

# SUNDERLAND HARRIERS & AC

Sponsored by **START FITNESS**

## SUNDERLAND 5K ROAD RACES

*Under UK Athletics Rules. Licence No 2017-28313*

**Two 5k races** *Fun Runners welcome*

**Race 1 – Women & over-50 veteran men (6.45)**

**Race 2 – Senior Men & over-40 veteran men (7.20)**

*\*Both races include the North East and Northern Championships\**

*Northern Championship team races for Men and Women (three-to-count)*

*Over one of the fastest courses in the UK. Course measurement No 11/149*

## SILKSWORTH SPORTS COMPLEX

**On Thursday, 13<sup>th</sup> July, 2017** *\*Supported by Northumbrian Water\**

Course records: Martin Scaife 14.23 and Alyson Dixon 15.52. The last finisher last year recorded 31.40.

All entrants must be at least 15 years old on the day of race.

**On-line entries: [runbritain.com/races](http://runbritain.com/races) & sportsoft race results**

**\*Entry fee £6.00. Unattached £8.00. Late entries on the night £2 extra**

**\*Cheques made payable to Sunderland Harriers \*Enclose SAE for number or collect on the night**

**Entries close Sat 8th July to Race Secretary, 14 Chantry Close, Chapelgarth West,  
Sunderland SR3 2SL. Tel 0191 5229221**

Print Name .....Sunderland 5k

Club.....Age on day of race.....

Signature of guardian if under the age of 18.....

Address.....

England Athletics Membership No..... Entry fee.....

I understand that I participate at my own risk. The organizers shall not be liable for any loss, damage, actions, claims, costs, expenses which I may suffer