

11 September 2026

Dear Colleague

**Northern Athletics  
Men's 6 Stage, Ladies 4 Stage &  
Young Athletes 3 Stage Relay Championships 2026  
Sunday 20th September  
Silksworth Sports Complex, Sunderland, SR3 1PD**

Thank you for your entry to the above event.

Enclosed with this letter you should find a timetable, an area map and a course map.

**Event Website**

General event information can be found on the Northern Athletics website, which will include the event programme when entries have closed:

<https://www.northernathletics.co.uk/events/6-4-stage-relays-and-young-athletes-relays/>

**Parking**

The main carpark for this event is at the Ski Centre: What3words ///hero.design.pool Postcode SR3

The overflow can be found at the Tennis Centre: What3words ///them.chill.wire Postcode SR3 1PD



Athlete  
Parking  
  
(Overflow)

Athlete Parking (Priority)

## **Registration**

Athlete registration will be open from 10.00am and located in the Ski Centre.

Team declarations and changes must be completed online **ONLY** by team managers via the link emailed to them. Changes are allowed up to 11.00 on the day of the race, which must also be made online.

***THERE WILL BE NO FACILITIES FOR TEAM DECLARATIONS OR TEAM CHANGES AT REGISTRATION.***

Registration



## **Club Tents**

Club tents may be placed on the grass inside the athletics track.



## **Timetable**

| Race            | Time  | Distance          |
|-----------------|-------|-------------------|
| U14<br>Boys     | 11:30 | 2.5 miles approx. |
| 14<br>Girls     | 11:35 | 2.5 miles approx. |
| U16<br>Boys     | 12:15 | 2.5 miles approx. |
| U16<br>Girls    | 12:20 | 2.5 miles approx. |
| U18<br>Men      | 13:00 | 5k approx.        |
| U18<br>Women    | 13:05 | 5k approx.        |
| Senior<br>Men   | 14:00 | 5k approx.        |
| Senior<br>Women | 14:05 | 5k approx.        |

## **Competition Information**

- CLUB COLOURS & VEST/CROP TOP ALL OF THE SAME DESIGN MUST BE WORN
- ATHLETES MAY NOT COMPETE WEARING ANOTHER ATHLETE'S NUMBER
- NUMBERS MUST BE WORN AS ISSUED AND NOT CUT OR FOLDED IN ANY WAY
- PLEASE DO NOT WARM UP ON THE COURSE WEARING YOUR NUMBER
- HEADPHONES ARE NOT ALLOWED

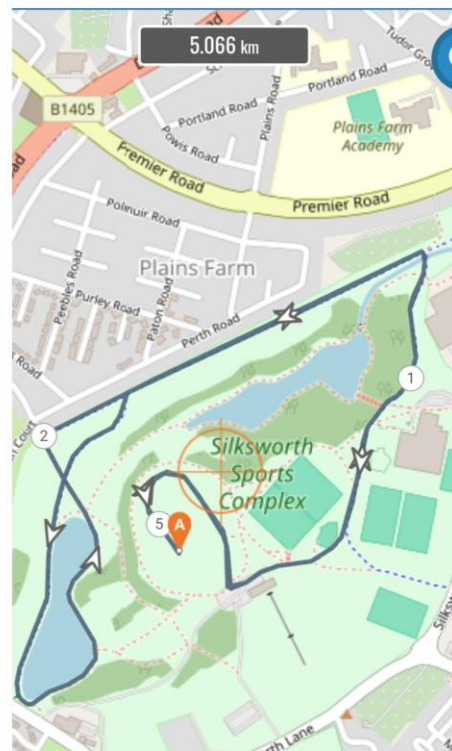
Yours faithfully

Northern Athletics

## Course Maps



Junior Course



Senior Course

