



Sunderland Harriers & A.C.

The Ken Jefferson Memorial

43rd Open Farringdon Cross-Country Races

Permit Number CC2026/ APPLIED FOR (under UKA rules)

Sunday, 6TH September 2026

at **Farringdon Community Academy, Allendale Road, Sunderland, SR3 3EL**

11.00am (Race 1) – Combined Under 12 Boys and Girls: Approx. 2000m

Athletes must be aged 10 or 11 and Under 12 on 31st August 2027.

11.20am (Race 2) – Combined Under 14 Boys and Girls: Approx. 3000m

Athletes must be aged 12 or 13 and Under 14 on 31st August 2027.

11.40am (Race 3) – Combined Under 16 & Under 18 Boys and Girls: Approx. 3000m

Athletes must be aged 14 or 15, 16 or 17 and Under 18 on 31st August 2027.

12.00pm (Race 4) – Senior Women and Veterans Relay: 3 x Approx. 3000m Legs

Athletes must be 18 and over on day of the race. Veterans aged from 35.

12.45pm (Race 5) – Senior Men and Veterans Relay: 3 x Approx. 3000m Legs

Athletes must be 18 and over on day of the race. Veterans aged from 40.

GENERAL RULES

STRICTLY NO ENTRIES ON THE DAY.

- Please submit number of teams for both Men's and Women's races.
- Men's and Women's Team declarations must be completed by no later than 9pm on Friday 4th September. **(All team contacts will be emailed with team declaration sheets to complete).**
- Changes to teams can be made up until 30 minutes before the start of the race. Race numbers to be collected on the day.
- Awards will be presented to the first 3 individuals/teams in each category, for each race. The presentation of prizes will be done straight after the final race.

Entry Details: Enter here at [SportSoft Entries & Results \(race-results.co.uk\)](https://race-results.co.uk)

Fees: Men's Team Relay **£26**. Women's Team Relay **£26**. Individual Entry (Races 1-4) **£6-8**.

Parking: There is no parking on the course. Please use the parking at Silksworth Ski Slope, Silksworth Lane, SR3 1PD.

Entries close at 23:59 on Tuesday, 1st September 2026.

