



# SUNDERLAND HARRIERS & AC

Sponsored by Start Fitness

## SUNDERLAND 5K & Junior 2 Mile ROAD RACES

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

**Thursday 11<sup>th</sup> 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 ([www.race-results.co.uk](http://www.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, 7<sup>th</sup> July 2024**

**\*\*Presentations of medals and prizes to be held at the Ski Lodge Entrance at approx.  
20:15\*\***

**All participants take part at their own risk. The organisers shall not be responsible for any loss,  
damage, actions, claims, costs, expenses of which they may suffer.**

