

**SUNDERLAND HARRIERS & AC**  
**The Ken Jefferson Memorial**  
**40th Open Cross Country Races**  
*(Under UKA Laws) Permit Number TBC.*



**Saturday 2nd September 2023**  
**at Farringdon Community Academy**

**11.00 Event 1 - U11 BOYS AND GIRLS: 1000m**

Athletes must be 9 or 10 on 31/8/23.

**11.15 Event 2 - U13 BOYS AND GIRLS: 1.8 miles**

Ages 11 & 12 years on 31.8.2023.

**11.30 Event 3 - U15 BOYS AND GIRLS: 1.8 miles**

Ages 13 & 14 years on 31.8.2023.

**11.45 Event 4 - U17 MEN & U17 WOMEN: 1.8 miles**

Ages 15 & 16 years on 31.8.2023.

**12.00 Event 5 - SENIOR WOMEN & VETERANS RELAY: 3x1.8m**

Aged 17 & over on day of race. Vets aged from 35.

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

Aged 17 years and over on the day of race. Vets aged from 40.

**General Rules:** No entries on the day.

Please submit number of teams and declare names on the day. All numbers to be collected at the course. No warming up on the course. Awards to first three individuals/teams in each category, for each event.

**Entry Details:** Men's Relay team £24, Women's Relay team £20. All other races £4 individual entry.

Enter online [here @ SportSoft Online Entries](#)

**Parking:** No parking on the course. Car parking is limited at Farringdon Academy, please also use parking at The Ski Slope, Silksworth Lane, SR3 1PD.

**ENTRIES: CLOSING DATE THURSDAY 31/08/23**

