim Alder, Gerry North and Ron Hill among the previous winners until 1978 when it was won by Roy Bailey of Sheffield AC. The race was resurrected in 2010 and the 2012 winner was Dan Garbutt of Durham City Harriers in 33 minutes 29 seconds.

Further details: - contact Mike Levery on 07711 007525
or mike.levery@mclconsultancy.co.uk

Online entry available at <http://sheffielldrainingclub.org.uk/>



People · Processes · Performance