

# SUNDERLAND HARRIERS & AC

## The Ken Jefferson Memorial

# 39th Open Cross Country Races

*(Under UKA Laws) Permit CC2022/0422*

*Supported by Start Fitness*

## Saturday, 3rd September 2022

## 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 31.8.2022. Awards to first three individuals in each category

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

Ages 13 & 14 years on 31.8.2022. Awards to first three individuals in each category

**11.45 Event 4 - U17 MEN & U17WOMEN: 1.8 miles**

Ages 15 & 16 years on 31.8.2022. Awards to first three individuals

**12.00 Event 5-SENIORWOMENS & 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: Men's Relay £22 per team. Women's Relay £20**

**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 is limited at the School please use The Ski Slope**

**Parking Silksworth Lane Sunderland SR31PD**

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

. ENTRIES: CLOSING DATE THURSDAY 1<sup>st</sup> September 2022

LATE ENTRIES ON THE DAY: Eligible for prizes.

Fees: £25 Men & £22 Women per relay. £5 for individual on the day entries.