



Sunderland Harriers & A.C.

The Ken Jefferson Memorial 42nd Open Farringdon Cross-Country Races

Permit Number CC2025/1591 (under UKA rules)

Sunday, 14TH September 2025

at Farringdon Community Academy, Allendale Road, Sunderland, SR3 3EL

11.00 (Race 1) – Under 11 Boys and Girls: 1000m

Athletes must be aged 9 or 10 on 31st August 2025.

11.15 (Race 2) – Under 13 Boys and Girls: Approx. 1.8 miles

Athletes must be aged 11 or 12 on 31st August 2025.

11.30 (Race 3) – Under 15 Boys and Girls: Approx. 1.8 miles

Athletes must be aged 13 or 14 on 31st August 2025.

11.45 (Race 4) – Under 17 Boys and Girls: Approx. 1.8 miles

Athletes must be aged 15 or 16 on 31st August 2025.

12.00 (Race 5) – Senior Women and Veterans Relay: 3 x Approx. 1.8 miles

Athletes must be 17 and over on day of the race. Veterans aged from 35.

12.45 (Race 6) – Senior Men and Veterans Relay: 3 x Approx. 1.8 miles

Athletes must be 17 and over on day of the race. Veterans aged from 40.

GENERAL RULES

STRICTLY NO ENTRIES ON THE DAY.

- Please submit number of teams for both Men's and Women's races.
- Men's and Women's Team declarations must be completed by no later than 9pm on Thursday 11th September. **(All team contacts will be emailed with team declaration sheets to complete).**
- Changes to teams can be made up until 30 minutes before the start of the race.
- All race bib numbers are to be collected at the course.
- Strictly **NO** warming up on the course.
- Awards will be presented to the first 3 individuals/teams in each category, for each race. The presentation of prizes will be done straight after the final race.

Entry Details: Enter here at [SportSoft Entries & Results \(race-results.co.uk\)](https://race-results.co.uk)

Fees: Men's Team Relay **£24**. Women's Team Relay **£24**. Individual Entry (Races 1-4) **£5-7**.

Parking: There is no parking on the course. Please use the parking at Silksworth Ski Slope, Silksworth Lane, SR3 1PD and follow the car park marshals instructions – the course is approximately 800m from here.

Entries close at 23:59 on Wednesday, 10th September 2025.

