SUNDERLAND HARRIERS & AC

35th Open Cross Country Races

*(Under UKA Laws) Permit No 2017052)*

***Supported by Start Fitness***

**Saturday, 2nd September, 2017**

**at Farringdon Community Academy**

 *No parking on the course*

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

 Athletes must be under 11 on day of race. Awards to first three individuals in each category

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

 Ages 11 & 12 years on 31.8.2017. Awards to first three individuals in each category

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

 Ages 13 and 14 years on 31.8.2017. Awards to first three individuals in each category

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

 Ages 15 and 16 years on 31.8.2017. Awards to first three individuals

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

 Ages 17 & over on 1.9.2017. Vets aged from 35. Awards to first three teams in each event

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

Aged 17 years and over on the day of the race. Vets aged from 40. Awards to first three teams in each event

*Please submit number of teams. Declare names on the day.*

**Entry fee: Mens Relay £20 per team. Womens Relay £15**

 **All other races £4 individual entry**

 *Cheques payable to Sunderland Harriers & AC*

**Enter online @ SportSoft On Line Entries**

*Individual and team entry form*

Name: Date of birth

Club: Event:

 Relay: Number of teams:

**Car parking available in the school yard**

*Can athletes please not use the course for warm-up during young athletes events.*

. **ENTRIES: CLOSING DATE MONDAY, 26th AUGUST**

**Send to Glenn Forster, 5 Beldene Drive, Sunderland, SR4 8QD**

**Tel (0191) 552 7725**

**LATE ENTRIES: Eligible for prizes. Fees: £25 & £20 per relay. £5 for individuals**