



Sheffield Running Club

presents

“The Sheffield Open Cross Country Races”

Under UKA Rules - Permit No 2016004

Graves Park, Sheffield

Saturday, 2nd January 2016 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, S8 8QE. Results will be on www.sheffieldrunningclub.org.uk after the race.

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 senior male team (4 to score)
First senior female team (3 to score)
(One prize per runner plus team prize)

Prize fund in excess of £400.

£50 cheque each to the winner of the senior men and senior women races

All other prizes in the form of vouchers provided by our sponsors Up & Running

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

Entry fees: £7.00 (Seniors & Veterans); £5.00 (Juniors)

Unaffiliated add £2 (Seniors only). Entries available on the day £2.00 extra.

Closing date; Thursday, 31 December 2015 postal & online.

**Online entry available at <http://sheffieldrunningclub.org.uk/>
through Paypal (no account necessary)**

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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 2009 and the 2014 winner was John Franklin of Serpentine RC in 39 minutes 00 seconds.

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

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We are grateful to our main sponsors, B Braun, for their continued support to this event

Prize List

Category	First	Second	Third	TOTAL
<i>Individuals</i>				
Senior Men	£50	£20	£15	£85
Senior Women	£50	£20	£15	£85
U20 Men/Women	£15 each			£30
M40	£20	£15	-	£35
F35	£20	£15	-	£35
M50	£15	-	-	£15
M60	£15	-	-	£15
F45	£15	-	-	£15
F55	£15	-	-	£15
<i>Team</i>				
Senior Men	4 x £15	-	-	£60
Senior Women	3 x £15	-	-	£45
TOTAL				£435

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