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 On 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**](http://www.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 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