



SUNDERLAND HARRIERS & AC

Ken Jefferson Memorial Farringdon Cross Country Races

(Under UKA Laws Permit No CC2022/0422)

Supported by Start Fitness

Saturday, 3rd Sept, 2022 at Farringdon 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 and 14 years on 31.8.2022. 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 31.8.2022. Awards to first three individuals

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

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

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

Aged 17 years and over on the day of the 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: Mens Relay £22 per team. Womens Relay £20

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 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, 1st September 2022

LATE ENTRIES: Eligible for prizes. Fees: £25 & £22 per relay. £5 for individuals