

SUNDERLAND HARRIERS & AC

35th Open Cross Country Races

(Under UKA Laws) Permit No 2017052)

Supported by Start Fitness

Saturday, 2nd September, 2017

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 31.8.2017. Awards to first three individuals in each category

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

Ages 13 and 14 years on 31.8.2017. Awards to first three individuals in each category

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

Ages 15 and 16 years on 31.8.2017. Awards to first three individuals

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

Ages 17 & over on 1.9.2017 Vets aged from 35 on the day. Awards to first three teams in each event

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

Ages 17 & over on 1.9.2017 Vets aged from 40 on the day. Awards to first three teams in each event

Awards to first three teams in each event

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

Entry fee: Mens Relay £20 per team. Womens Relay £15

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 MONDAY, 26th AUGUST

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

Tel (0191) 552 7725

LATE ENTRIES: Eligible for prizes. Fees: £25 & £20 per relay. £5 for individuals