

SUNDERLAND HARRIERS & AC

Sponsored by **START FITNESS**

SUNDERLAND 5K ROAD RACES

Under UK Athletics Rules. License 22-41877

Two 5k races *Fun Runners welcome*

Race 1 – Women’s 5K (6.45)

Race 2 – Senior Men & All veteran men 5K (7.20)

Both races include the Northern Championships
Northern Championship team races for Men and Women (three-to-count)
Over one of the fastest courses in the UK.

SILKSWORTH SPORTS COMPLEX

On Thursday, 21st July 2022

Course records: Martin Scaife 14.23 and Alyson Dixon 15.52.

The last finisher last year recorded 29.38

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

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

***Entry fee £10.00. Unattached £12.00. Late entries on the night £12.00**

*Cheques made payable to Sunderland Harriers *Race Secretary 21 Lutterworth Road Tunstall
Sunderland SR2 9AX

Entries close Sunday 17th July 2022

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 organisers shall not be liable for any loss, damage, actions, claims, costs, expenses which I may suffer

