



SUNDERLAND HARRIERS & AC

Sponsored by Start Fitness

SUNDERLAND 5K & Junior 2 Mile ROAD RACES

Event License Number: #27799 - (Under UK Athletics Rules)

Thursday 11th July 2024

Race 1: Combined Boys & Girls Junior (U13 & U15) 2 Mile Race (18:15)

Minimum age is 11 years old

***Race 2:** Senior and Veteran Women's (35y.o +) and Veteran Men (50 year old+) 5K Race (18:45)*

***Race 3:** Senior Men and Veteran Men (40-49 year old) 5K Race (19:20)*

**Incorporating the Northern, North Eastern Counties, and North East Masters (35+)
Championship team races for Men and Women (3-to-count)****

Over one of the fastest courses in the UK – runners of all abilities are welcome.

All entrants for the 5K races must be at least 15 years old on the day of race

RACE HQ: SILKSWORTH SPORTS COMPLEX, Sunderland, SR3 1PD

Online Entries: [SportSoft Entries & Results \(race-results.co.uk\)](http://SportSoft Entries & Results (race-results.co.uk))

Entry fees: 2 Mile Junior Race: £6.00

5K: Affiliated £15.00 Unattached £17.00

NO ENTRIES ON THE NIGHT

Entries close Sunday, 7th July 2024

****Presentations of MEDALS and CASH PRIZES to be held at the Ski Lodge Entrance
at approx. 20:15****

£100 CASH BONUS to the 1st MALE & FEMALE to break the course records.

MALE: 14:23 (Martin Scaife - 2004) FEMALE: 15:52 (Alyson Dixon - 2013)

CASH PRIZES: Male/Female – 1st £80. 2nd £60 3rd £40

Veteran Categories (V40/50/60/70/80) – 1st £15

