



SUNDERLAND HARRIERS & AC

Sponsored by

START FITNESS

SUNDERLAND 5K ROAD RACES

Under UK Athletics Rules. Licence No 2018-35220

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:

Individual & team races for Men & Women (three-to-count)

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

SILKSWORTH SPORTS COMPLEX

Thursday, 12th July, 2018

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 & sportsoft race results

***Entry fee £7.00. Unattached £9.00. Late entries on the night £9/£10**

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

**Entries close Mon July 9 to Race Secretary, 14 Chantry Close, Chapelgarth West,
Sunderland SR3 2SL. Tel 0191 5229221**

Print NameSunderland 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